

## develop your own Belly Dancing Choreography

There are 6 different approaches which you also can combine.

### 1. orientate yourself at guidelines

- with joy and fun dance lots of Belly Dancing Choreographies
- learn by watching other dancers
- vary given Belly Dancing Choreographies
- pay attention on oriental music principles (see my Online-Beginner-Course 2)
- be creative on your own

### 2. technical approach

- assemble your already learned belly dance movements and put them into your choreography
- extend your Belly Dancing Choreography when you learn more movements  
(look at my Belly-Dance-Online-Course with „Ta Mavra Matia Sou“)

### 3. structure of the music

- structure the music by melody and rhythm (e.g. „Ta Mavra Matia Sou“)  
or by measure (e.g. „Ghossn el Ban“)
  - by measures
    - count the measures with strokes
    - determine the melody sections
    - note the beginnings of the sections
    - draw the melodies as you hear them
    - compare the melodies and term them with numbers and letters
    - determine the main sections as core parts
- look for suitable movements to the music sections

### 4. with feeling to a Belly Dance Choreography

- feel the music and improvise
- note the improvisation
- determine the whole Belly Dancing Choreography

### 5. event approach

- focus on your aim (e.g. surprise at a party or to give someone special attention)
- cymbals are especially good to humor somebody without exposing him through body movements.  
If you want to learn my cymbals choreography, please tell me with Likes, so I´m going to teach you then.  
<https://www.youtube.com/watch?v=IxNWX8bYE14>

### 6. psychical and spiritual

- psychical you can dance your inner family. My German book to this will be translated into English, too.  
I express my inner family with stick dance.  
<https://www.youtube.com/watch?v=L6-GErEqEx4>  
If you show me through Likes, that you are interested in dancing your inner family as well,  
I am going to teach you in another video.  
<https://new-age-enlightenment.com/inner-family-training/>
- spiritual expression of what is inside of you (e.g. inner impulses, inner pictures)  
with a Belly Dancing Choreography.  
Belly Dancing Choreography as a Moving Meditation leads you inside of yourself  
from where you express yourself to the outside.

Spiritual Master Ayleen Lyschamaya of the Am-Ziel-Erleuchtung©

<https://new-age-enlightenment.com/ayleen-lyschamaya-musubi/>