

SAAD – Sohaila’s Academy of Artistic Dance

Classical Egyptian Style with Sohaila

Dance your Way into 2010.... with Class, Elegance and Style!

Month	Description	Home Work
January 6, 13, 20, 27	From the Ground Up <ul style="list-style-type: none"> Entrances and Exits (pg 106); what to do, what not to do Turns and Spins (pg 55) Use of space/use of area (pg 19-23) Grapevine (with Arabesque) (pg 50), 3 step with Arabesque (with chest drop & turn) (pg 51) Extravaganza Issues: sign up; what’s expected of you Start choreograph(s) for Extravaganza—these next few months we’ll be working on Veil, Saidi (cane), Melaya, Ghawazee, Bedouin (Hagallah), Nubian, Pharaonic, and more if time permits. <p>Don't forget to take advantage of free practice sessions every month, make sure to check the schedule in the monthly newsletter</p>	<ul style="list-style-type: none"> Get familiar with your workbook & take notes Read up on the history of the dance Bring zills & veil to class every month Practice at home
February 3, 10, 17, 24	Let’s Get Moving <ul style="list-style-type: none"> Warm up with drums—get heart rate up Technical aspects of moves What is choreography vs. improvisation (pg 104-105) Start working on moves for choreographs Combine moves in choreograph(s) for Extravaganza 	<ul style="list-style-type: none"> Take notes & write combinations in your workbook (pg 59, 60) Practice at home Int. students put a short choreograph together
March 3, 10, 17, 24, 31	Keep Up the Pace <ul style="list-style-type: none"> Warm up with drums—get your heart rate up! Practice steps for choreograph(s) Practice combinations for choreograph(s) Practice choreograph(s) 	<ul style="list-style-type: none"> Take notes & write combinations in your workbook Practice at home
April 7, 14, 21, 28	You’re Coming Along <ul style="list-style-type: none"> Practice choreograph(s) for Extravaganza Dancer Self Defense: special 2 hour course (date TBD) **Hour 1: Learn basic defense tactics that you can use anywhere! **Hour 2: Learn how our dance props can be a great defense source! 	<ul style="list-style-type: none"> Take notes & write combinations in your workbook Practice at home
May 5, 12	Let’s Show Your Stuff <ul style="list-style-type: none"> Practice choreograph(s) for Extravaganza Getting out the kinks Fine tuning choreograph(s) Do’s and don’ts for the big show <p>Extravaganza May 15th; Class break May 19 & 26</p>	<ul style="list-style-type: none"> Take notes & write combinations in your workbook Practice at home

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June 2, 9, 16, 23, 30	Things are Heating Up <ul style="list-style-type: none"> • Canes: how to hold, twirl, spin (pg 73) • Isis wings: how to hold, twirl, level changes, spin (pg 75) • Veils: introduction (pg 76-81) • Intro to Folkloric: Beledi, Saidi, Khalleeji, Melaya Leff, Debke (pg 66-69) 	<ul style="list-style-type: none"> • Take notes & write combinations in your workbook • Bring Isis wings and canes to class • Practice at home
July 7, 14, 21, 28	Whole Lotta Shaking Going On <ul style="list-style-type: none"> • Shimmies and shaking (pg 53-54) • Spins, turns, and twirls (pg 79-81) • Special 2 hour class with guest drummer Dave Dhillon (date TBA): learn the drum rhythms & dance to the beat! (\$5 add'l) 	<ul style="list-style-type: none"> • Take notes & write combinations in your workbook • Practice at home
August 4, 11, 18, 25	Keeping the Rhythm Sizzling Hot <ul style="list-style-type: none"> • Drum beats; intro to Ayoub, Beledi, Chiftitelli, Saidi, Khalleeji • Zill rhythm patterns; how to play rhythms • Combining movements with zill playing • with Transitions & combinations (pg 56) 	<ul style="list-style-type: none"> • Take notes & write combinations in your workbook • Practice at home
September 1, 8, 15, 22, 29	Don’t Let the Cool Weather Stop You from Being Hot <ul style="list-style-type: none"> • Veil Intensive, seduction moves • Floor work; how to roll a quarter on your stomach! (pg 83-87) • <i>Intermediate Students</i> – develop your own choreograph; use previous combinations and/or make up your own to go with medium tempo and/or slow music 	<ul style="list-style-type: none"> • Take notes & write combinations in your workbook • Practice at home • Let’s make a fun choreograph! <i>Don’t worry – I’m here every step of the way to help you blend moves together!!!!</i>
October 6, 13, 20, 27	Fall into Freestyle <ul style="list-style-type: none"> • Zill combo pack – combinations of moves with zills • Veil combo pack – combining zills and moves with veil • Floorwork combo pack – from top to bottom • Prop combo pak – how to incorporate props in routines 	<ul style="list-style-type: none"> • Take notes & write combinations in your workbook • Practice at home
November 3, 10, 17, 24 <i>Note: possible sub for one or two classes this month. I will be in Egypt.</i>	Get your groove on to the drum - Guest Drummer <ul style="list-style-type: none"> • Drum solos, patterns, beats, advanced drum moves • How to incorporate drum moves into your routine • What to look for in a drum solo, what to do, what not to do • Special 2 hour class with a professional drummer. (Drummer & date TBD) Learn drum rhythms & dance to the beat! (\$5 add'l) 	<ul style="list-style-type: none"> • Take notes & write combinations in your workbook • Practice at home

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Month	Description	Home Work
<p><i>December</i> 1, 8, 15 at Sohaila’s home studio</p> <p><i>Classes resume at the California Center for Performing Arts (in Escondido, Studio 4) on Wednesday, Jan 6th.</i></p>	<p>Special 2 hour holiday workshops</p> <ul style="list-style-type: none"> • Specific moves (and the proper technique) from some of the choreographs; posture and proper arm alignment • Pick a favorite song, any genre, and come up with dance steps to that song... can’t wait to see what you come up with and I will critique your dance too! If time permits we’ll review past performances and critique for improvement • Find a dancer you like on YouTube and watch how she/he moves, find three new moves that you really like and show me in class! Lets get started on a new choreograph for the 2011 Extravaganza! 	<ul style="list-style-type: none"> • Take notes & write combinations in your workbook • Practice at home <p style="text-align: center;"><i>Have a wonderful Christmas and a safe New Year!!!</i></p>

Note1: Sohaila reserves the right to modify the above schedule

Note2: Page numbers based on Sohaila’s Near & Middle Eastern Dance Workbook, 1st ed.

This is an ongoing class with mixed level students, so new moves will be introduced and “old” moves will be reviewed on a continuous basis. This gives new students the opportunity to learn the moves and gives ongoing students the opportunity to refine and improve their technique.

JJH 12/09

JoEllen Handelsman aka Sohaila

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Website: SohailaInternational.com; zybadesigns.com

Other classes available through:

City of Escondido, Community Services

Poway Adult Education

Palomar Community College for credit and Community Services

Being Fit Gym in Mira Mesa

Ramona-Julian Dance Academy

For details go to SohailaInternational.com

Beginning/Intermediate Class -- Wednesdays 7:30 – 8:30 pm

Intermediate/Advance Class – Wednesdays 8:30 – 9:30 pm

California Center for the Arts, Studio 4

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