

So You Think You Can Belly Dance Like An Egyptian? Syllabus

Monday 12:45-2:30pm Spring 2026

MAB2

Mercedes Foster

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Course Description

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This beautiful art form is all about mind, body and spirit. Enjoy learning a creative cultural dance while enhancing stamina and awareness of body image. This is an opportunity to interpret and combine Middle Eastern music with dance steps. It is a low-impact, aerobic workout that increases flexibility, abdominal stability, stamina and focuses on strengthening core muscles (pelvis, lower back, hips and stomach). A great deal of emphasis will be placed on belly dance technique and body movement skills. Beginners belly dance **Technique & Drills** will be performed on a weekly basis until the belly dance moves are **mastered**.

Course Objectives:

To learn different origins and history of belly dance.

To learn a list of skills and techniques that students will ideally master over the course of the semester.

To maintain a positive self-image.

To gain an understanding of health-related fitness (endurance, strength, balance, flexibility).

Summary of Main Topics Covered in class:

Body/Mind Coordination, Anatomical Alignment, Internal Body Connections, Increasing Range of Motion, Technique, Musicality, Rhythmic Sensitivity, Belly Dance Vocabulary, Belly Dance Performance and Improvisation

Proper Attire:

Spandex tops and spandex pants (any color) no spaghetti straps or tank tops, no over sized t-shirts. Dance shoes are not required. If desired, ballet or jazz shoes may be worn. You may wear socks or you may dance barefoot. Tennis shoes are not acceptable footwear.

Proper attire is necessary. It allows your instructor to see body alignment and detailed movements of the body.

Participation and Effort:

Arrive promptly, dressed in appropriate dance wear, actively participating on a weekly basis, warm-up routines, **center work, turn technique, dance combinations and your personalized performance choreography project.**



Communication:

If you have questions or concerns about this class, please let **Mercedes** know.

Keep Dancing And Let's Have Lots Of Fun!