

2023

ELECTRIC SHIMMY BELLYDANCE

PERFORMER ~ INSTRUCTOR



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ABOUT ME

Amara's love for dance began at an early age. She was introduced to bellydancing in 2002 and immediately fell in love. She is known for her expressive style and using the music to tell a story through her dance. She enjoys dancing to all types of music but prefers dancing improv to live music. Her style is American Orientale. She often dances with props such as Wings of Isis, sword, and fanveils. She also has a variety of fire props such as fire fans, palm torches, fire hip belt, and fire crown. She began dancing for fitness, but soon realized how empowering it was. She has studied with many local and international instructors and also attends various workshops as a way to improve her skills. Her passion and love for the artform is seen through her dance. She is a professional photographer and visual artist and finds that creativity helps inspire her dancing.

In Spring of 2012, she worked as the lead choreographer with the cast of 'Arabian Nights' for their theater production at North Carolina State University in Raleigh.

She currently produces 'Beer and Bellydance', which is the longest ongoing Live Middle Eastern Music and Bellydance show in Central NC.

Amara often performs live with her husband, Andrew, who is an Oud player with the Lost Nomads. The Lost Nomads are a Middle-Eastern music ensemble located in Raleigh, NC which focuses on traditional oriental music. She enjoys performing along with him and the band. He also makes his own music and performs under the name of Afrit Temple, which currently focuses on Medieval/Renaissance Music. They have now joined together to bring you a new collaboration of music and dance performance together.



@shimmysiren



@electricshimmybellydance



@ElectricShimmy

BEGINNER BELLYDANCE

Shoulders

- Shoulder rolls-forward and back
- Shoulder pop
- Shoulder shimmy

Arms and Tension (air, water, honey)

- Snake arms- single, double, front
- Arm sweeps
- Wrist circles- in and out

Rib cage

- Rib slides- forward to back, side to side, front, side, back, side
- Rib circles-horizontal and vertical
- Chest lifts
- Rib drops

Hips

- Figure 8's- front to back, back to front, vertical, maya
- Hip circle's- big circles, with bounce, omi's
- Hip crescent
- Hip lift front, side, back- single, double, stationary, alternate with walk, in circles
- Hip drop-single, double
- Hip pop

Shimmies

- Egyptian shimmy (knees)
- Choo choo shimmy (up on toes)
- Twist shimmy (twisting front to back)

Traveling Steps

- Stylized walk forward, back
- Grapevines
- Triple step forward, back
- Salsa step forward, back
- 3-step turn
- Camels/ Undulations- body wave up and down

BELLYDANCE LEVEL 2

Arms

- L arms
- S arms
- Shoulder ripples
- Snake arm with lean
- Arm sweep up in front
- Temple pose
- Pick the flower
- Falling leaf
- caress

Chest

- Chest drops
- Chest triangles, squares, ABC's
- Figure 8's
- Double chest lifts and drops
- Reverse Undulations

Hips +Shimmies

- Vibration shimmy
- Earthquake shimmy
- Jello shimmy
- Piston hips
- Hip locks front-side-back

Traveling Steps

- Walking undulations
- Salsa step- step forward, back
- 3-step turn with hip thrust
- Hip thrust with walk
- Turns
- Barrel roll

Layering

- While hip shimmying add:
- Arm movements
- Head slides
- Chest lifts and circles
- Hip slides
- Hip circles
- Figure 8's
- Walking
- Salsa step

While shoulder shimmying add:

- Chest lifts
- Chest circles

Advanced Stomach moves

- Belly rolls
- Flutters
- Belly pops

Body lines

- S-curve

Level changes

Veil

- Wraps, turns, cascade

VEIL TECHNIQUE

Wraps

- **Basic** criss cross in front
- **Toga** tuck in hip first, wrap around front, around back and tuck in opposite shoulder
- **Goddess** tuck and pinch on one hip, wrap around back and toss over opposite shoulder
- **Turkish Turtleneck** gather and pinch up, place on neck, open into angel wings, criss cross behind, tuck

Turns

- High arms
- Low arms
- Character Turns (open) one arm is up and one is out
- Barrel Turns (arms are opposite) full using both arms, half using one arm

Cascades

- **Kiss** veil over shoulders, bring arms up behind and flick hands up (w/ leg kick)
- **Side kiss** flick veil up to side, alternate hands
- **S shape** arm scoops down in front, lift up, and bring in
- **Venus** cascade front to back
- **Step over the curtain** cascade veil from back to front, scoot veil in, and step over
- **Venus with flick** toss back to front and walk back w/ alternating hand flicks
- **Arc**

Switches

- **Matador** in front, bring arm out on side
- **Sandstorm** start in matador, cascade veil in front, twisting to other side
- **Butterfly** veil over one shoulder then switch
- **Envelope** get inside veil, bring it up, peak through and wrap around, bring back up, drop one hand and come out

Scoops in front and with a step

AND
IF
THE
MUSIC
IS
GOOD
YOU
DANCE

