

Beginners-1: Movement Meditation / Belly Dance Choreography

„The Magic of Belly Dancing“ Stück Nr.8 „TA MAVRA MATIA SOU“ (5:05), Georg Abdo

<https://new-age-enlightenment.com/learn-belly-dancing/>

collect oneself or beautiful arms

prelude

Hip Circle right

Hip Lift

Hip Circle left

Hip Lift

lying Figure Eight backwards

1.part

lying Figure Eight forwards

Hip Lift

Hip Circle right

Hip Circle left

Hip Lift

Hip Twist

Slide Chest

Hip Lift

2.part

Slide Chest

Slide Head

Hip Circle right

3.part

Hip Circle left

collect oneself or beautiful arms

finish

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

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