**Workshop Class Topics/Descriptions:**

**Mejance, Gina-Style (2 or 4 hours):**

Make an unforgettable Entrance with this exciting Mejance choreography featuring Gina’s elegant styling.

**Drum Solo Deluxe! (2 or 4 hours):**

Break out of the usual with poses and pauses, backbends and battements, and a hair flip or two. Cute combos will be broken down, layered, and drilled to perfection, culminating in a short and sassy Drum Solo!

**Back-to-Basics Belly Dance Technique (2 hours):**

Oriental technique including both stationery isolations and general footwork will be thoroughly broken down and then drilled. This is a fantastic opportunity to refresh basic technique for ALL levels of

dancers!

**Fundamental Technique (2 hours):**

Oriental technique including both stationery isolations and general footwork will be thoroughly broken down and then drilled. Although this workshop is particularly focused on the fundamental basics of Oriental Dance, it is also a fantastic opportunity for any level dancer to refresh technique.

**Common Arabic Rhythms & Corresponding Combinations (2 hours):**

This workshop introduces several common, popular rhythms in Arabic/Egyptian dance music. Learn “default” movement combinations corresponding with each rhythm, so that you can easily improvise when the rhythm is recognized. The combinations will help you connect with Egyptian rhythms as well as add vocabulary to your movement toolbox.

**Traveling in Style (2 hours):**

Cover the stage with grace and elegance! Traveling steps and combinations useful for all aspects of Oriental choreography and improvisation featuring Gina’s unique ballet and jazz-inspired styling.

**What Do I Do With My Arms? (2 hours)**

This technique class focuses on mastering controlled graceful pathways and lines for Oriental port de bras. If you’ve ever been frustrated with “what do I do with my arms?” – This class is for you! Oriental arm frames and posture, as well as hand flourishes, are broken down and drilled, and then incorporated into take-away combinations. Appropriate for all levels, especially beginners!

**Combinations Class (2 hours):**

Combinations class featuring Gina’s unique ballet and jazz-inspired styling.

**Muwashahat (2 hours):**

Characteristics of Reda-inspired Muwashahat styling include regal and graceful movements. Gina brings her personal take on Muwashahat with combinations featuring elaborate footwork and turns which embody the innate elegance of this dance style.

**Belly Dance Taster Class (1 hour):**

Enjoy all the amazing benefits of dance while experiencing Middle Eastern music and culture! In this one-hour introductory class, I will start with a short warm up, then thoroughly explain basic posture and technically break down some foundational belly dance movements. Finally, we will put these movements together to get you dancing your first fun and easy combination set to Middle Eastern music!