

ASHARAH



Danse Mécanique: Elegance and Grace for Every Dancer

Experience Level: Intermediate beginner and above.

This workshop will help you refine your technique and add elegance to your belly dance movement. While clean and sharp technique is an essential part of a belly dancer's repertoire, grace and polish are equally, if not more important for conveying expression and feeling from the stage to the audience. Asharah will lead students through an intense warm-up that will prepare the body for fluid arm-work, well-defined isolations, and dramatic extension. We will drill smooth bellydance movements (such as arm waves, interior hip circles, and undulations) and hard contraction movements (such as chest locks and hip work in various directions). Asharah will also lead students through foot and hand exercises to help participants gain a greater sense of poise and grace.

Pops, Locks, and Tick Tocks: Tips and Tricks to Mechanize Your Movement

Experience Level: Intermediate beginner and above.

Inspired by robots, experimental electronic music, and poppin' and lockin', Asharah has integrated mechanical movements into her expressive performances. In this workshop, Asharah will lead students through an intense warm up and then will show students how to break down traditional bellydance movements such as vertical hip figure-8s, shoulder rolls, torso undulations, turns, and arm waves into smaller and sharper parts to give your performances a robotic and creepy edge.



The Salimpour Legacy in Tribal Bellydance

Experience Level: All levels.

Tribal style bellydance, one of the newest incarnations of this ancient dance form, has hit the world by storm over the past decade. With its rich costuming, sense of camaraderie, and common dance vocabulary, tribal style dance has grown into an international phenomenon. But where did it come from, and why do we dance the way we do? The answer: Jamila Salimpour and the Salimpour dance legacy. In this workshop, Asharah will discuss just how important Jamila Salimpour—the first American dancer to name bellydance steps in a standard format, the creator of the first tribal-style dance troupe Bal Anat, and mother of Suhaila Salimpour—is to tribal style belly dance and how her format evolved and changed to become American Tribal Style and tribal fusion bellydance. Asharah will then lead participants through some core movements of the Jamila Salimpour format and explain how these movements are similar to and differ from the familiar group improvisational steps we use in American Tribal Style bellydance. Bring your dance journal for note-taking. Handouts will be provided as well.