

Beginner-2: Movement Meditation / Belly Dance Choreography

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

<u>collect oneself or</u>	<u>beautiful arms</u>	prelude
Hip Circle right + steps right	<i>arms to the sides</i>	
Hip Lift	<i>arms down</i>	
Hip Circle left + steps left	<i>arms to the sides</i>	
Hip Lift	<i>arms down</i>	
lying Figure Eight backwards	<i>arms to the sides</i>	1.part
lying Figure Eight forwards	<i>arms to the sides</i>	
Hip Lift	<i>arms down</i>	
Body Wave + steps rotation right	<i>arms down</i>	
Body Wave + steps rotation left	<i>arms down</i>	
Hip Lift	<u><i>arms down</i></u>	
Hip Twist	<i>arms down</i>	
Chest Circle in one direction	<i>hands at hips</i>	
Chest Circle in the other direction	<i>hands at hips</i>	
Hip Lift	<i>arms down</i>	2.part
Chest Figure Eight one direction	<i>hands at hips</i>	
<u>Chest Figure Eight other direction</u>	<u><i>hands at hips</i></u>	
Hip Circle right + steps right	<i>arms to the sides</i>	3.part
<u>Hip Circle left + steps left</u>	<u><i>arms to the sides</i></u>	
Collect oneself or <i>beautiful arms</i> and finishing position		finish

Spiritual Master

Dr. Ayleen Scheffler-Hadenfeldt also with page on Google+

<https://www.facebook.com/Spiritueller-Meisterin-Ayleen-1570328746542137>

<https://www.youtube.com/channel/UCtw6YTuEgcYT6q9SDHRdvVg>