

Belly Dance Choreography with Cymbals as a Movement Meditation [1:19]

“[Belly Dance with Samara](#)” song no.5

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

Cymbal information (ri = right, le = left)

Step-after-steps without cymbals

Chest Shimmy

Basic Arabic Step with continuously cymbals: **ri ri ri le ri ri ri le ri (ri le)**

Hip Drops, arms up, first one and then the other hip: **ri le ri**

Shoulder Kicks: **ri**

Steps with Hip Kick: **ri ri ri le ri**

Circling Chest Shimmy and rotation without cymbals

Circling Hip Shimmy and rotation without cymbals

Hip Kicks in a circle with cymbals: **ri ri ri le ri ri ri le ri (ri le)**

ri ri ri le ri

ri le ri

ri (le)

Final position

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

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 “Guilt feelings deletion – live love – approach“©

(“Guilt feelings-dll-technique“©)

For more information:

<https://new-age-enlightenment.com/books-spiritual-path/>

Free Belly Dancing as a Movement Meditation. You’re welcome to connect all over the world:

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

All my best wishes, yours Ayleen