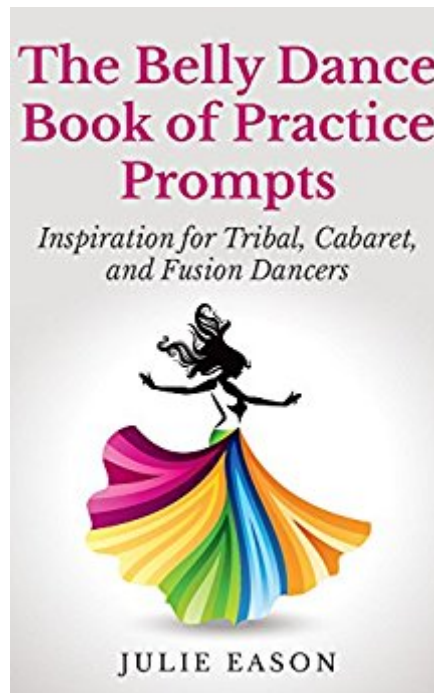


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# The Belly Dance Book Of Practice Prompts: Inspiration For Tribal, Cabaret, And Fusion Dancers



## Synopsis

120 Inspiring Ideas for Your Belly Dance Practice If you're hungry for new ways to practice, you're in the right place! Do you wind up practicing the same old moves over and over again? Or do you feel stuck at your current skill level and just don't know how to progress any farther? Belly dance is so rich with possibilities for creative exploration, for sisterhood, and for better fitness. Whether you're a beginner, intermediate, or professional dancer, you can bring greater depth and dimension to your dance when you practice with intention. This book will help you find a different intention every time you practice. You will expand your movement vocabulary, build stage presence (even if you never step on a stage), improve your coordination and grace, and have more fun dancing. "The Belly Dance Book of Practice Prompts" helps you: Improve your movement vocabulary Work alone and in groups Develop emotional depth in your dance Perfect your stage presence Build a regular practice habit (even if you're super busy) Stretch those dance muscles in your mind and find joy in your practice. Over \$50 worth of BONUS GIFTS INCLUDED! It doesn't matter whether you're a beginner or professional ... It doesn't matter if you dance tribal, cabaret, fusion, or folkloric styles ... It doesn't matter whether you perform for thousands or just your cat ... If you want more from your belly dance practice, this book was written for you. • Julie Eason is a one-woman fountain of knowledge! • "Princess Farhana" • My head has been on fire with new ideas and projects. Yipee! • "DeVilla" • Julie is fun, funny, and really really smart. • "Alia Thabit" Are you ready to get started? Scroll up and order your copy now!

## Book Information

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## **Customer Reviews**

This book was just OK for me. As a belly dance instructor I am always looking for new ideas. One of my students sent me the link to this book and I thought I would give it a try. It has some good ideas and prompts - for me I felt it would be more for a beginner just trying to come up with ideas to build their confidence in their dance.

This book could serve as a very useful tool or support for developing your dance. It's personable, insightful, and lighthearted. I loved Julie Eason's tip on making eye contact with the audience by imagining that you (the performer) are teaching the audience your movement. This book is great for dedicated beginners/intermediates, as well as worth while for advanced/professionals.

This book is great for when you're struggling with what to do for practice time, or if you're just burned out with your regular routine. It's an easy read and a nice resource for not just belly dancers but any dancer looking for a creative boost!

This is a really cool little book packed with lot of ideas. There are also educational tidbits throughout. There is a lot of variety in the prompts. Some of them made me giggle, some of them made me really think. I think the ideas are great for teachers to incorporate in their classes. Very unique little book!

As a teacher, I really appreciate this book on many levels. Not only will I recommend it to my students for ideas to drive their own practice and create their own dance habits, but it also gives me thoughtful ideas to implement in class while working certain topics and to use in my own personal practice when I'm feeling stuck. I especially appreciate the suggestion to create a dance practice journal and the way the prompts are set up with a lack of rigidity so that each dancer may get out of them what he or she needs at that time. Well done!

The hardest part about a regular dance practice is showing up, but once you are there, what do you

do? For me, figuring out what to work on has always been a challenge. And that is where this handy little book comes in. This book contains a little over 100 ideas to give your improvisational practice a direction. The prompts including focusing on specific body parts, trying on different personae, playing with specific movements and more. Additionally you will find practice tips scattered throughout the book to help you actually make it to your practice. The introduction to the book suggests that you can either do the various prompts in order, or flip through and choose one at random. While the latter would work for a paper copy, I find that flipping and choose at random is not something easily accomplished on a kindle. If you are not a solo improvisational dancer, or willing to give that format a try, this may not be the book for you. This is not a book of drills that outlines specific practice tasks, but rather vague ideas for you to explore in your dance. However, I do think it is a valuable resource to help an improvisational dancer explore different aspects of their dance. I received a free copy of the book in exchange for a fair review.

At first I thought this was going to be too basic and simplistic for myself as a teacher and performer of 25+ years, but I did find as I went through it that there were really good ideas that got my creative energies going again. Definitely great ideas to share with students too! There are also some nice added bonus features on line that come with the book.

As a professional dancer, sometimes I feel as if the day to day "office" part of the job drains my creativity. Classes and performances are fantastic, but in between it's easy to get bored with the same drills and videos. Enter The Belly Dance Book of Practice Prompts. With short (less reading, more dancing!), varied, and easy to understand prompts, the book is full of great ideas and inspiration that I know will get my New Year's resolution to dance more off to a good start. I would also recommend this book to beginners, especially those who fear improvisation. The foreword is inspiring, and the imagery in each prompt gives direction while allowing freedom for self expression.

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