

Abigail Keyes - Workshop Menu

All workshops count towards Salimpour School CECs, regardless of material.

Suhaila Salimpour Format

Workshop lengths as noted.

INTRODUCTION TO SUHAILA SALIMPOUR FORMAT

The Suhaila Salimpour Format is revered by dancers all around the world. Learn the foundations of Suhaila's revolutionary format, and discover how it can make you a stronger dancer. *(5 hour minimum)*

SUHAILA FORMAT: LAYERING

If you're looking for a challenge for your brain and body, this workshop is for you! Learn the fundamentals of layering belly dance movements. *(1.5 - 2 hours)*

SUHAILA SALIMPOUR FORMAT LEVEL 1 WORKSHOP (OPTIONAL CERTIFICATION)

Discover the foundational technique and terminology of the Suhaila Salimpour Format in this multi-day, immersive workshop. Fantastic for all dancers, regardless of experience. Testing is optional, yet encouraged. Prepare with Salimpour School Online Classes and the Level 1 Study Guide. *(3 days, 15 hours of instruction. Allow additional 2.5 hours for testing.)*

Jamila Salimpour Format

Workshop lengths as noted.

INTRODUCTION TO JAMILA SALIMPOUR FORMAT

Basic Egyptian. Maya. Arabic. Choo Choo. You've heard the step names, now learn their origins. Bring your finger cymbals! *(5 hour minimum, can be divided into segments.)*

JAMILA SALIMPOUR FORMAT: MINI-COMBOS

There's more to the Jamila Salimpour Format than just 8 counts of this and 8 counts of that. Let's mix it up, and add some fun combinations to your dance toolbox. Bring your finger cymbals! *(1.5 - 2 hours)*

INTRODUCTION TO "JAMHAILA" (JAMILA FORMAT CERTIFICATION REQUIRED)

What happens when you take apart the steps in the Jamila Salimpour Format, layer them on top of each other, and add Suhaila Salimpour Format movements? You get Jamhaila! Learn what it's all about and be prepared to dance away with newfound inspiration! *(1.5 - 2 hours)*

Belly Dance Technique and Stylization

The following workshops are 1.5 - 2 hours long, unless otherwise noted.

POPS, LOCKS, AND TICK TOCKS

Quick. Sudden. Direct. Hard contraction movements add excitement and textural interest to any belly dance performance. Learn the secrets to creating clean isolations and how to layer them over traveling movements. Taught in the standardized language of the Suhaila Salimpour Format.

FOLKLORIC FUSION WITH FINGER CYMBALS

This fun workshop will take you across the floor with combinations based in classic belly dance stylizations, and maybe a little bit of jazz and street dance. Taught in the clear language of the Salimpour Formats, but accessible for all dancers.

TANTALIZING TAQSIM

Learn the beautiful, snakey, and sultry essentials of dancing to a musical solo. We'll dance to different rhythms common in the Arabic taqsim, and focus on soft, gooey, round movements. Taught in the clear language of the Salimpour Formats, but accessible for all dancers.

SPACE TRAVEL!

Free your feet and get creative! In this workshop, you'll discover how to break out of the belly dance box and make unexpected traveling movements that you can use in your next performance. While a familiarity with Suhaila Salimpour Format is encouraged, it is not a pre-requisite.

JAZZY FUNKY FRESH: MINI-COMBOS

Mix it up and fuse belly dance with street dance, old school hip hop, jazz, and more! We'll move and groove, exploring syncopated movement, unexpected musical accents, and challenging footwork. We'll also talk about some of the origins of movements that we're fusing, always staying respectful to the source.

TURKISH ORYANTAL STYLIZATION

Fiery, exciting, and sassy! Learn the essentials of Turkish Oryantal style, including several variations of the 9/8 rhythm commonly known as Karshilama. Bring your finger cymbals, and be prepared to sweat!

UNRAVELLING THE SECRETS OF SPINS AND TURNS

Mystifying, entrancing, and an essential element of the belly dancer's repertoire, spins, turns, and whirls can be a challenge. In this workshop, we'll unlock the secrets to spinning and turning without getting dizzy or disoriented. No dramamine required!

GROUNDING FLOW: UPPER BODY EXPRESSION

A free-flowing upper body can speak volumes about a dancer's emotional state. In this workshop, we'll explore modern dance concepts of release and flow, learn to use our core to stay stable in any position, and apply these techniques directly to belly dance hipwork and foot patterns.

Listening and Dancing to Arabic Rhythms

These are dance and movement workshops supplemented with brief discussion and video examples (technology allowing). Sponsors can select them a la carte, or put several together for greater exploration. The following workshops are 1.5 - 2 hours long, unless otherwise noted.

