

Sophia

born to belly dance

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BELLY DANCE TUITION

Levels

Sophia's classes range from Absolute Beginners to Performance levels.

Choose the class which best describes you:

Absolute Beginners

You haven't so much as done a shimmy and wouldn't even know what a saïdi stick looks like! Don't worry, all will be made clear in a class that aims to teach you basic technique, an understanding of Middle Eastern rhythms and some dance theory to boot.

Beyond Beginners

OK, so you know how to shimmy, do a hip circle and demonstrate snake arms, but want something a little more challenging. Beyond Beginners starts to explore more advanced technique, layering of movements, transitions, combinations, performance elements and maybe even incorporate some basic prop work - if you're so inclined.

Intermediate/Advanced

So, hungry for more? Intermediate/Advanced classes explore more complicated combinations, layering and extensive prop work including veil, stick, sword and zills. This class will also teach you musical interpretation and using learned movements to form an improvised piece. There is also a strong emphasis on dynamic performance elements including use of expression, use of stage and engaging your audience.

Performance

So, you want to be a star? If you think you're ready to go the next step and lunge into performance, Sophia will assist in making sure you're equipped with the fine tuning required and expected of a performer. Not to mention, passing on her knowledge about the industry which all up and coming dancers should know. Usually good as a one on one class or with two people so Sophia can concentrate on the individual and their needs.

Sound like you?

Well, leave your inhibitions at the door and get ready for a confidence booster! With a little patience and practice, you too could be the next Shakira... But if not, let's just settle for having a laugh and learning some new moves for the dance floor!