

## *Dahab Holiday Dance Festival's*

Workshop-Program 2012 – Essaouira / Morocco 15<sup>th</sup> – 23<sup>rd</sup> of April  
2012

If not indicated otherwise, the workshop is open for everyone. Workshops of two and three hours' duration are taught in one part; four hour-long workshops are taught in two parts of two hours each.

Please bring with you all what is needed for the different dances as there are veils, voi-pois, canes, melaya, drums etc.

Drums can be obtained at the venue for approximately 25 €.

### **\*AYASCHA\***

#### **All Around The Circle In Oriental Dance**

Movements and step-combinations with the focus „circle“. We circle within the body, with different parts of the body, we circle while walking and turning. You will be surprised how diversified a circle can be: Always round but never dull! Ayascha will give you a detailed script.

For all

2 hrs

#### **Breaks, Postures – O là là!**

Stillness in the dance – postures, tension, breaks – not each accent in the music must be forcibly danced, on the contrary, the breaks thrills! We will build up tension and learn postures, and Ayascha will also lead you to improvise with this subject. She will give hints, to stand the tranquility and to do nothing. So let go and enjoy yourself. The calm is not least that which makes your dance and let it be remembered.

For all

2 hrs

#### **Popbaladi – Choreography To The Hit „Baladina“**

Baladi ist he forerunner of Raks Sharki, the oriental stage dance. Here Popbaladi means the actual music from the streets of Cairo which mediates joy before all. To Pascale Machalani's hit, a famous Libanese singer, a joyful choreo from \*Ayascha\* with a pinch of erotism, cheeky and with a strong expressivness. Incl. detailed script.

From intermediate

3 hrs

#### **Bauchtanz und Mindmap – wie bringe ich Ordnung in meine Tanzkenntnisse?**

This workshop is in German language!

Schlüsselwörter erzeugen im Gehirn Assoziationen, die in Mindmaps (Gedankenkarten) aufgelistet werden können. Dies hilft uns nicht nur im Alltag, sondern auch im Tanz, denn durch dieses System können wir unser Bewegungsrepertoire übersichtlich aufschreiben und gezielt danach üben.

Regt Eure Kreativität an und Ihr werdet überrascht sein wie viele, schon ewig nicht mehr getanzte Bewegungen Euch einfallen. In Zukunft könnt Ihr aus dem „Vollen schöpfen“. Mit theoretischem und praktischem Teil. Bitte 1-2-3 große Din A 3 Blätter mitbringen und einen Stift.

For all

3 hrs

**\* AZAD KAAN**

**Saidi-Techniques and Combinations**

Earthy, joyful and strong, as the women danced in earlier times. A super-interesting workshop for all Saidi-fans and everyone who wants to be one, - diversified with fantastic ideas and suggestions as well as combinations for your own Saidi. You can dance with or without cane. Bring cane if possible!

From intermediate 2 hrs

**„Swinging Your Leg“ – Technique**

Find the most beautiful movements of the typical “leg-swingers” of the Egyptian dance style. Step by step you will learn with Azad the most common leg movements and useful tricks to let it swing.

From intermediate 2 hrs

**Beautiful Arms, Expressive Hands**

Thanks to God that we only have two of each. They can be graceful and elegant or simply disturb. What to do with them? Here you find solutions and also suggestions for graceful arm and hand movements, solid techniques for snake-arms, butterfly-hands, shoulder-circles and the most beautiful hand gestures.

For all 2 hrs

**Raks-Shamadan-Choreo**

A short and peppy intro with the shamadan or cane-tray brings a great tension to your audience. With easy steps you achieve the largest success as possible. With great courage we learn the dealing with this accessory, shamadan, and create a juicy mini-choreo.

Good intermediate to advanced 3 Std

**Drum-Solo**

What would a dance be without a drum-solo. If you want to give your performance a perfect end and let your audience be enthusiastic, learn this breath-taking drum-solo full of accents – a lot of shimmies are waiting for you.

Intermediate 2 hrs

**\*AZIZA**

**Total Technique**

A class designed to condition your body for clear precise movements and dancing with intention – including a lot of combinations ready to apply to your own performance!

For all 2 x 2 = 4 hrs

**Drum Solo Choreography**

A new Aziza creation sure to thrill your audience with humor and flare.

Advanced 2 hrs

**Saidi Choreography**

Sassy and fun saidi Aziza style! No cane needed.

Intermediate 2 hrs

**Golden Age Veil Choreography**

Graceful and glamorous! Bring a rectangular veil.

