

Belly Dancing Movement Mediation with veil, sword and drumsolo [11:46]

to "The Joy of Belly Dancing" song no. 14 "Raks Mustapha"

by Spiritual Master Ayleen: <https://sites.google.com/site/freeonlinecoursesbellydance>

[...] minute of the respective beginning, (...) Chiftetelli-information

Overture

Entrance

- Steps with veil,
- Hip Kicks in a circle,
- 2 Hip Drops, step, 2 Hip Drops, step,
- Chest Shimmy in a circle, veil circling and putting the veil away,
- Basic Arabic Step,
- Chest Shimmy, Hip Kicks and Basic Arabic Step also with steps in between and rotations as well as 2 Hip Drops, step, 2 Hip Drops, step free to the music.

Transition [2:45]

- Big Hip Circle,
 - Snake Arm, Snake Arms,
 - Arms up, one after the other, Hand Waves downward,
 - Belly Roll,
 - Belly Kicks,
- (1) Hip Drops with foot change,
(1) Hip Drops without foot change.

Melody [3:41]

- (2) Body Wave with steps to the side,
(1) unbalanced Figure Eight back,
(1) Figure Eight with feet,
(2) Hip Circles with turning around,
(1) Chest Circles, Figure Eight, Drop,
(1) Hip forward,
(1) Body Wave,
(1) 3-Step-Rotation.

Sword [4:30]

Instrumental:

- (3) Pick up the sword,
(2) 3-Step-Rotation with Hip Drops,
(2) turning around with sword,
(2) sword down and up the body,
(1) stroke along the sword,
(2) cut the air.

Rhythm:

- (2) 3-Step-Rotation with Hip Drops.

Singing:

- (2) Balancing the sword on the head with hands to the sides,
(1) Snake Arms to the sides,
(1) Snake Arms forward,
(1) circling hands downward,
(1) Belly Roll,
(1) Body Wave,

- (1) Body Wave with steps,
- (1) Hip Figure Eight sideward,
- (1) sword circling above the head,
- (1) cut the air,
- (2) 3-Step-Rotation with Hip Drops.

Veil [6:38]

- (3) Pick up the veil,
- (2) 3-Step-Rotation with Hip Drops,
- (2) Mill with rotation,
- (1) veil circling,
- (1) steps forward and backward with veil clings to the body,
- (2) Face Drape with head sliding,
- (2) Butterfly with rotation,
- (1) veil up and down with going under by,
- (1) veil circling,
- (2) Belly Drape with chest Figure Eight,
- (2) veil circling with putting away the veil.

Drumsolo [8:28]

Part 1: <http://www.bewusstseinsexpertin.de/trommelsolo-teil-1.pdf>

Part 2: <http://www.bewusstseinsexpertin.de/trommelsolo-teil-2.pdf>

Finish

- Chest Shimmy, Hip Kicks and Basic Arabic Step also with steps in between and rotations as well as 2 Hip Drops, step, 2 Hip Drops, step free to the music,
- final position.

Spiritual Master Ayleen

Non-medical psychotherapy practitioner

- Founder of the inner family as the human psyche
- Creator of a concept for the Spiritual Psychotherapy
- Developer of Spiritual EMDR
- Originator of the “Guilty feelings delition – living love – approach“©
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Free Belly Dancing as a Movement Meditation. You´re welcome to connect all over the world:

<https://sites.google.com/site/freeonlinecoursesbellydance>

All my best wishes, yours Ayleen