

The 13 Essential Movements of Belly Dance Beginner Practice Sheet

- ✓ Shoulder Rolls
- ✓ Snake Arms
- ✓ Head Slides
- ✓ Ribcage/Chest Slides
- ✓ Hip Slides
- ✓ Chest Lift & Drop
- ✓ Ribcage Twist
- ✓ Hip Twist
- ✓ Undulation (Down)
- ✓ Reverse Undulation (Up)
- ✓ Weighted Hip Lift & Drop
- ✓ Unweighted Hip Lift & Drop
- ✓ Knee Shimmy

It starts with a strong foundation

Remember to always maintain the correct posturing of the body, arms, and hands while practicing all movements.

Becoming good at any art is only a matter of practice

This isn't rocket science! Don't think about it too much. Simply focus on making time to practice and enjoy dance. Good dance will naturally result.