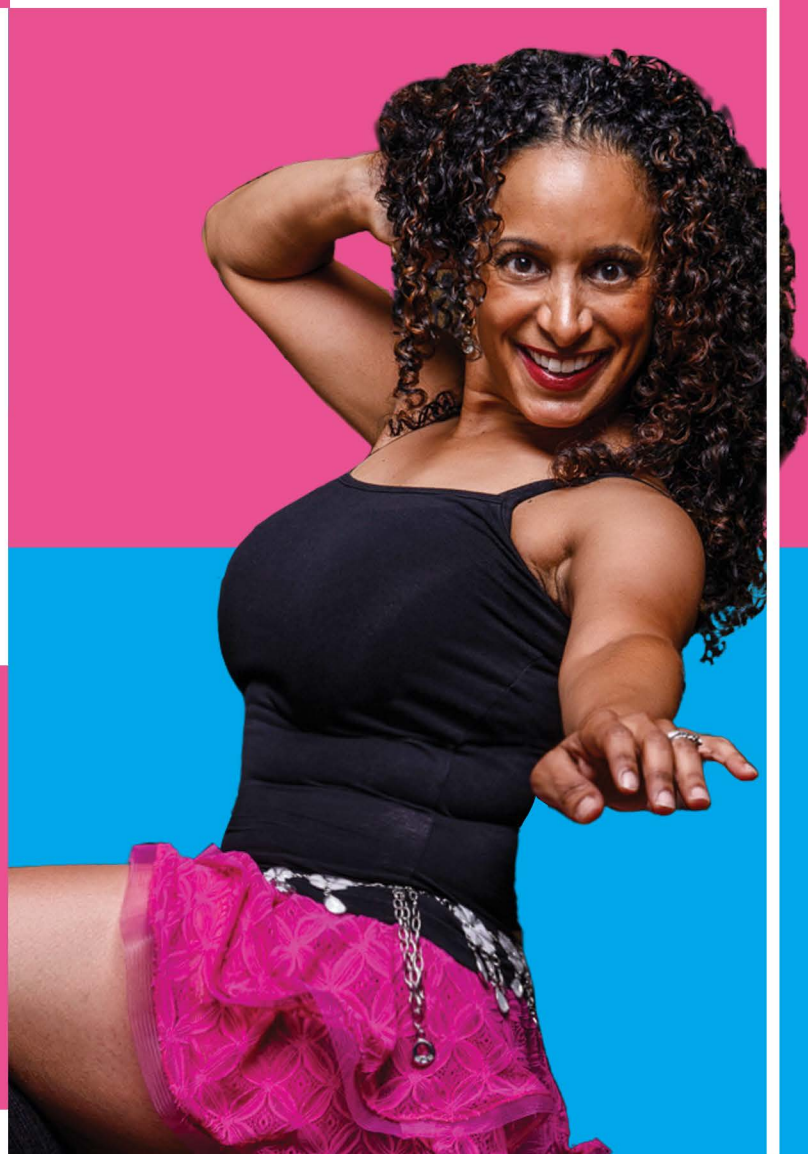




8 Essential Bellydance Moves

Get ready to Shake Your Beauty!

SharQui, The Bellydance Workout is authentic bellydance structured in a heart healthy, accredited fitness format. Classes are now available via Zoom for the perfect at home workout. Use the included introductory video to get ready for your first class.



What's Your Stance?

Basic posture in bellydance is relaxed, yet poised. Keep the knees soft. They won't be locked or fully bent. Let your hips rest naturally in a neutral position. It's not time to move the pelvis yet. Keep your feet right under the hip joints. That means your feet might be a little narrower than your hip flesh, depending on your frame. Feel strong through your core and soft in the neck and shoulders.

A Beginner's Posture variation is **Pretty Stance**. This is the same as basic posture but with one leg bent and heel up. The majority of the weight is on the standing leg.

The Signature Move: Shimmy

When you think bellydance, jingling and fringe come to mind. That jingle is caused by the **hip shimmy** and it is bellydancing's most iconic move. Here's a quick tip: you're probably trying to shake your hips. But in the shimmy, the hips are powered by the movement of your knees. Make sure the knees move forward and back, but never lock them. The hips simply go along for the ride.

Shoulders go from Stressed to Sassy

Loosen up and shake off stress with the massaging action of a **shoulder shimmy**. Lift the arms out to the side. Feel anchored through the shoulder blade but loose in the top of shoulders and neck. Twist the shoulders forward and back, staying relaxed. Pretend your hands are against a wall so that the movement stays in the shoulders.

Hips Don't Lie, they Bump

The **hip bump** is a super simple move for instantly expressive hips. Just start by stepping in place. Now imagine shutting a door with your hip. You will naturally slightly bend and straighten the knee. Give this move some power, but don't lock the leg. You can try single or double bumps.

Take it to a Triple

Go from bumping to gliding by adding a foot pattern to the hip bump. The **cha-cha** is a versatile move. Raise up off the heels and step right-left-right, left-right-left. You can add a light bump each time you step on the lead leg. You can also add more hip work to this foot pattern.

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Infinite Hips

Think of an infinity sign. We're going to draw loops with our hips and connect them with a twist. Simply imagine you're standing on a piece of paper and you have pens on your hips that are really long! These pens draw on the floor when you move your hips. When you twist each hip, you draw a loop, and the movement of both hips creates a figure 8.

Bump the Hips to Bump up the Heart Rate

4 hips is a fun way to travel. Start by walking sideways. Open the right leg and then catch up with the left. In 4 hips we step open and catch-up right-left, right-left, right-left, and then pause to change direction on the right. On the left we step left-right, left-right, left-right, and pause to change direction to the right. To make it bellydance, each time you open the leg in that direction, bump that same hip. You will bump the hip 4 times while taking a total of 7 steps before changing sides.

If you can
march in place...
you can belly
dance!



Hip Lift and Hip Drop

Stand in pretty stance with all your weight on the back leg with a soft knee. Use your oblique (side of the abdominals at waist) to lift your hip up toward the armpit accenting the upward movement of the hip. Be sure to let the oblique do the action and not the leg and hip. The hip drop comes from the same muscle but the accent of the hip is down. To keep everything in alignment make sure that the opposite buttock is tight so that the opposite hip doesn't move.

Serpentine Style

Fluid upper body movements are bewitching and entrancing, but easy enough that anyone can do them. With **snake arms**, lift your arms out to the side (not behind you). Lift one elbow at a time. Let that motion ripple through your relaxed arms and hands.

Rolls, Waves, and Ripples

Bellydancing contains a wealth of curvaceous, extravagant movements. One aspect of bellydancing that has become more prominent in popular culture is body waves (what we call undulations). The basic undulation goes from chest to hips. The chest moves forward while the hips go back. As you change to the hips going forward and the chest going back, you deeply engage the abdomen. These moves also turn into traveling steps and intricate isolated abdominal rolls.

Now you've got it!

Congrats, you've learned the basic moves of bellydance! These moves might be challenging at first, but the more you practice, the easier and more fluid they will become.

Practice along with the included video, or practice on your own to your favorite music. The SharQui song included in this beginner's bundle is the perfect tempo for a vigorous practice session and workout.

Next Steps

Ready to learn more?

By joining the SharQui Virtual Studio, you'll get unlimited access to 20+ bellydance fitness classes a week. Each class will use the moves you practiced here, plus exciting new steps, styling, and combinations.

Join now at [sharqui.com/online](https://www.sharqui.com/online). Save \$20 on your first month of a Fitness Pass or Studio Pass with the coupon code "newfriends".