From intermediate 3 hrs

## Certificated Training Units: Performance Techniques

A very individual workshop which is characterized by Aziza's devotion to dance-mediation. In a completely true and – as we know her - loving exchange participants can recognize their weak points and use their individual possibilities for development. **Please bring your dance which is two to max. five minutes long** and show it within this lesson. Aziza as a friendly witness gives you a true and at the same time strengthening feedback. With the evaluation of these dances the following subjects will be treated:

- Presentation
- Execution of your intention
- The dance situation, the dance style, the outfit and the convenient music
- Individual adaptation
- To produce performance possibilities and more

Intermediate and onwards 3 x 2 = 6 hrs

Please do not book anything else directly after these workshops in order to make an open end possible.

*You receive an attestation from Tara Travel on the successful participation specified and signed by Aziza.*

\* **Baytekin Serce**      *“Music makes me happy... because one can reach all people with it.”*

### Body Percussion

Strengthen the awareness of your body and learn to use its different parts as a beat and rhythm instrument! The model from Keith Terry - extended by Baytekin with pantomime and theatrical elements - helps us to connect deeply with our own body – leading to inner joy.

For all 2 hrs

### Dance Improvisation To Life Darbuka

Develop and improve your own sense of rhythm with selective music perception of different rhythms. So everyone comes to her/his own style and your fantasy lets your soul dance in the well-prepared improvisation. Recurring rhythm sequences are played on the darbuka by Baytekin. And also two groups are formed, alternating one gives the rhythm and the other improvises.

Intermediate 2 hrs

Intermediate to advanced 2 hrs

### Drum Workshop

Moroccan rhythms, 6/4, 6/8, 6/16, are the focus in 2012, as well as the dance rhythms Masmoudi Saghir and Masmoudi Kabir. Coordination, motor skills and fine motor skills are practised particularly in the first hour. Free improvisations are always a strengthening challenge full of joy.

Drum 1 and 2: Masmoudis

Drum 3: Moroccan

Drum 4: Moroccan

Drum 5: Moroccan

Please bring your own drums. You also can buy a drum in Essaouira with the help of Baytekin (about 25 €).

**\* *DRISSIA NEJMA***

**Shabi Modern**

A short choreography in Moroccan style. From intermediate 2 hrs

**Baladi – Style Drissia**

Express yourself with all the freedom of a women. For all 2 hrs

**\* *HENNETH ANNUN***

**Strength and Isolation Drills**

An intense warm-up and stretching program - followed by isolation exercises which are suitable for all moves from Oriental Dance and Tribal/Fusion – this is the base for a strong expression in dance. Additionally the muscles are strengthened and the cardiovascular system is conditioned. Please bring scarves **without** coins!

From beginners with some pre-knowledge 3 hrs

**Strong Posture And Beautiful Arms**

The upright posture and a conscious work with the arms underscore every dance and let it appear easy and present. Within short exercise combinations the focus will be put on a strong posture and precise arm movements

For all 3 hrs

**Choreography: „Zarani“**

Beautiful and dreamy dance in Contemporary Bellydance style. Flowing, expansive movements alter with short and peppy accents and bring fantastic dynamic changes.

From nearly beginners 2 x 2 = 4 hrs

**Circle of Life**

A circle-dance with folkloristic and Tribal-style influences.

For all 2 hrs

**\* *HIND***

**Techniques**

Short combinations to music from OUMKALTOUM and Mohamed Abdelwahab. This music is always diversified and emotionally very catchy, at the same time a challenge on techniques. Hind's technique works on varied musical parts with a series of instruments, you follow different rhythms from slowly to fast, from basic to complicated.

From beginners with basic knowledge 3 hrs

**SAWAH – eine dynamische Choreografie**

Charming and cheeky with a fast rhythm. Hind mediates with her precise technique diversified movements coordinated with the music sequences including many steps and movings through the space.

Intermediate to advanced 3 hrs

**The sensual WARDA**

We will dance this wonderful and touching choreography with a veil. The tenderness of the dance, the melody and the rhythm will be expressed with a great emotionality and by convenient techniques. Discover your sensuality and grace!

Mittelstufe

3 hrs

**\* JILLINA****Egyptian Hips**

This Arabic song is full of juicy bits and broad dynamics. Combine useful combinations and funky floor patterns with personal expression. From dramatic accents to slow and smooth moves this choreography will enhance your range of motion and emotion in dance. (incl. a break)

Good intermediate and advanced

3,5 hrs

**Melaya Mania**

For Dahab Dance a new, fresh and funky routine that is simply ghetto fabulous! Learn how to manipulate your Melaya and your hips to a sassy Egyptian Shabi song..

Intermediate

3 hrs

**"Combination Exploration 2012"**

Exciting step combinations to important Arabic dance rhythms. Learn a variety of movements, from very slow to funky fast and explore intensively timing and phrasing of steps. We will also breakdown rhythms to help you recognize and feel them easily.

For all

2 x 2 = 4 hrs

**Yoga Flow-Stretch**

Wake up and get your body moving with this yoga inspired warm up. We will stretch and open the entire body, from head to toe, from mind to heart. Postures especially for the bellydance body, like hip openers and spinal twist. We will explore modifications to suit all levels and add some body conditioning for the ultimate warm up.

