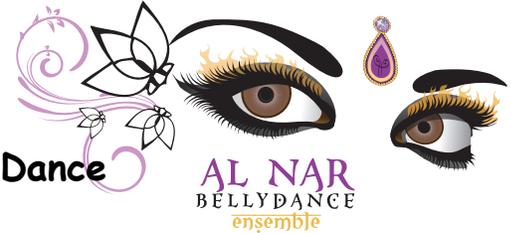


The Keys to Learning Belly Dance



1. The very first step is to ask yourself what do you want out of this? How to answer this? Think back to the first time you said to yourself I want to learn this dance. Was it that you saw an old movie? Were you influenced by Shakira? Were you told it was a great way to lose weight? Did you see a live performance? Did you hear of a friend's experience of discovering belly dance and it inspire you?

2. Do your research! Find the teacher that is right for you.

If you know right now that you want to perform, find a teacher that is going to challenge you, make you work for it and knows a variety of technique. If you are very young, find a younger teacher or make sure they are still very active, or else you will lose interest and get bored quickly. If you are older find an older teacher so you don't feel like you're expected to do crazy drops and layouts that your body just can't do. Then you will feel discouraged and quit. If all you know about belly dance is Shakira then you have A LOT more research to do. Shakira helped bring belly dance into mainstream and the western society of today but there is A LOT more to belly dance than Shakira. If you want to learn belly dance to lose weight, then find a class in a gym, if at a studio then it should be labeled as a fitness class. The heart rate is not always up when learning belly dance because belly dance is hard to learn and when learning you should take it slow. When you find a belly dance class that is focused on weight loss, the teacher should use very basic moves and apply them to keeping the heart rate up. When taking a fitness class you really don't learn how to belly dance. Although after taking a couple basic classes you should learn enough shimmies and simple technique to practice on your own for at least 20 minutes a day and that will be good to get you in shape and sharpen that technique as well.