



BELLYDANCE AND ITS GLOBAL INTERSECTIONS

Workshop: Art of Veil in Belly Dance

September 24th, 2017

Principles:

Veil is an extension of your dance (it should be beautiful even without veil). Like all good dance, it comes from your core and torso. Veil movement is not generated from your arm movements. Your spine must extend as far as possible, both vertically and cross-laterally, yet your lower half remains grounded. With rare exception, your arms **MUST** stay at the horizon line or above. When improvising, vary between veil action and body action.

Structure:

Moves (circles, panels, f8s, throws)

Frames & Tucks

Wraps (when other dancing precedes)

One arm / No arm (veil by trail)

Consider the music and style when choosing your veil (i.e. heavier for short entrances, lighter for romantic or taqsim). Because veil requires you to fully extend in all directions throughout your dance, practicing with veil is also a good way to become a stronger dancer even without veil.

What we haven't covered today:

Double veil

Circular veil

Chiffon veil

Veil as a sword cover

Floor veil

When you do veil? Anytime!

Although there have been norms and trends with where veil is used in belly dance, because there are no clear culture origins, you can do veil with absolutely anything, and any form of dance. Experiment! We haven't even scratched the surface.

Many thanks! Your investment in this is an investment in women, arts, and community.