

What to expect from my classes

By the end of the term, absolute beginners should be able to perform some of the basic steps involved in Egyptian dance. More experienced dancers will have had the opportunity to gain more confidence and, to have developed more ease with transitions between movements and honed their improvisational skills.



Each class starts with a comprehensive warm-up to mobilise your joints and, also to help you relax so you can fully express yourself and forget about the pressures of everyday life. We usually then recap on what we learned the previous week, including a more general 'bop' to loosen up and prepare for the remainder of the class.

Do let me know if you have any health problems that may affect your movements so that I know when you to say take it easy. But please listen to your own body: this dance is very natural and shouldn't hurt but, sometimes we stretch and wake-up muscles that haven't been used for a while and they can feel a bit achy the next day.

Often we will often do a 'technical drill': breaking down a new movement and practicing it to gain muscle memory. I encourage students to work in pairs or small groups as this is a great way to learn from each other and also to make friends. Whilst Egyptian dance is essentially improvised, I may also include a simple choreography as it helps learn which steps go together and builds confidence.

Costume-wise, a long full skirt or loose trousers are ideal to start with, but a shawl or scarf to wear around your hips is a must. Music-wise, I will give you a list of the pieces used during the term and where to buy it from. But please do talk, call or email me if you have any questions, concerns or to give feedback.

Independent classes: My Monday and Thursday classes run on a system of block payments of £35 for six weeks and pro-rata for odd term durations. Within this, you may have one 'holiday' in each block without losing out providing I know the week before. For existing students and for anyone who cannot commit to regular classes due to work or home-life, I offer a drop-in rate of £6.50 per class. For complete newbies the first class is just £5: if they wish to continue, then they pay the balance of £30 for the remaining five weeks of the block.

LCHL classes: these classes are organised termly with enrolment directly with the Centre.

Stevenage Leisure class: these classes are run on a drop-in basis of £4.30 per class.

I hold occasional social evenings with a chance to view dance videos and get to know your fellow students. Once in a while I organise a dance party or 'hafla', usually with live drumming, and also hold workshops and restaurant trips.

Bridget Poulter, September 2010
07766 086183 / 01462 623096
Email: raqssharqi@ntlworld.co.uk
www.egyptiandance.co.uk