

# 15th Dahab Holiday Dance Festival May 7 - 17, 2018

## The Workshop-Program 2018 – Conil de la Frontera / Spain

Two and three hour-long WSs are taught in one part, four hour-long WSs are taught in two parts on two days.  
Please bring with you all what is needed in the WSs as there are veils, skirts, hair-flowers etc..

### \* **AKIKO MONA**

#### **Oriental Routine "FARHA"**

A dance as feminine, sensitive and powerful as Mona herself – a mixture of modern spices and rich Egyptian feeling, expressing various faces that woman have, which can be elegant, sensual, sweet and sometimes strong. Mona will break down logically each section and repeat to let it be clear, so beginners are welcome as well as advanced.

For all 2.5 hours

### \* **AZAD KAAAN**

#### **Technique with Combos & Diagonals**

Traveling Steps and lively combos as well as hot hips. A sparkling technique workshop that will keep you busy with varied diagonals and interesting specials, even to spice up your own dance.

For all 2 hours

#### **Persian Fusion Bandari**

Lively, cheerful and simply thrilling is this short choreography. Bandari from Persia is historically - together with the gipsy dance - the origin of belly dancing. This peppy song with elements from the Bandari and Persian court dance is great for any show, Hafra and even groups.

Intermediate 2 hours

#### **Leila Fi Kasri Andalusi**

Matching the venue is this a beautiful performance dance merging the Muwashahat with Raks Sharki. Attention: No typical Muwashat in the style of Reda, but an Andalusian choreo with soulful Taqasim, Raks Tarab passages and, of course, Muwashahat. The perfect combination of court dance with belly dancing ... and Azad's unique and brand new choreo.

Also suitable for groups (maybe also for the Open Stage ...?).

Intermediate 3 hours

### \* **AZIZA**

#### **Pop Choreography**

Pure fun! Aziza breaks out and offers something fun and funky for this years festival. Come play!

From low intermediate 3 hours

#### **Hip and Shimmy Shape Up**

Pure technique for sharp precise isolations and deep continuous shimmies. We will also explore travelling steps and combinations to apply our new hip and shimmy concepts!

Intermediate to advanced 2 hours

#### **Games of Improvisation**

Guided games to open possibilities in your improvisation. Don't be afraid! Aziza will make your exploration a safe and fun experience.

Open for all 2 hours

#### **Festival Recap**

Let's come together and review what we gained from our time at Dahab Holiday Dance Festival! We will share the choreographies, combos, and techniques in order to retain them going forward. Reflect on our collective experience in Spain. Then we will close the gathering with guided relaxation and gentle stretching to send us on our journey home...until we meet again!

From intermediate 2 hours

## \* **GAMILA**

### **Happy Hips - Technique a la Gamila**

We work on shimmy techniques, accents, layerings, steps etc. Gamila shows you great exercises to improve your shimmies, to keep the pace, to mix them with accents and to overlay movements. Sweat and fun are guaranteed. A good preparation for the drum solo or just to work on your technique.

For all 3 hours

### **Drumsolo "Rhythm of Cairo"**

You can expect a short, crisp drum solo (2:28) with many small refinements, accents and different shimmy styles. Not difficult but effective. The perfect finish to a performance.

And if you like... Gamila invites to perform it on the Open Stage.

Intermediate to advanced 3 hours.

### **Romantic Oriental**

If you love romance and fluid, dedicated and graceful movements, you should not miss this choreography (2:32). Give yourself to the flow of music and let it carry you away.

Intermediate 3 hours

## \* **LUXOR**

### **Lebanese Pop Song**

Luxor in his element - all are welcome to its WS with precise technology, full of temperament and joy.

For all with pre-knowledge 2 hours

### **Lebanese Romantic Song**

Luxor - master of many genres. Here with a very romantic piece, whose emotional depth he mediated with masterly technique and touching emotion.

For all with pre-knowledge 2 hours

### **Iraqi**

Iraqi hairdance or Iraqi gypsy dance is one of Luxor's specialities.

For all with pre-knowledge 2 hours

## \* **MANIS**

### **Double Veil Technique for Beginners and as a Deepening**

This WS is aimed at beginners for the double veil (no WS for beginners). Pure technique a la Manis, also good as preparation for the double veil choreography. Please bring 2 half circle glittery chiffon veils.

Veils can also be ordered from Manis: [info@manis-tanz.de](mailto:info@manis-tanz.de)

For all 2 hours

### **Double Veil Choreography**

To wonderful music (3:08) based on Beethoven's classical music, Manis will work out a beautiful, emotional and powerful choreography for you. Manis invites you to attend a performance at the Open Stage. Let's look forward to a great blaze of colors. Please bring 2 half-round glitter chiffon veils.

