

The Keys to Learning Belly Dance

You started learning Belly Dance...So now what?



Well first of all Belly dance is not for everyone. It is not easy to learn, it takes a lot of time and commitment. How do you know it its for you? Take some classes and if its in your heart to learn then you will. If you go home after a class, no matter how discouraged you are in the first week or month, does it still make you happy and uplifted? If you are going home upset with yourself or fell like its a waist of time, then its not for you. Find something that makes you happy. Don't get me wrong, there were many time I came home frustrated and upset that I wasn't getting it as well as others, but for some reason I was still driven and motivated and committed to continue learning it. There were times in my life I couldn't commit much or at all for a few months at a time. But I stuck with it, because nothing else was as uplifting or liberating to me.

With this said this comes to the most important key of learning belly dance (after discovering its what you really want to do). That is.....

1. **Patience.** Have patience in yourself, but not to patient where you don't push yourself out of your comfort zone. You never stop learning in belly dance. Life does get in the way and at some times we can only commit to so much, but at least your committing to something that is a benefit to you and your personal growth. Don't get discouraged from others around you, we all have different learning abilities and life situations only be concerned about your limits. If you push yourself to much, then committing to this dance will just be more of a burden on your body, mind and heart.
2. When first learning Practice movements Slow and big. This will help your mind and body connect and beneficials for the next step.
3. Once understand that move practice is faster and smaller.
4. then practice it fast then slow and low and high, to the left to the right. Travel with it forward and backward. When you can do that one move in all these ways then you mastered that one move. So when you are in class and you feel that your teacher keeps going over the first move....don't think you know that move until you can do all of the above. If some students are a bit behind you, as they practice it slower practice it faster. Dance the same move but you can challenge yourself in the class as well, don't always wait for your teacher. They have a variety of levels in the class. But it doesn't stop there.....
5. After you feel like you mastered that one move then comes layering and variety.
6. Add variety and dance accoridingly. To add variety you can do the same move in all the different ways as stated above, but its very important to dance according to the music when the music is slow your technique should be slow and big and when it fast your technique should be fast and small.