



Bennington Beledi Tribal Bellydance
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Advanced Technique Class Packet
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As an Advanced Technique student you will have the opportunity to learn new steps, work with more challenging music, and improve your core technique and group improvisation. You may also be eligible to dance at public performances including haflas, student salons, fundraisers, recitals, and community events if you are interested in performing. Sahidi Sisters will be responsible for choosing the who, what, where, and when of each performance. That is to say your teachers will let you know in which events you would be eligible to dance and in what position.

For students interested in performing, the natural progression is as follows: in your first performance you will follow only. Depending on your comfort level and your technical ability, you may be ready to lead by your second or possibly third performance. Please keep in mind that no one will be performing until they (and we) feel they are ready!

General Advanced Technique Class Info

Level 2 class is held on Thursdays from 6:45-7:15 pm at the Senior Center. Since this class is intensive and focused on more advanced technique, it is expected that you regularly take Levels 1 and 2 as well. One can never have enough of basic technique review! Since it is expected that Advanced Technique students will be paying monthly dues for the previous two classes, there are no additional dues.

Advanced Technique classes will be taught in troupe format. You will be required to wear zills throughout class and should practice both new movements and zills at home. This requires a certain amount of self-sufficiency in our students. A senior Sister is always available to answer

questions and/or walk you through movements that are giving you a hard time. However, a lot of responsibility falls on the individual to learn (and PRACTICE) what they need to know in order to progress in Advanced Technique. It is expected that advanced technique students will already have strong technique, correct zilling, and clear cues for the following moves:

Slow: Reverse, propeller, and corkscrew turns
Reverse taxem
Headslides
Camel and demi camel
Ribcage rotation

Fast: Shoulder shimmy/ hip drop combo
Ghawazee shimmy combo
Arabic shimmy and ASWAAT
Double and single bump
Turkish shimmy quarter and half turns, TSWAAT
Reach and sit
Arabic hip twist and half turn
Arc arm turn

Moves taught in Advanced Technique:

Slow: Wrap around and barrel turns
Levels
Pulse turn
Extended moving meditation

Fast: Calibrated spins
Push forward and back
Choo choo combos
Up two down three with zill patterns
Box step
Reverse and saucy shimmy
Orbits

Costuming for Advanced Technique:

You should have the following class costuming: choli, skirt, pantaloons, and hip wrap.

Students interested in performing should also be working on their performance costuming. It is okay to wear class costuming (with the addition of a head wrap and veil) for performances. The “high-end” performance costume for Sisters of the Shawl Troupe Dancers is as follows: performance choli, performance pantaloons, performance skirt (10 yard, gauze, spinning or brocade), coin bra, tassel belt, hip shawl, turban base wrap, ethnic jewelry, veil, fake flowers, bindis, make-up. *Please see us for approval of your costuming choice before making and/or*

buying! There are numerous resources for making and acquiring costuming. Please don't hesitate to ask us for help.

Frequently Asked Questions

What is the difference between a Advanced Technique student and a Sister of the Shawl (SOS) student troupe member?

The only difference is how interested in performing you are. Students do not have to be working toward performing to learn Advanced Technique and may continue as Advanced Technique students for as long as they choose.

If you are interested in performing only in our student haflas but not as a member of the student troupe, that is also an option.

If you are interested in joining Sisters of the Shawl, please let one of the Council members know. The Council will discuss your interest and give you an answer, usually after our next Council meeting (typically, the first Monday of each month).

What does it take to be part of Sisters of the Shawl student troupe?

Commitment, commitment, commitment. You will need to be able to commit to rehearsal and performance times. Attendance at a minimum of the three rehearsals prior to performances is mandatory. SOS troupe members should be mature, responsible, self-disciplined, and committed to practice at home as well as in class. They are expected to assume additional responsibilities for events, including, but not limited to, promotions, set-up, clean-up, etc.

Why is basic technique so important?

Because ATS® is performed as synchronized improvisation, dancers must rely on each other to achieve a group best. Therefore, it is imperative that troupe members are adept in moves, cues, transitions, and zilling. As a chain is only as good as its weakest link, so is a troupe only as good as its least proficient dancer.

How would I become a Sahidi Sister?

Level 3 is home to the professional troupe, Sahidi Sisters. Advancement into the Sahidi Sisters troupe is by invitation only. We invite people to Level 3 based on their dance ability, commitment level, interest in Bennington Beledi, and what they can offer the group as a whole. Sahidi Sisters strive to dance at the higher level expected of a professional troupe, and have the additional duties and responsibilities of maintaining the organization. The requirements for discipline, ability to give and receive critique, amount of time required, and additional responsibilities expected at this level are very high, and even a very skilled dancer may not meet these criteria. But we encourage everyone to strive to be their best!