Intermediate to advanced 2 x 2 = 4 hours

### **"Tango El Amal" - Tango Oriental with Silk Veil**

This choreo is a great cocktail of Tango & Oriental music and the associated dance elements and emotions. That would be a nice dance for the Open Stage. Please bring a rectangular silk veil in the size of at least 250-280 cm x 140-160 cm. If you do not have a silk veil, you can order it via: [www.orientalpassionshop.de](http://www.orientalpassionshop.de) Manis will also bring some.

From good beginners to advanced 2 hours

## \* **MARDSHANA**

### **Gypsy Dance**

A cheerful "gypsy" - danced with a swinging, wide skirt to rousing "good mood" music. Cheeky, airy and playful ...

From good beginners to advanced 2 x 2 = 4 hours

**Dance Yourself**

An inspiring workshop for your own femininity. Come and see what the goddess, the wife, the best friend in you needs ... .. We move, try out, improvise, go searching, have fun, dance, exchange and invent us new.

All are invited 2 hours

**\* MELLI SARINA****Healthy Spine, Happy Dancer**

A short training for home with dance-specific exercises, specially designed for torso stability, so that we feel like new after each workout. Happy, healthy and strong at any age.

For all 1.5 hours

**Dancehall Inspired Fusion Bellydance**

Totally new movements inspired by the basics of Dancehall. Not only will we learn some basic footsteps from the Jamaican Dancehall, but we will also get closer to the rhythm-feeling to get new interpretations of our dance pieces. Enjoy with Melli the mix of Dancehall and Fusion Bellydance to rousing Dancehall rhythms.

From good beginners-intermediate 2.5 hours

**Open Wounds - Choreography**

An Original Tribal Fusion choreo from Melli Sarina's lessons - be inspired by a variety of combinations.

The required isolation technique is trained and worked on step by step to the demanding choreography. The piece can be performed as a solo, trio or group choreo.

Intermediate 3 hours

**\* NADA CHOUAIB****Technique a la Nada Chouaib**

Nada developed from more than 10 years her own pedagogy called Spiral Technique. In the festival she gives an introduction to this technique with focus on the effortless connection of feet and arms

For all 2 hours

**Aleppo Tarab**

Get to know this Syrian style of Tarab by this wonderful choreography – and as an ode to the city „Aleppo“.

From intermediate 3 hours

**\* PAULA YUNIS****Body Expression for Dancers**

Get to know Paula Yunis and her very own style, expand your movement repertoire and your dance horizon.

For all 2 hours

**Baladi Argentinian Style**

Paula Yunis shows us that the Argentine baladi has rightly conquered its place worldwide. More expressive and more space filling as the Egyptian style, its stands just like that for Baladi's vital, earth-bound feeling of life.

From intermediate 3 hours

**\* RAQUEL****Flamenco Technique**

Flamenco is a very strong and passionate dance, whose steps and movements we can use in other dances and especially in bellydance, as these two dance forms share roots. In this workshop, we will develop the Flamenco essence through expressive means - such as pirouettes, head and arm movements, location changes, among others - to create more intense, surprising and original choreographies. At the end of our meeting every student will have the opportunity to try her/his own Flamenco moves.

For all 2 hours

### **Flamenco Fusion Dance**

Andalusia is a country with a very rich Arab heritage that we can see in many elements and especially in the Flamenco dance. In this workshop, we will bring these two cultures closer to each other through a Flamenco fusion choreography, where Flamenco passion and Belly Dance will meet.

From intermediate 3 hours

### **\* YALIA**

#### **Shaabi Choreo & Technique**

Yalia is famous for her spirited, rousing Shaabi. In this workshop you can learn by a short dance, what this is all about.

For all 2 hours

#### **Pure Baladi Technique**

Absolutely we want to bring Yalia's incomparable Baladi style closer to you. Here with a technique workshop, which promises new inspirations - also for Baladi connoisseurs.

For all 2 hours

#### **Mawood - Dance & Technique**

Yalia presents impressive movements to beautiful and varied Egyptian music. The movements give time to look closer and a lot of space to empathize, and they are led and maintained with power by Yalia.

From intermediate 3 hours

### **\* "Trained by the Stars" Award**

Show your dance (from 2 - max. 4 min.) to two star-instructors of BellyDance: **AZIZA & AZAD KANAN**. Our stars will comment it detailed in order to let you recognize your weak points and before all your possibilities. You will receive the Dahab Dance "Trained by the Stars" Award after joining this training plus minimum 15 hours workshops in the festival. Bring also a suitable costume for your dance and be prepared to be on stage.

All of you will receive the "Trained by the Stars" Award - and one of you will dance in the Closing-Gala, the final highlight of the festival!

Max. 8 participants, up to 3 hours - leave yourself some open time afterwards, 95 €