

## BELLYDANCE FLOORWORK

(Terminology and Combination taken in part from Flawless Floorwork DVD by Ruby)

**TECHNIQUE:** (ALWAYS KEEP ANKLE AND KNEE IN STRAIGHT ALIGNMENT!!!)

**KNEELING ISOLATIONS-** positions: feet flat, feet rotated out, or toes tucked  
mayas, circles, chest circles, snake arms, twists, side undulations, arms work, big hip circle with arms

**KNEELING SPINS-** open knees, then back together as you come out- like 3 step turn with height change.. keep tummy strong. fast or slow!

**KNEELING CRAWLS-** lean onto standing legs, knee touches, then slide, back foot comes, up and repeat. don't clunk knees down. use a scoop in stomach or shift weight back to add in control. arms coming up looks nice.

**EXTENSIONS-** hard because our shoulders round forward- shortens chest and rounds upper back. need to work on pulling out of this position.

exercise 1: pull shoulders down and back and engage belly and obliques.

exercise 2: find spoon shape on knees, lift pelvic floor pull belly to spine, allow upper back to tilt back and find spoon shape. neck should not release all the way back. no wrinkles n back of neck. then release. Lean back and release as practice. Add hinge backs to this..

**SNAKE: HINDULATIONS.** Undulate on knees and hinge at thighs back and forth. Don't release belly button- keep it pulled into the spine. When ready, lower to floor. Arm can be used to guide you.

**BACK LAYOUT-** isolations can be done here. Lift pelvis up, arms above head, can twist, shimmy, (glutes control this) belly rolls and undulations here, flutters look nice here.

To get out of this position, 1. Release one leg and lean to side (put one hand on the foot, sweep hair across) or 2. Lift from core and pull directly up.

**SIDE LAYOUT:** Prop on standing arm, wrist under shoulder, bottom knee supports, arm goes up. Look at hand, isolations here, undulations, mayas, rib circles, big hip circles, move slowly through these.

**SIDE EXTENSIONS:** long lines with body from side layout position.



### DESCENTS:

**KNEE TAP DOWN AND UP-** descend, left knee lands then right. When rising, left lifts then right.

**FOOT BACK SLIDE-** point circle foot behind and slide down and top of back foot to a modified lunge.

**DRAGON DOWN-** back to audience, one leg extended with opposite arm up, twist over shoulder, bring hands together, knees come down, lean forward, then descend and sit.

**THE THROW DOWN-**sweep arms around above you, slide foot back and throw self onto the floor, when on floor switch legs

TURNING DESCENT- spinning and then drop down as in knee down, look over back side

### ASCENTS:

SINGLE LEG KNEEL UP- kneel, bring knee up, kick out skirt, then lift up through stomach.

SINGLE LEG TWIST UP -plant foot in front, twist torso in line with leg lean over leg, then twist up to face behind. (Open to side, lean, and then twist up to end up in dragon down start position). Point toe at end!!!



LUNGE SLIDE ASCENT- works with costume. Position of single leg twist up but skirt twisted, do kick to get skirt out, hold skirt if you need, then lift up with lean forward, back foot pointed and raised, all weight over front foot.

SNAKE UP- good from the side. Use the hindulation- as undulating back shift weight to one side, when you come forward, bring foot out on unweighted side and undulate up.

### BASIC COMBINATION:

back to audience, dragon down position.

turkish twist sit,

mermaid sit (z sit),

reach out to l sit, pose,

love the floor (lead with heart, come down to floor), when back up pull from abs and pull hair out of way,

then side layout position, do basic isolations here,

hair comes forward and around,

press up in to a kneeling position,

kneeling isolations,

kneeling spins,

kneeling crawls,

open and single leg twist up.