

Beata & Horacio Cifuentes in San Francisco! February 9-12, 2012

<http://www.oriental-fantasy.com/shows-workshops-ontour.php>

To all of you who want to know a bit more about
the 4 day intensive dance study - here some information:

Ballett for oriental dancers

Horacio was a solist with SF Ballet and has been an oriental dancer for more than 20 years. He can draw from both careers to present you with a very special class. This class is especially designed for the oriental or tribal dancer to improve understanding of line, posture, direction and balance. There will be no high extensions or jumps; open for all ages and levels.

Floor Barre and Stretching

Beata loves Floor Barre! It is a kind of "ballet class lying down". Perfect to position your body correctly, discover which muscle to use; it will make you feel taller and more balanced once you get up again. It will strengthen your core muscles and protect your back - and all that without worrying about balancing and gravity! Also very helpful when you are injured or have muscle or back problems; please bring a towel or mat!

Rhythm Classes

Each rhythm occurs in certain music and has movements that are typical for it. We will do a variety of steps that belong to each rhythm, once with a solo music instrument and once for "tutti", full orchestra. After taking these classes you can easily choreograph or dance to these 4 rhythms.

Baladi

----- songs for baaad girls! Baladi steps will work for many songs; the style is currant. This class is about the style and how the movement differs to Raks Sharqi, folklore. Beata explains what makes a movement Baladi and teaches steps that can be "recycled" for any Baladi song!

Raks Sharqi

Beata will work with music of Yasmina of Cairo, which creates a WONDERFUL Egyptian atmosphere: it feels like being in a club in Cairo! The title is called "El Warda", the rose. It is peppy, yet elegant with dramatic rhythm changes, which are challenging. Please bring a rectangular veil!

Um Kalthoum

----- Horacio will teach to "Alf Leyla Wa Leyla", one of his favourite pieces and an all time favourite with all people who love Arabic/Egyptian music; it is elegant, dramatic without tears, emotional and strong.

Burlesque

With the Burlesque Dance we want to work with both oriental and tribal dancers. You need a good base in oriental, because Burlesque has a lot of oriental technique but of course with added moves and different music. Participants need basic oriental technique, stamina, high heels and the ability to bear massive (!!) fun and some sore muscles.

Drum Solo

----- hot, wild, controlled craziness.

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