

# Figuring out

WHAT TO PRACTICE

The  
Bellydance  
Bundle

Lack of clarity and focus in your practice and goals is a #1 reason I see dancers plateauing in their personal practice.

Workbooks like this might help lead you to your own solutions, but we can't tell you what to do. Only you know what is right for you in your dance.

I find dancers who work with coaches tend to have this skill more, because for a coach to help you, they need to know what you want, but many of us never really hit that stage due to time, money, or other life circumstances which hold us back from working with a dancer that closely.

But the secret is, you can do a lot of this work yourself. More effort? In some ways, but the only person who can clarify what they want *is you*.

This guide will help you figure out what YOU want to work on in case you're stuck at the "I just want to get better" stage, but don't know what that means for your practice.

## STEP 1

*FIND A VIDEO THAT'S RELATIVELY RECENT  
OF YOUR DANCING.*



## STEP 2

*WATCH IT WHILE YOU FILL OUT THE NEXT SHEET.*



## BUT WAIT!

Before you go off and judge yourself into tears (been there, done that) I want to talk to you about Best friend video Pal.

This is something I got from Alia Thabit, and that we used a lot in my Struggle to Strength program whenever we had to watch our own videos.

You are not you, watching yourself.

You are your best friend video pal, watching a person they love dance.

You aren't here to drive yourself into the ground with judgements and recriminations, you're here to have a kind eye, and an honest heart, and to find a way to grow.

The dancer in the video? That was your best friend, doing their absolute best and being freaking amazing at it.

So put on your best friend video pal hat, grab a pen & some paper and settle in to watch that video and work through your strengths & struggles through that performance. When you're done, take a shimmy break, it was probably stressful, then come back and ponder what's next

POSTURE - 1 2 3 4 5 6 7 8 9 10

# WORKSHEET

MOVES - BASIC TECHNIQUE Circle the moves that are challenging

|                     |                   |                        |                           |
|---------------------|-------------------|------------------------|---------------------------|
| Straight Leg Shimmy | Bent Knee shimmy  | ¾ Shimmy               | Omi/Umi                   |
| Maya                | Reverse Maya      | Chest 8's              | Reverse Chest 8's         |
| Hip Drops           | Tucks             | Camel/Undulations      | Reverse Camel/Undulations |
| Belly Rolls         | Large Hip Circles | Vertical Chest Circles | Horizontal Chest Circles  |
| Snake Arms          | Figure 8's        | Reverse Figure 8's     | Hip Ups                   |

## LAYERING

Challenge layers \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_

Height Variation - 1 2 3 4 5 6 7 8 9 10

Basic moves with zills - 1 2 3 4 5 6 7 8 9 10

Speed variation - 1 2 3 4 5 6 7 8 9 10

Speed variation - 1 2 3 4 5 6 7 8 9 10

Traveling variation - 1 2 3 4 5 6 7 8 9 10

Zill patterns - 1 2 3 4 5 6 7 8 9 10

## MOVEMENT VARIETY

Number of moves: \_\_\_\_\_

SPEED - 1 2 3 4 5 6 7 8 9 10

AUDIENCE ENGAGEMENT - 1 2 3 4 5 6 7 8 9 10

## ARMS

General framing - 1 2 3 4 5 6 7 8 9 10

Variation - 1 2 3 4 5 6 7 8 9 10

EXTRAS (COSTUME/MAKEUP) - 1 2 3 4 5 6 7 8 9 10

Notes: \_\_\_\_\_

GRACE/TRANSITIONS - 1 2 3 4 5 6 7 8 9 10

RESEARCH - 1 2 3 4 5 6 7 8 9 10

EXPRESSION/GAZE - 1 2 3 4 5 6 7 8 9 10

IMPROV - 1 2 3 4 5 6 7 8 9 10

THE FEELING - 1 2 3 4 5 6 7 8 9 10

## PROPS

Zills - 1 2 3 4 5 6 7 8 9 10

Sword - 1 2 3 4 5 6 7 8 9 10

Cane - 1 2 3 4 5 6 7 8 9 10

Veil - 1 2 3 4 5 6 7 8 9 10

MUSICALITY - 1 2 3 4 5 6 7 8 9 10

Notes: \_\_\_\_\_

Notes: \_\_\_\_\_

EXPRESSION/GAZE - 1 2 3 4 5 6 7 8 9 10

FLOORWORK - 1 2 3 4 5 6 7 8 9 10

STAGE USAGE/TRAVELING - 1 2 3 4 5 6 7 8 9 10

CONDITIONING - 1 2 3 4 5 6 7 8 9 10

Notes: \_\_\_\_\_

# WHAT NOW?

Now you've got some idea of some of your strengths and some areas where you're struggling. Now what?

You know you're in the driver's seat.

Now it's time to pick where the car is going. I want you to pick one thing you're struggling with.

Just one.

I know. You want to "fix" (they don't need fixing) all the things right now.

Let's think of this on a grander scale.

If you picked one focus per month for your personal dance practice, by the end of the year you would have improved TWELVE different aspects of your dance. What could that look like? Let's look at a sample list so you can see how freaking much progress that really is.

1. Turkish Shimmies
2. Emoting while dancing
3. Improv
4. Fluid Arms
5. Turning
6. Making your veil float more
7. Layering Shimmies
8. Graceful hands
9. Musicality
10. Belly Rolls
11. Muscle Isolation
12. Building Combos

We overestimate what we can do in a day, and underestimate what we can do in a year.

Your brain is just really good at convincing you otherwise.

If you from a year from now appeared in front of you with some sort of time-space bending science and handed you a list of 12 things you'd like to improve and say that in a year you were absolutely, positively, 100% better at ALL OF THESE THINGS?

Honestly you'd probably laugh at them and wonder if you were being pranked.

But you could make it true.

By making goals and tracking what you're up to you can accomplish amazing things. Things you never thought possible.

*It is possible if you put in the work*

So head to the Dance Tracker, fill out your goal there based on the focus area you just chose and show up to the dance floor because you'll be SEEING progress happen in real time as you track.