

# December 2019

2020 classes; 19<sup>th</sup> Century Costumes



## Belly Dance Classes 2020

### South Brighton

#### SummerSteps

(all welcome)

Tuesdays 6:30-7:30pm

7-28 January

#### NextSteps1

(technique, combinations,  
choreography)

Mondays 7-8:15pm

3 February-6 April

#### NextStepsMixed

(by invitation only)

Tuesdays 6:30-7:45pm

4 February-7 April

#### Introduction to Belly Dance

Wednesdays 7-8:15pm

12 February-1 April

## Movement Classes 2020

### South Brighton

#### January Movement

(all welcome)

Tuesdays 6:00-6:30pm

7-28 January



1835 – long and mid-length vests

## January Classes

As normal, I will just be offering one class a week in January – **Tuesdays 6:30-7:30pm** – plus the movement class at 6pm.

Everyone is welcome to these classes. The **Movement class** works mostly on short sequences based around walking – just 8 or 16 counts. You then get to add your own flair.

The **Summer Belly Dance class** will have a different focus each week – so you can join one and miss one. The content is adjustable to all levels (but you need to have at least done the Intro course).

January belly dance \$50

January movement \$25

January both classes \$60

Single belly dance class \$15

Single movement class \$10

Single double class \$20

## 2020 Term 1 Classes

### Beginners

I will be offering the **Introductory** course on **Wednesdays** (7-8:15pm) from **12 February**.

\$20 Early Bird discount is available until 10 February.

More the merrier (limit is 10 students).

This course is suitable for adults with no previous belly dance experience – or those who haven't danced for a while.

The course covers basic technique, simple combinations, and veil plus background on belly dance – videos of different styles, history and music sound bites etc.

Please feel free to pass on to your friends. On Facebook it is [www.facebook.com/events/672550019825413/](https://www.facebook.com/events/672550019825413/)

**Introduction to Belly Dance** pricing is:

Early Bird \$90 (paid by 10 February)

8 classes \$110

Casual \$17/class

Or \$170 for two people (enrolled together).

### Beyond Beginners

**NextSteps1**: will be a mix of technique and combinations. If you have previous belly dance experience and think this might be where you fit – [contact me](#).

**Mondays 7-8:15pm** - term is **3 February-6 April**.

10 weeks will be \$110 – or \$70 for 5 weeks within the term.

**NextStepsMixed**: starts **4 February**.

10 weeks will be \$110 – or \$70 for 5 weeks within the term.

### Non-Belly Dance



1840 – mid-length chemise



1845 – long vest dropped



1863 – just a male vest

My **Movement** (non-belly dance) classes will continue through February: 6-6:30pm Tuesdays. All welcome.

February movement class \$25 (or \$10 each)

More information on [www.exercisedancing.co.nz](http://www.exercisedancing.co.nz)

## 19<sup>th</sup> Century Costumes

So what did old style belly dancers wear? Back in the 1800s they wore a version of a middle class woman's indoor clothing – a loose chemise to just above the knees which exposed a lot of cleavage, wide (often striped) trousers (shintiyān) tied under the chemise at the top and folded under and tied at the knees, a long fitted vest buttoned from under the breasts to the hips, and a shawl folded and tied around the hips. The vest could be long – the yelek – which was split up the sides to the hips and trailing behind or the shorter antari to just below the waist.

By mid-19<sup>th</sup> century the chemise became shorter and was tucked into the shintiyān and the vest was dropped.

By as early as 1850 some dancers began to adopt western elements such as bodices, European style dresses and the use of Indian fabrics or silk fringes.

About the same time, female dancers started to adopt parts of the male dancer's costume – such as wearing the short male vest under their long one. In one case this was seen adorned with gold tassels. Over time the long vest was dropped.

However the male skirt, did not appear to some time later. In 1871 there is documentation of a dancer wearing multiple skirts

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