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You can dance with us for free! We have published basic belly dance moves and regularly upload new videos to you. All workouts have playlists from multiple videos and contain a full body warm up and relaxing cool down. Tell me more! Start your training with this entry level class. You will learn the basics of belly dancing: posture, seesaws, side sliding and mayas with your hips and chest. Do moving out of #1 feel smooth & juicy? In #2 you will learn more belly dance basics: by opening the inner circles and vertical circles with hips and chest. Afro with pelvic floor integration is our specialty. In #3 you will learn more about the essential basics of belly dancing: sliding forward and classical Egyptian horizontal circles with hips and chest. In #4 you will learn more belly dance basics: camels with hips and chest and your first sharp hip accents launched by your gluteus muscles. In #5 you will learn more belly dance basics: twists and horizontal eighties with pelvic floor integration, as well as some basic hand movements such as snake hands. In #6 you will learn some advanced belly dance moves: hagala shimmy and variations, as well as hand movements that lead up to the snake's hands. In #7 you will learn some advanced belly dance moves: hip drops, accents, elegant eighties with foot lifts, layered with chest camels and hip drops, as well as secrets of a great hip shimmy. Learn my beautiful belly dance choreography step by step! It is my interpretation of the classical Egyptian love song By Daret Al Ayam (The Days to Go With) by Um Kalsoum. Here you have an overview of all the belly dance moves you've learned so far. Step-by-step instructions. Here you have an overview of all Bellydance workouts with music. Dance as long as you can! Review of Coco's tips & home from her new interview series Free Woman. Have fun! An overview of the full-length bellydance classes that we've recorded for you here in Berlin. German video contains subtitles. All about Coco's sensual Dance Workout program – your personal wellness program at home: TV-shows, reviews, interviews. Here you can see a collection of Coco belly dance shows. Enjoy! Listen to what our graduates have to say about our teacher training and watch scholarship records. Review of all interviews, travel vlogs and other videos from and through Coco. This task video is suitable for most people, but is not adapted to any particular condition, characteristics or person. Get advice from a gp or health care professional before trying it out, especially if you have any concerns about your health you are not sure if the exercises are appropriate you have any pre-existing health problems or injuries, or what current symptoms Stop immediately and get medical attention if you feel pain or feel bad. Step-by-step instructions, dance practice, and everything you want to know about belly dancing with Ian. what you need to get started is interested in about Beauty dances, transforming your body and spirit with fun physical activity, and learning to appreciate and love yourself. What are you waiting for? Jump in and start belly dancing today. I created this course with one thought in my mind: offer a resource I would have when I was when I was starting my belly dance tour! The result is a complete belly dance guide for beginners, with over 100 video tutorials teaching you step by step all the basic movements (shimmies, belly rolls, circles, undulations and more), over 17 hours of dance practice, lectures, workouts and combinations. You will also get an overview of the most important rhythms, folklore styles, principles of dancing with veils and dozens of dance combinations to polish your technique. In addition, you will find several bonus sections with lectures on themes related to belly dancing, such as costumes, accessories, music and the cultural environment of this dance, as well as the resources to continue learning belly dancing. All you need to get started is interested in exploring the beauty of dance, transforming your body and spirit with fun physical activity, and learning to appreciate and love yourself. What are you waiting for? Jump in and start belly dancing today. Or join the Iana Dance Club to access this course. Of course.

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