

Shimmy with SHEIKHA'S Belly Dancer Basics

For Women who want to master basic moves

This 90-minute DVD is an instructional program for Beginner Students of Middle Eastern belly dancing. It is designed to supplement live class instruction. Included is almost 1 hour of teaching, a 17-minute workout, and my beginner dance.

\$15 FALL 2015 Special: Order on or before 12/21/2015:

Afterwards: \$25

\$6 Shipping & Handling added (including PayPal fees)

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Contents of BELLY DANCE BASICS DVD:

90 minutes!

60 Minutes of Instruction:

Stretching

Instruction on:

- Dance Position
- Circular Pelvic moves
- Chest Moves and Head Slides
- Sharp Hip Moves
- Arms, Shoulders, and Hands
- Horseshoes/hip bounces and Figure 8's
- Hand Undulations and Wrist Circles

17-Minute Workout

Sheikha's Beginner Choreograph

Stretching/Cooling Down

Stretching. Instruction on Dance Position; Circular Pelvic moves; Chest Moves; Head Slides; Sharp Hip Moves; Arms, Shoulders, and Hands; Horseshoes/hip bounces; Figure 8's; Hand Undulations and Wrist Circles.