

Choose your Anasma workshops!

Hipsinc are very excited that Anasma is coming to the UK in November. She will teach four of her unique workshops over the weekend of November 13 & 14 and we would like to open the floor up to **you** to choose what workshops you'd like her to teach! Choose from Bellydance Hip Hop Liquid Fusion, Theatrical Bellydance, Wushu Bellydance Fusion, Salsa Bellydance Fusion & Bellydance Anasma style –it's going to be a tough decision!

She will definitely be teaching *“Introduction to Hip Hop Bellydance Liquid fusion”* and please note that the other Hip Hop Liquid Fusion workshops recommend that you have done the introductory workshop, so this will be the first workshop on the Saturday.

Now, please choose three other workshops from the explanations below and email your choice to louise@hipsinc.com

Once we've got a feel for what workshops people want, we'll send out another email with the details.

We look forward to hearing from you!

BELLYDANCE HIP HOP LIQUID FUSION:

1. *“Introduction to Hip Hop Bellydance Liquid fusion”*

Please note this will be the first workshop on Sat 13th Nov.

Technique and combos – Advanced beginners to advanced dancers - 2 hours

The workshop focuses on the abundant creativity that the dynamism Hip Hop elements can bring to the fluidity of Bellydance. To traditional Bellydance vocabulary (isolations, hipwork, layering...), we will apply Hip Hop dance technique (Waving, Liquid, Popping, Tutting) and also a Hip Hop Movement Concepts (with concepts such as Ticking, Tracing, Locking, Bouncing):

- **Waving:** introduce and finish bellydance body undulations and waving by Hip Hop arm waves
- and **Liquid:** focus on passing waves from an arm to the other - visual and great complement for the naturally circular flow of bellydance
- **Popping/ Hitting:** tap into different muscle groups and control our muscular contractions and releases in order to bring in a different quality to movement and contrast with Bellydance's fluid movement,
- **Locking/Dime stopping / Ticking /Strobing:** cut a movement into sub movements, at various speed, create sharp stops in order to freeze images and time,
- **Tutting:** import the linear and angular geometry to our usual work on curvy and circular motions, - **Tracing:** frame the flow crossing through the body and bring the attention of the viewer to certain body parts - **Bouncing:** transition with a “jump” from a movement to the other.

Video : <http://www.youtube.com/watch?v=HzVxotueqBU>

2. Hip Hop Bellydance Liquid Fusion: “Funky Girl!”

Drills and combos and funky choreography - all levels- 2h

Let's dance! Let's apply all of the technique and hard work to a fun and funky choreography!
Yeeleeeleeeleee Yow!

3. Hip Hop bellydance –tribal fusion - "Snakelike Anasma"

Character work applied to Tribal fusion Choreography - all levels 2h

Hiss and undulate like a snake through learning “Snakelike Nuevinda” to the song “Nuevinda” by Pete List.

Video: Snakelike Anasma - <http://www.youtube.com/watch?v=VvNY54JO7zQ&feature=related>

4. Hip Hop Bellydance Liquid Fusion: “Sassy combos”

Drills and combos and sassy choreography - intermediate advanced- 2h

2 hours of pure dance! Use all the technique and the hard work to learn fun, sassy combos! We will focus on the lyrics of the song and musicality.

NB: this workshop is a good combination with the “Bellydance Hip Hop Liquid fusion Introduction” Workshop.

5. Hip Hop Bellydance Liquid Fusion: “Wave Explosion: everflowing moves”

Drills, exploration and combos – all levels - 2 hours

This workshop opens a new realm of possibilities. Become Water, become Air. Everything flows, everything breathes. After the calming breeze and the soothing sound of the river, you will experience storms, hurricanes and Tsunamis. Discover an ever-flowing creative inner and outer movement. Dancers will apply advanced Hip Hop waving techniques to bellydance.

Video: <http://www.youtube.com/watch?v=vDvSlsOxbo> after 4.30 till the end.

Video: <http://www.youtube.com/watch?v=aMC-IHPcl20>

NB: this is a good complement to the “Bellydance Hip Hop Liquid fusion Introduction” Workshop, to advance more the exploration of the concepts.

6. Hip Hop Bellydance Liquid Fusion - “Michael Jackson’s shimmies and undulations”

Technique and layering- intermediate-advanced 2h

Have you always wanted to know how to Moonwalk? Let's keep a part of Michael Jackson alive, with a bellydance flair. Learn some floats and glides borrowed from the Hip Hop vocabulary (moonwalk, airwalk, side floats...) and how to layer them to bellyrolls, figure eights and shimmies... You will look like you walk and bellydance on clouds... Bring your energy bars!

NB: this is a good complement to the “Bellydance Hip Hop Liquid fusion Introduction” Workshop, to advance more the exploration of the concepts.

7. *Hip Hop Bellydance Liquid Fusion - "Hip Hop footwork and floorwork for Bellydance"*

Technique and layering- intermediate-advanced 2hours

Incorporate Hip Hop footwork into your bellydance: from legs waves and foot weaving to body waves, zig zag feet and leg tutting with intricate hip work, knee circles and rond de jambe, floats and glides with spatial variations (turning floats etc)... We will apply some of this new awareness to floorwork and learn how to tame the floor. Recommendation: bring your kneepads and your granola bars. Recommendation: bring your kneepads and your energy bars.

