

## Kay's Belly Dance Classes

First, welcome to any new girls. Whether this is the first time you have tried belly dance, or you have just moved to another class, it can be a bit daunting. I hope you find classes fun and challenging. For those of you who have been coming to classes for some time, I try and develop you and your dance in different ways. If there is anything in particular that you would like covered in class, let me know.

The Belly Dance community is very friendly – we try and support all the events around. Friends, family and partners are welcome to most of the events. Each is quite different so you need to decide which you want to try .... Or just come to them all!!!

### 7<sup>th</sup> March. Maelle, Award winning Belly Dancer at the Andalucia, Carlisle

Maelle is teaching workshops in the day and performing in the evening– the Andalucia make fantastic cocktails!!!! Contact Sally: 07506 731087

### Saturday 11<sup>th</sup> April 7pm – 10pm East Boldon Methodist Church Hall

Hafla – this is a party night – the chance to have a boogie – classes often perform and there are solos too. From those dancing solo for the first time to your teachers and seasoned professionals. It is good to see the dance outside of the class situation. Haflas are about participation, not perfection. Confidence building and fun.

Tickets £5 from Kay in class or online at [www.faridadance.com](http://www.faridadance.com) .... Bring a dish to share and your own drink.....

### Saturday 18<sup>th</sup> April: Funoon we Alwane show at the Peter Sarah Theatre, Newcastle

This is a theatre show bringing you traditional folk dances from around the Middle East. The Raqsettes (L3 DC class) are opening with a dance tableau from Egypt. Tickets £14 / £12 conc from Kay in class. Moroccan dancer Nawarra is one of the founders of this dance company. She is teaching a workshop on Sunday 22<sup>nd</sup> February – North African dance – fun and energetic! Contact Jo: 07792 867586

22<sup>nd</sup> – 24<sup>th</sup> May – Ford Castle Residential weekend. Immerse yourself in dance for the weekend. Whatever your level, you can try lots of different classes, teachers and styles. Party and show night. Loads of fun! Buddy up with some of your class mates to book into a dormitory together. Check out the Dance Breaks on [www.faridadance.com](http://www.faridadance.com)

### 25<sup>th</sup> May – Gala Theatre, Durham – Fund raiser for the Brain Tumor Charity

Ruby Tuesday Entertainment and Tempest Dance Studio take you on an adventure of fantasy and fairytales. An amazing extravaganza in a good cause. Great for all the family. Tickets from: [www.galadurham.co.uk](http://www.galadurham.co.uk)

## WHERE TO BUY YOUR BELLYDANCE GEAR???

Shimmy belts from £7.50 - £25 from Farida

[www.faridadance.com](http://www.faridadance.com)

Doing a veil dance with Kay this term:

You need a shiny semi circular veil – also from the Farida web site.

<http://faridadance.com/bellydance-accessories/veils-melayas/68-shiny-veils.html>

## What do I wear?

For class you just need something loose and comfortable. Leggings or dance pants, joggers or a skirt with an elasticated waist. A T-shirt or tie top. Kay brings a bag of Hip scarves / shimmy belts for beginners to borrow. You can get your own on line at [www.faridadance.com](http://www.faridadance.com) or there is always a stall at the haflas.....

For Performances: Open level classes – your class dance gear with a shimmy belt.  
Dances come in different styles. If you have the following items, they will cover most styles:

Sparkly Galabaya (Saidi or Baladi)

<http://faridadance.com/bellydance-dresses/galabayas-and-folkwear/152-sparklies.html>

Daleel skirt (Oriental)

<http://faridadance.com/bellydance-separates/skirts/124-daleel.html>

Matching tie top and belt (oriental)

<http://faridadance.com/bellydance-separates/tops/623-aziza-top-and-belt-set.html>

<http://faridadance.com/bellydance-separates/tops/351-corniche-tie-top.html>

Trouser suit (Saidi / pop / sha'abi)

<http://faridadance.com/bellydance-separates/trousers/521-suzie-2-piece-trouser-sets.html>

Belly Dancer accessories:

Veil – shiny semi circular and silk rectangular veils.

Assaya – sticks: hooked stick and straight stick

All are available on [www.faridadance.com](http://www.faridadance.com)

One class a week not enough? Try another class as well. Each teacher will have a different style – it is always good to try other classes: [www.nebellydance.uk](http://www.nebellydance.uk)

Tell your friends about your belly dance classes.

Encourage them to give it a go.

Or bring them to a hafla or show so they can see what it is all about .....

This newsletter is available to download on the 'Newcastle Belly Dance' and 'Sunderland Belly Dance' Face book pages.

For those not on facebook, it is also on:

[www.nebellydance.uk](http://www.nebellydance.uk)