

Zulaika's Sample Workshop Topics:

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Melaya Leff

Melaya Leff is an Egyptian “character dance” created for theater by Mahmoud Reda for his folkloric troupe. It features a shawl-type modesty, *melaya*, as a prop. In the *Melaya Leff* (*leff* means “to wrap”), the dancer is acting the role of a flirtatious young woman playing a "conceal and reveal" game with her wrap.

Tunisian:

From Raqs Al Jazur (Tunisian Jar Dance) to Tunisian Scarf Dance, these dances are often seen at weddings and celebrations. This workshop will introduce you to the dance form, with information on its background, traditional dress, music, and movements. Tunisian dance uses lots of twisting movements, so students are encouraged to wear half-soles or dance slippers.

Dancing to Arabic Music - Beyond the Rhythms:

Rhythms are the “heartbeat”, but there is so much more to Arabic music! Learning to dance to it can be compared to learning a foreign language - the movements are the “words”, the combinations are the “sentences”, knowing how they are used with the music will develop the proper accent. Zulaika will introduce you to basic Arabic music theory, then guide you as we breakdown and explore a dance music piece. You will dance with an enlightened understanding and appreciation for Arabic music!

Classic Egyptian Moves:

Learn the signature moves of Egyptian dance stars including Mona El Said, Sohair Zaki, Lucy, Nadia Hamdi...! Zulaika will break down the movements; teach their variations, and how they work with the music. She will present music selections appropriate for the moves and present video clips of the dancers performing these movements. *You'll be able to see, hear, and learn how the movements work with the music!!*

Ornamentation: Beyond the Basics.

This workshop goes beyond the basic movements by introducing variations such as traveling, level changes, timing, intensity, layering, vibrations and shimmies. Some variations include regional stylization and variations from famous dance artists and master teachers! Experience the endless variety of movement that can enhance your expression of the music!

Raqs Assaya

Raqs Assaya (Egyptian Cane/Stick Dance) is performed by men and women. It is a exhibition dance that shows the dancers ability ot handel a cane or stick. Some of the movements come from the men's martial art –Tahtib, others show off or accentuate the dancers movement. In Egypt it is performed to Sa'idi music. In Lebanon it is sometimes performed to Debke music

Khaliji

Khaliji refers to the Persian Gulf countries including Kuwait and Saudi Arabia. The woman's dance is characterized by the use of the *Thobe Nashal*, or large embroidered dress, and tossing of the hair. You will lean the women's traditional Khaliji movements and tailor them to a modern, upbeat song. Please bring a thobe if you have one. Zulaika will have a few thobes available, and will suggest resources for purchasing them and learning more about this dance form.