



## *Bennington Beledi Tribal Bellydance*

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## **New Student Packet**

revised 2023

Welcome to Bennington Beledi Tribal Bellydance (BBTB)!

BBTB offers instruction in American Tribal Style Bellydance® (ATS®) for students who wish to participate just for fun and exercise as well as for those who wish to eventually perform with our student troupe. American Tribal Style Bellydance (ATS®) is a modern form of belly dance with ancient roots originated by forerunner troupes such as FatChanceBellyDance of San Francisco and Gypsy Caravan of Oregon. It is now danced worldwide. ATS®'s evocative style is known for its grace, power and celebration of the female spirit. It is danced primarily as group improvisation to a wide variety of music.

Bennington Beledi welcomes adults of all types and dance ability to participate. Our classes are open for people aged 16 to 18 with a parent's prior permission. No students younger than 18 are eligible to perform.

Bennington Beledi is currently a multi-level dance troupe. It is run and managed by a core council.

Salamat!

Sisters at Bennington Beledi Tribal Bellydance

## **General Information**

All classes take place on the second floor of the Benmont Mill, in the Time for Yourself space.

Any changes to our class schedule will be posted on our facebook page.

We do not offer make-up classes.

## **Classes Offered:**

### **Tribal Workout**

Wednesdays from 5:45 – 6:15

Dues for this class only are \$5 per class for drop ins

The workout includes an introduction to our basic moves, plus strength training and stretching.

### **Level 1**

Wednesdays from 6:15 – 7:15 pm

Dues for this class only are \$30 per calendar month, to be paid on the first Wednesday of each month, or \$8 per class for drop-ins.

Level 1 includes both new and ongoing students. It is a progressive six week session that introduces a new slow and fast move each week with a review and practice of the previous week. Students progress at their own rate. We require all students that wish to advance to continue taking Level 1 classes to improve their core technique.

By the end of each session, you will have had the opportunity to work on the following basic moves:

### **Techniques Taught in Level 1**

SLOW:      Moving meditation  
              Taxeem with arms  
              Bodywave with arms  
              Basic hand movements (floreos)  
              Flamenco walk (stalk walk)  
              Hip circle with turn  
              Torso twist with turn

FAST:       Shimmy family  
              Bump and choo choo  
              Egyptian and half-turns  
              Arabic Hip Twist and half-turn  
              Turkish Shimmy



### **Level 2**

Wednesdays from 7:15 on, with instructor permission

Dues are \$40/calendar month or \$13 drop-in per class for both Levels 1 & 2

This class is appropriate for proficient Level 1 dancers who wish to learn new steps and improve their group improvisational skills.

Strong technique in Level 1 moves and the ability to reliably zill through an entire song during zill drill are required for this class. Ask your instructor if you are ready for this class.



### Advanced Technique

Wednesdays, from 7:15 on

Advanced Technique class is for students who wish to learn advanced steps as well as students who aspire to perform. Anyone interested in pursuing this level must have good technique in all of the Level 1 and 2 moves, be able to zill the correct sustained pattern in chorus, and be able to lead with strong, clear cues and transitions when dancing in formations.

Students are encouraged to approach us when they are interested in progressing to Advanced Technique. However, we will from time to time recommend that a student consider advancing. Either way, the core council will review you and make a decision based on your proficiency with the basic moves, cuing, and zilling.

***\*\*\*It is important to understand that students will progress at different rates and will be taught (and will advance) according to their individual abilities.\*\*\****

### Class Costuming

For students in Level 1 and 2, no official costuming is required. However, we highly recommend an outfit that is easy to move in and that leaves the belly visible. No jeans please! We suggest the following: an ankle length skirt, some sort of leggings or pantaloons underneath, a crop top or choli (the tops you see senior dancers wearing) and something for the hips (shawl, coin sash, etc.)

For students in Level 2, you must own a pair of zills to practice with at home. For students who are considering performing, you might want to wear a skirt, pantaloons, choli, and hip scarf.

Two good sources for tribal bellydance class costuming are FatChanceBellyDance ([www.fdbd.com](http://www.fdbd.com)) and Flying Skirts ([www.flyingskirts.com](http://www.flyingskirts.com)).

A good source for zills is Saroyan ([www.saroyancymbals.com](http://www.saroyancymbals.com))

Of course regular skirts and crop tops can be found in local thrift stores!!

### Resources

BBTB has:

Student zills available for Level 1 and 2 students for in-class use

A lending library for our students that includes videos, books, costume patterns and music.

If you have any questions, please ask a council member:

Kathleen McBrien

Julz Irion

Emily Gold