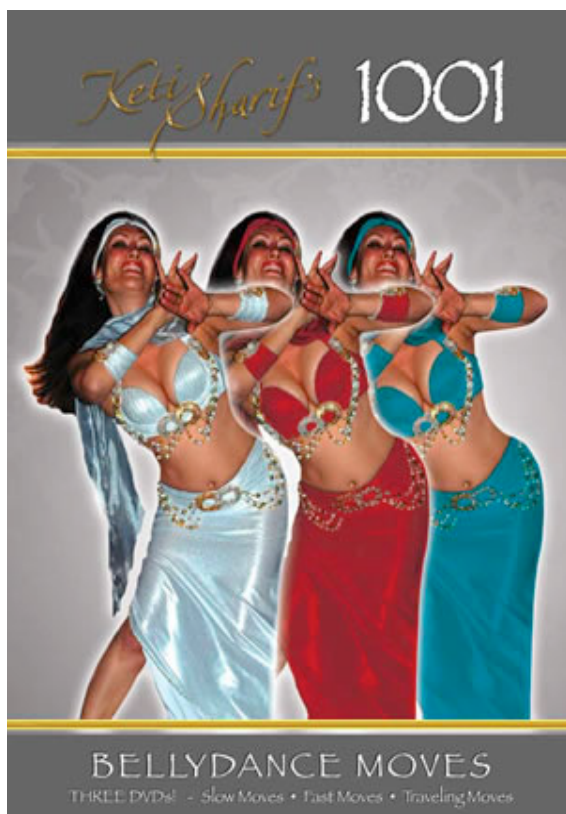


Keti Sharif's 1001 Bellydance Moves Box Set of three DVDs



About the DVD Set

Keti Sharif guides you through 101 core moves for bellydancing, each in ten easy steps. There are three sections - Slow moves, fast moves and Traveling moves. There are three dvds in one box, which offer over FIVE hours of great tuition! You will also receive a reference booklet.

Visuals

Keti wears three costumes - white, red and turquoise, for each dvd and demonstrates each move in costume. You can see what the move should look like in a bellydance costume, when performing the move.

Sound/music

Keti explains the dance moves from the front and back. Then she demonstrates the move to music. Each move has approximately two minutes of explanation followed by a short dance demonstration to music. Music is from Omar Kamel's SunDance & MoonRise cds, available on: www.ketisharif.com

Explanation of moves

Keti explains each move in ten sequential steps that are shown slowly, in flowing order, with reference to the muscles used, the feeling of the weight shift and visual techniques.

Using the DVD menus

You can play the whole dvd or go to the specific section, eg: shoulders, hips, etc. Or you can choose to play only one movement by selecting it from the section.

Slow moves: White costume

1. Shoulder roll single
2. Shoulder roll alternating
3. Snake arms outstretched
4. Snake arms full range
5. Classic arms
6. Arm circles upward flow down
7. Arm wave and circle
8. Arm reach out and flow down
9. Wrist roll
10. Snake hands
11. Lotus hands
12. Chest circle
13. Chest and shoulder figure eight
14. Chest undulation
15. Full body undulation
16. Lower abdominal undulation

17. Deep lean back undulation
18. Reverse undulation
19. Belly Roll
20. Hip circle medium
21. Pelvic circle
22. Hip circle large
23. Figure eight inwards, vertical
24. Figure eight inward horizontal
25. Figure eight inward vertical
26. Figure eight outward (maya)
27. Rolling figure eight front/back
28. Figure eights down and up
29. Roll over undulation
30. One sided hip circle
31. Jewel Egyptian move
32. Head slide
33. Head circle

**Fast and accented moves:
Red costume**

34. Hip accent chonk downward
35. Hip accent double chonk split
36. Hip accent thrust to side
37. Hip accents alternating
38. Double accent thrust to side
39. Hip accents to side high/low
40. Hip drop plain
41. Hip drop wahda we noss
42. Hip Arc
43. Hip drop in line
44. Hip drop in circle
45. Split hip drop
46. Hip lift
47. Hip lift front and back
48. Hip shimmy
49. Egyptian downward shimmy
50. Thigh concentrated shimmy
51. Turkish twist shimmy
52. Samba shimmy
53. Hip slide shimmy
54. Side to side hip shimmy
55. Hip shimmy front/back
56. Hip circle shimmy
57. One sided hip shimmy
58. Turkish front back shimmy
59. Lebanese tuck back accent
60. Egyptian tummy pop
61. Chest pop accent
62. Shoulder accents alternating
63. Shoulder accent one side
64. Shoulder shimmy
65. Circular shoulder shimmy
66. Shoulder shimmy chest raise
67. Side to side shoulder shimmy
68. One sided shoulder shimmy

**Stepping/traveling moves:
Turquoise Costume**

69. Step/point
70. Triple step
71. Egyptian shimmy walk
72. Afro-Egyptian tuck back walk
73. Arabesque step
74. Three step traveling turn
75. Three step turn butterfly arms
76. Quick step turn on the spot
77. 180 degree rotation step turn
78. Hip over step to side
79. Figure eight step to side
80. Hip circle step to side
81. One hip circle rolling step side
82. Accented tuck back step side
83. Hip lift shimmy step to side
84. Camel walk undulating step
85. Camel walk alternating levels
86. Camel walk with shimmy
87. Camel walk alternating speed
88. Undulating step foot crossed
89. Egyptian pelvic undulating step
90. Chonk steps to the side
91. Circular undulations
92. Undulations forward side on
93. Undulations forward alternating
94. Side step with chest circle
95. Twirling the saidi cane
96. Hitting saidi cane and turning
97. Twirling the veil
98. Veil flicks to side and twirl
99. Butterfly veil
100. Zaar trance movement
101. Dramatic turn grand finale

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