



Bennington Beledi Tribal Bellydance

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Level 2 Class Packet

As a Level 2 student you will have the opportunity to learn new steps, work with more challenging music and improve your core technique and group improvisation. You may also be eligible to dance at public performances including haflas, student salons, fundraisers, recitals and community events if you are interested in performing. Sahidi Sisters will be responsible for choosing the who/what/where and when of each performance. That is to say your teachers will let you know what events you would be eligible to dance in, and in what position.

For students interested in performing, the natural progression is as follows: in your first performance you will follow only, depending on your comfort level and your technical ability, you may be ready to lead by your second or possibly third performance. Please keep in mind that no one will be performing until they (and we) feel they are ready!!!!

General Level 2 Class Info

Level 2 class is held on Thursdays from 6:45-7:15 pm at the Senior Center. Since this class is intensive and focused on more advanced technique, it is expected that you regularly take Level 1 & Cues classes as well. One can never have enough of basic technique review!!! Since it is expected that Level 2 students will be paying monthly dues for these two classes (unless special arrangements have been negotiated with the instructors), there are no additional dues for Level 2 students.

Level 2 classes will be taught in troupe format. You will be required to wear zills throughout class and should practice both new movements and zills at home. This requires a certain amount of self-sufficiency in our students. A senior Sister is always available to answer questions and/or walk you through movements that are giving you a hard time. However, a lot of responsibility falls on the individual to learn (and PRACTICE) what they need to know in order to progress well in Level 2.

We will typically drill chorus and group formations, work on the concept of group improvisation, add advanced technique and strengthen core technique. When the student troupe is preparing for a performance, we may break the class up to allow rehearsal and Level 2 technique practice at the same time.

Advanced Technique Taught in Level 2

- FAST:
- Debke
 - Calibrated Spin
 - Triple Karen
 - Gawazee Half Turns
 - Turkish and Arabic Shimmy combinations with spins
 - Choo-Choo combinations
 - Arabic layback bump
 - Orbit
 - Single Bump Half Turn
- SLOW:
- Full Puja
 - Crossover Turn
 - Barrel Turn
 - Maya Step
 - Turning Hindi

Costuming for Level 2:

You should have the following class costuming: choli, skirt, pantaloons and hip wrap.

Students interested in performing should also be working on their performance costuming. It is okay to wear class costuming (with the addition of a head wrap and veil) for performances. The “high-end” performance costume for Sisters of the Shawl Troupe Dancers is as follows: performance choli, performance pantaloons, performance skirt (10 yard, gauze, spinning or brocade), coin bra, tassel belt, hip shawl, turban base wrap, ethnic jewelry, veil, fake flowers, bindis, make-up. ***Please see us for approval of your costuming choice before making and/or buying!!!***

There are numerous resources for making and acquiring costuming. Please don't hesitate to ask us for help.

What is the difference between a Level 2 student and a Sister of the Shawl (SOS) student troupe member?

The only difference is how interested in performing you are. Students do not have to be working toward performing to learn Level 2 technique and may continue as Level 2 students as long as they choose.

If you are interested in performing only in our student haflas but not as a member of the student troupe, that is also an option.

If you are interested in joining Sisters of the Shawl, please let one of the Sahidi Sisters know. The Council will discuss your interest and give you an answer, usually after our next Council meeting (typically, the first Monday of each month).

What does it take to be part of Sisters of the Shawl student troupe?

Commitment, Commitment, Commitment. You will need to be able to commit to rehearsal and performance times. Attendance at a minimum of three rehearsals prior to performances is mandatory. In addition, SOS troupe members should expect to assume additional responsibilities for events, including, but not limited to, promotions, set-up, clean-up, etc.

Good Basic Technique

Because ATS is performed as synchronized improvisation, dancers must rely on each other to achieve a group best. Therefore, it is imperative that troupe members are proficient in moves, cues, transitions and zilling.

Requirements for Progressing to Level 3

Level 3 is home to Sahidi Sisters and is an advanced level of dance. Advancement to this level and into the Sahidi Sisters troupe is by invitation only. We invite people in to Level 3 based on their dance ability, commitment level, interest in Bennington Beledi and what they can offer the group as a whole. Sahidi Sisters dancers strive to dance at a higher level and have additional duties and responsibilities that maintain the organization.