

## **Class Schedule 2010**

*All of our classes have changed locations, I hope you enjoy dancing in/at our new studios! Check out all the Winter workshops and reserve your spot today!  
(THIS CALENDER IS ALSO A PRINTABLE PDF FILE)*

**ELISHEVA is this year's featured workshop Instructor & Performer at  
HIPTASTIC 2010!**

**Check out the festival website for details: [www.hiptastic.com](http://www.hiptastic.com)**

### **CLASS / STUDIO LOCATIONS:**

**(Nassau Dance Center):** Nassau Dance Center  
855 Merrick Road  
Baldwin, NY 11510-3331  
(516) 546-1025  
[www.nassaudance.com](http://www.nassaudance.com)

**(Calliope F&A):** "Calliope Fitness & Arts"  
1901 Northern Blvd (Opposite Crate and Barrel at the "Miracle Mile")  
Lutheran Church, Manhasset NY 11030  
[www.calliopewa.com](http://www.calliopewa.com)

**(440 Studios):** "440 Studios"  
440 Lafayette Street, 4<sup>th</sup> Floor, NYC  
Corner of Lafayette St and Astor Place  
[www.bellyqueen.com/classes.html](http://www.bellyqueen.com/classes.html)

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### **CALENDER OF CLASSES:**

**Monday @ Nassau Dance Center: 7:30-8:30: OPEN LVL: Technique & Combos**

This class will help you master your potential, with a strong focus on drills in the American Cabaret Style . Technique and some choreographies.

**\*\*Classes Ongoing\*\***

**Monday @ Nassau Dance Center 8:30-9:30 OPEN LVL: Tribal Fusion ; Winter session includes Intro to Zagat (Finger cymbals)**

This class introduces some tribal dance vocabulary basics, including footwork, body isolations, strong arms and hand flow. The class also combines pop & lock technique for added muscle control.

**\*\*Classes Ongoing\*\***

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**Tuesday @ Calliope F&A: 12:30-1:30: LVL 2: Tech. & Performance Choreography**

Focuses on both Technique and Choreography. This class has opportunities to perform a few times a year. Styles vary each session: Raqs Sharki, Turkish, American Cabaret, Saidi, and some prop work.

**\*\*Classes run in `12 Week Sessions: Jan 1- March 31\*\***

**Tuesday (Bellyqueen@ 440 Studios): 6:30-7:30: Level 1 Technique and Choreography**

**\*\*5 wks: course\*\* Feb-March: 2/16, 2/23, 3/2, 3/9, 3/16**

**Registration for Bellyqueen Classes: [www.bellyqueen.com](http://www.bellyqueen.com)**

**Tuesday (Bellyqueen@ 440 Studios): 7:30-8:45: Saidi Cane Technique and Choreography**

**\*\*5 wks: : Feb-March: 2/16, 2/23, 3/2, 3/9, 3/16**

**Registration for Bellyqueen Classes: [www.bellyqueen.com](http://www.bellyqueen.com)**

**Thursday @ Calliope F&A 6:30-7:30: OPEN LVL: Drills, Isolation, Extension, and Stamina**

For experienced dancers wanting to step up their technique, strength, and abilities to the next level, this technique class will help you master your potential.

**\*\*Classes Run in `12 Week Sessions: Jan 1- March 31\*\***

**Thursday @ Calliope F&A: 7:30-9:30 LVL 3: Performance Troupe Choreography**

CLOSED TROUPE REHEARSAL / CHOREOGRAPHY. Class enrollment by request, audition or invitation only, please.

**\*\*Classes run in `12 Week Sessions: Jan 1- March 31\*\***

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** 2010 Winter Workshop Schedule **

**“Give Yourself Props” Saturdays @ Calliope F&A:**

**11-12pm: Open Level**

**<http://www.facebook.com/event.php?eid=255838986115&index=1>**

**8 week Series (February 6<sup>th</sup>- March 27<sup>th</sup>)** "Give Yourself Props" is an 8 week prop series that will cover many props used in dance. The first week of each series will be introduction to technique and use. The second week will incorporate a short choreography! . I will have some extra props to use and some for sale, please inquire if needed.

Workshop Schedule:

~Week 1&2: Balancing techniques for Fire Tray and Sword and Introduction to Wings

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~Week 3&4: Veil, Double Veil, and Fan Veils

~Week 5&6: Cane and Double Cane

~Week 7&8: Zill Drills and Combos

Registration for Classes: Calliope Fitness and Arts: <http://www.calliopewa.com/contact.html>

## **“Tribal Fusion 101” Saturdays @ Calliope F&A:**

**12-1pm: Tribal Fusion 101**

<http://www.facebook.com/event.php?eid=252950676172&index=1>

**8 week Series (February 6<sup>th</sup>- March 27<sup>th</sup>)** Back by popular demand, I will be teaching Tribal Fusion 101 as an 8 week series at Calliope Fitness & Arts! This class will cover basic posturing, arms & hand work, floor patterns, and hip work. Learn the difference between traditional style (ATS Tribal) and Tribal Fusion while dancing to a variety of music from Traditional Instrumentation to Electronica sounds. We will also focus on strengthening exercises to help achieve our goals in class, which includes core, glutes, and arm strengthening. Reserve your spot today:  
<http://www.calliopewa.com/contact.html>

**CHECK BACK FOR NEW WORKSHOPS IN THE SPRING!!!**