For all

1,5 hrs

**\* MANIS****Turns! Turns! Turns!**

Turnings are an important constituent in dance, and a challenge to dance them exactly: Turns from Oriental Modern, Jazz, Latin ..., sideways, backwards, single, double turns and ballett-rotations in diverse combis.

Beginners with some pre-knowledge

2 x 2 = 4 hrs

**Modern Choreography - with Burlesque und Modern Jazz - Dance**

Manis will present a choreo ready for stage, juicy and coquettish, a good-mood-dance with hat tot he music „That Man“ from Caro Emerald.

From good intermediate

3 hrs

**Spanisch - Oriental Choreography – with wide skirt**

To a Spanish-Oriental music - with femininity and pride – you will work on a thrilling choreo with typical steps and gestures from Flamenco and Oriental Dance. Please bring a Flamenco skirt or a really wide skirt.

„Good“ beginners, interm, advanced

3 hrs

## **Choreography-Erarbeitung für Gruppen- und Solotänze**

This workshop is in German language!

Diesmal mit praktischer Umsetzung in Kleingruppen und mit Intensiv-Coaching von Manis.

Hier habt Ihr die große Chance mit Manis, die sehr bekannt ist für Ihre außergewöhnlichen Gruppen- und Solo-Choreografien, und mit Eurer eigenen Musikauswahl eine Gruppen- oder Solo-Choreografie zu zeigen und daran zu arbeiten, auch gemeinsam mit den anderen Teilnehmerinnen. Man/frau lernt anhand positiver Kritik, diese in Eurer Choreo anzuwenden oder auch neu zu erarbeiten. Ihr könnt vortanzen oder auch DVDs mitbringen, von fertigen oder fast fertigen Choreografien, woran die Gruppe gemeinsam arbeiten kann. Traut Euch!!!! Es ist eine tolle Erfahrungsmöglichkeit in sehr kleiner Gruppe, min. 4 – max. 8 Personen. Bitte Schreibzeug, eine Schere und bunte Filzstifte mitbringen!

Ab Anf. M.V. / M./ F.+ Lehrerinnen 3 x 3 = 9 hrs

## **\* *NADIA NIKISHENKO***

### **BellyDance Practice**

You will learn the most effective exercises and techniques to make your body flexible - isolating movements, letting the arms flow and being accentuated. Get to know the details of Nadia's dance style, especially for those who will join some of her WSs.

For all

2 hrs

### **Khaleegy – Dance Basics**

The most beautiful folkloric dance to show your femininity and sensuality. Learn the most important elements of Khaleegy. His special steps, turns, gestures and his use of the hair. Learn to be sexy without exposing your body. If possible bring a Saudi or Khaleegy-dress.

Beginners to intermediate

2 hrs

### **Tabla Solo and Modern Jazz Choreography**

Combine Oriental and European dance art to a dynamic and passionated performance. With Nadia learn to break the standards of Oriental Dance by expressing yourself as you love it and as you feel free. Come to your own style!

Intermediate

3 hrs

### **Oriental Burlesque Choreography**

We use BellyDance techniques to create a Burlesque show full of beauty. Elegancy & self-confidence, passion & sensuality, Oriental modesty & enigma – all will be shown in this dance one after the other.

Intermediate to advanced

3 hrs

### **Pharaonic Fantasy Fusion**

Beautiful mix of contemporary dance & mysterious pharaonic style. Typical pharaonic postures & "liquid body" movements make this choreo a unique oriental fusion show.

Intermediate to advanced

2 hrs

**\* RAJAA DUSSART****Technique for Intermediate**

In her very classical and typical style Rajaa mediates the connection of the single movements.

Intermediate

3 hrs

**Sharki Technique For Advanced**

Here you will learn intense clarifications of movements and movement connections in Rajaa's style.

Advanced

3 hrs

**Classical Sharki-Choreography á la Rajaa**

elegant, multi-faceted and very personal, intense and touching

From intermediate

3+ 2 = 5 hrs

**\* ZAFIRAH****Theatrical/Emotional dance**

In this workshop, Zafirah will share with you her unique approach to pull the viewer into her piece by getting theatrical and emotional on stage. Learn how to create a story within your performance and “talk” through your body to express every emotion you want to.

For all

3 hrs

**Turkish Roma**

Fall in love with the Turkish Gipsy Avasi! Learn about their history, their culture and their dance. On an irregular rhythm (8/9), Zafirah will teach you the basic steps, gestures, their meaning and the attitude to be a real Turkish Roman! (Bring lots of water!!!)

Intermediate

2 x 2 = 4 hrs

**Voï**

In this workshop, learn to use the poi-veil. Sensual and strong, graceful and innovating, this prop will bring you into another world. Zafirah will share with you technique, tips and a short choreography.

Intermediate

3 hrs