



***Bennington Beledi Tribal Bellydance  
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**Advanced Technique Class Packet**  
revised 2023

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. 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 Wednesdays from 7:15 – 7:45 pm at Time for Yourself. 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 class 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 taxeem  
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.

## **Beyond the Basics**

### **What is the difference between an 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).

### **An Explanation of BBTB's Sisters of the Shawl (SOS)**

SOS is the student troupe of BBTB. It consists of professional, proficient, and progressing dancers. All SOS members must be able to make a commitment to the troupe. It is expected that all SOS members take level 1 and 2 classes since ATS is performed as synchronized improvisation and 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. All SOS members must attend required rehearsals for upcoming events. SOS members should let their teachers or council members know of absences, and if they have an emergency and will be late to classes.

Professional dancers are members of the Sahidi Sisters, BBTB's professional troupe. Sahidi Sisters are automatically members of the BBTB Tribal Council along with other council members and run the nonprofit organization. Sahidi Sisters are required to take or teach level 1 and 2 classes and be SOS "coaches" as well as attend their own rehearsal and practice times. Membership in the Sahidi Sisters is by invitation only.

Proficient SOS members are dancers who are able to zill well, have good technique, good energy, good stage presence, and a positive attitude. These dancers should know the names of the dance moves, what levels moves are in, and when to use them. Proficient dancers must be familiar with the music we dance to, be able to start and end songs, and be able to phrase well. Advanced dancers are expected to help with newer students in level 1 and 2 classes and be able to dance with them.

Progressing dancers will be able to perform at gigs suitable for their level. We always want everyone to look and do their best which is why dancers will be chosen for different events based on their skill level and experience. Everyone advances at a different pace. Skill level will be taken into account when decisions about moving students up to the next level or performing are made.

It takes all different levels, styles, and personalities to make up a well-rounded troupe like Sisters of the Shaw!

**Any BBTB member who is interested in being on the Tribal Council should inquire what is required and speak to the council.**