8. *Hip Hop Bellydance Liquid Fusion - "Robotic bellydancer"*

Technique, drill, exploration and combos - all levels 2hours

Tired of feelings? Of being human? Turn into a robot! Stops, precision, animation. Dancers will be invited to drill the following HIP HOP techniques (DIME STOPS, POPS & LOCKS, MANNEQUIN, ROBOTIC, ANIMATION) and MIME techniques to create a robotic character. Then they will explore and improvise on these movement concepts. The class will end with combos.

THEATRICAL BELLYDANCE

9. *"Presence, Intention, Emotion from inside out"*

Techniques and exploration - all levels - 2 hours

By accessing the self and the power of now, performers can truly touch their audience. The purpose of this class is for Anasma to share tools to grow as a striking performer, from inside out. Dancers will be invited to reflect upon the intention of their dance. Starting from meditative work and internal movements, dancers will learn how to connect their inner world to the outer world by working with strong visualizations, connecting to their emotions, clarifying intentions, playing with the gaze and facial expression, creating awareness of the breath, exploring the paradigm of giving and taking.

Video:

Shackle sea song - http://www.youtube.com/watch?v=vDvSIsOxbo&feature=channel_page

Tribute to my father-

http://www.youtube.com/watch?v=w2Wi48khu_A&feature=channel_page

10. *"Special Character focus: the Beauty and the Beast"*

Character and emotions applied to Modern and Tribal fusion Bellydance Choreography - all levels - 2 hours

We all have a good and a bad side in us. Embrace the duality and accept your holy wholeness. Anasma will teach her choreography the "Beauty and the beast" featured in the "Bellydance Experience" DVD.

Video: The beauty and the beast -

http://www.youtube.com/watch?v=dAL0txL5Moc&feature=channel_page

WUSHU BELLYDANCE FUSION

11. *“Warrior Woman”*

Technique and combo - advanced beginner to advanced 2hours

Have you always dreamt of been part of the "Tiger and Dragon" cast? This oriental fusion uses the esthetics of Wushu: playing with speeds, impressive pauses, animal imagery, defensive and offensive moves. We will also work on the icon of the Warrior woman. No weapons needed! Good knees and flexibility a plus.

After going through basic Wushu moves, postures, stretches and drills across the floor, dancers will apply some esthetics of Wushu to their regular movement vocabulary: The sharpness of the smooth silk that clacks, the surprising speed of the tornado that follows a slow deep breathe, the animal and martial imagery. From bravery to fright, calm to panic, dancers will also work on the feelings of the warrior and visualizations of the opponent. The workshop will finish by a couple combinations -or a choreography- fusing Wushu to Bellydance.

NB: Please make sure you take a hot bath after the workshop if martial arts are new to you.

Video:

Belly fu – episode 1- <http://www.youtube.com/watch?v=drRiMo6nqDo> (Actually, this video does not show how the style has evolved: much more martial arts oriented now, and physically demanding)

SALSA BELLYDANCE FUSION

12. *“Latin flavor, musicality and footwork technique for bellydance”*

Technique, layering and combos– Advanced beginners to advanced dancers of any background- 2 hours

We will bring a fiery explosive Latin flavor to our sensual soft and suave bellydance. By listening to the music differently, dancers will create a new rhythmic frame to the sound of the clave.

Dancers will comprehend Bellydance with a Salsa vocabulary and discover exciting footwork to enrich their range of motion and offer them new challenges for layering.

After working on the Latin rhythms and methods of counting, dancers will learn some basic salsa posture, attitude, footwork and combinations. To these, we will layer bellydance hip work and styling, fun drills and combinations or a short choreography.

BELLYDANCE ANASMA STYLE

13. *“Airy and flowy bellydance”: Lightness, Graceful Lines and Extensions*

Modern oriental Choreography - Advanced beginner to advanced levels - 2 hours

This work is aimed at creating long graceful lines from head to toe, to improve posture, to better

our dance technique, and thus to have a powerful stage presence. We will borrow from Ballet and Jazz some techniques and drills (such as Pointe, relevé, dégagé, passé, chainé, arabesque)... to include them in an airy and flowy choreography.

Video: “Fantasy Bellydance “ DVD produced by World Dance New York. Piece “ Prayer to the moon”.

14. “Strong Oriental technique”: American approach to advanced Bellydance technique

Advanced Technique, layering and combos intermediate to advanced- -will benefit advanced beginners as well - 2 hours

Explore Bellydance through the American lenses! : Get an analytical grid and vocabulary to break down and understand the structure of bellydance moves. Our goal is to create complex, mastered and innovative layering in order to compose intricate and interesting combinations, face new challenges and grow.

(Anasma was trained in Egyptian style Raqs Sharki for nine years before she came to the United States. In this workshop, she shares what she has defined as the specificities of the American approach to bellydance technique.)