These workshops can be co-taught with live music by musician/percussionist Tim Rayborn for an additional fee.

RHYTHM AND GROOVE: MALFUF & AYYOUB

Both the Malfuf and Ayyoub are counted in “2,” but when do they appear and why? In this workshop we'll explore these essential Arabic rhythms, how to listen to them, and how to dance to them at various speeds and contexts through short combinations.

RHYTHM AND GROOVE: FALLAHI, KHALIJI, & KARACHI

These three rhythms appear in folk music across the Middle East, but are quite different. We'll explore what to listen for, how dance to each of them, and cultural context for each through mini-combinations.

RHYTHM AND GROOVE: SAIDI, BALADI, NAWARI

While these essential Arabic rhythms might all sound similar, they stem from different roots and origins. We'll learn how to count and dance to these rhythms, through stylization drills, short dance combinations, and cultural context.

RHYTHM AND GROOVE: 6/4 AND 6/8

Rhythms in 6 can feel trancey and whirly, but can be a surprise to dancers who aren't sure how to count or dance to them. We'll demystify the various rhythms in 6 from around the Middle East through brief discussion and short dance combinations.

RHYTHM AND GROOVE: SAMA'I RHYTHMS

The 10/8 Sama'i Thaqil and the 13/8 Sama'i Zarafat are flowing, elegant rhythms from the Muwashshahat traditions of Syria and Andalucía, but can be challenging to count and even more challenging to dance to. In this workshop we'll learn how to listen to these rhythms through listening exercises and short dance combinations.

Choreography

LYRICAL BELLY DANCE CHOREOGRAPHY

This classic belly dance choreography is elegant, sophisticated, and appropriate for any belly dance show, from festivals to nightclubs. Taught in the language of the Salimpour Formats, and accessible for all dancers. *(2 hour minimum)*

JAZZY BELLY DANCE CHOREOGRAPHY

Taught in the clear language of the Salimpour Formats, this dance blends street dance with belly dance, in a fun, sassy, and funky choreography. For all levels. *(2 hour minimum)*

TURKISH ORYANTAL CHOREOGRAPHY

Taught in the language of the Salimpour Formats, this choreography is fast, fun, and a great closing piece for your American Cabaret performances. For all levels. *(2 hour minimum)*

ORIENTAL ENTRANCE CHOREOGRAPHY

Every show needs an exciting entrance! Learn a choreography to a classic entrance composition, perfect for stage, parties, and more. *(2 hour minimum)*

Beyond Belly Dance

1.5 - 2 hours each.

WHAT ARE WE SEEING ANYWAY? WATCHING DANCE TO MAKE DANCE

Dance away with a more educated mind and body that will help you watch and make dances. This workshop is one part movement, one part lecture, and one part discussion.

YOU'VE GOT RHYTHM: MUSICAL DANCE GAMES

In most cultures, dance is inseparable from music. We'll work on our rhythmic awareness and listening skills using the Creative Dance method. Let's explore, improvise, create, and respond, and have lots of fun (and maybe get a little weird) doing it.

MAGICAL MUSICALITY: LISTENING WHILE MOVING

Music is at the heart of belly dance, and in this workshop, we'll explore creative ways to embody rhythm, instrumentation, and tone color. This is a movement workshop, but also bring a big notebook and some drawing utensils so that we can experience music in multiple modalities.

CORE CONDITIONING FOR BELLY DANCERS

We've all heard of having a strong core, but what does that mean? And why do we need it? We'll focus on exercises that can help build inner strength, greater range of movement that you can take with you into your daily life and dance practice. Please bring a mat. *(1 hour option available; this would make a great morning workshop to prepare for a day of dancing.)*

CROSS IT OVER: WESTERN MOVEMENT ESSENTIALS FOR BELLY DANCERS

Let's bridge that imaginary East-West divide! We'll work on developing balance, presence, and precision using modern dance techniques and combinations. No modern dance experience necessary!

Lectures

My lectures always include time for discussion and free (and safe) exchange of ideas. 2 hours minimum each.

THE MIDDLE EAST: A VERY BRIEF HISTORY

Every belly dancer should know about the history and cultures of the Middle East, the region from which our dance comes. But it's easy to feel overwhelmed when researching this vast topic. This lecture is a fantastic overview of the political, social, and cultural forces that have shaped the region and influenced the development of professional belly dance.

ALL IN THE FAMILY: THE SALIMPOUR LEGACY

The Salimpours have truly shaped the face of belly dance in North America and beyond. Learn how, and you'll probably discover that you have Salimpour roots too!