

Belly Dance Choreography with Cymbals as a Movement Meditation [3:05]

„[The best of Belly Dance](#)“ song no.2

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

Cymbal rhythm (ri = right, le = left): ri ri ri le ri ri ri le ri (ri le)

4/4-measure, (...) shows the number of measures; [...] minutes

No overture, with cymbals and closed veil already on the stage.

(2) Melody; open one arm, open second arm,

(1) 4 Hipdrops with left hip,

(2) Drum; step-after-steps beginning with left,

[0:11](8) *Melody A; Basic Arabic Step with 4. Hip Figure Eight,*

Basic Arabic Step with 4. putting away the veil,

(2) *Drum; Chest Shimmy and Hip Shimmy direction 1. corner,*

Chest Shimmy and Hip Shimmy direction 2. corner,

(12) *Melody B; Snake Arms, Body Wave, unbalanced Hip with hand at the temple, Hip Figures Eight at one place with moving downward, Chest Circles, Big Hip Circle with Camel.*

[0:56] – Hey –

(8) *Melody A; Basic Arabic Step with continuously cymbals,*

(2) *Drum; Shimmies as before,*

(12) *Melody B; as before.*

[1:42] – Hey –

(8) *Melody C; (2) 2 Belly Accents, Belly Roll,*

(2) 2 Belly Accents, Hip Circle with a quarter rotation,

(2) 2 Belly Accents, Coin,

(2) 2 Belly Accents, Chest Drop, 1 Belly Accent,

[2:02] *Melody; one after the other arms up, Hand Waves down,*

(12) *Melody; (4) going with Hip Shimmy and Botty Kick,*

(4) going with Hip Shimmy and Chest Shimmy with leaning forward,

(4) going with Hip Shimmy and Chest Shimmy with leaning forward.

[2:39] – Hey –

(12) *Hip Kicks in a circle with cymbals, final position.*

Spiritual Master Ayleen

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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