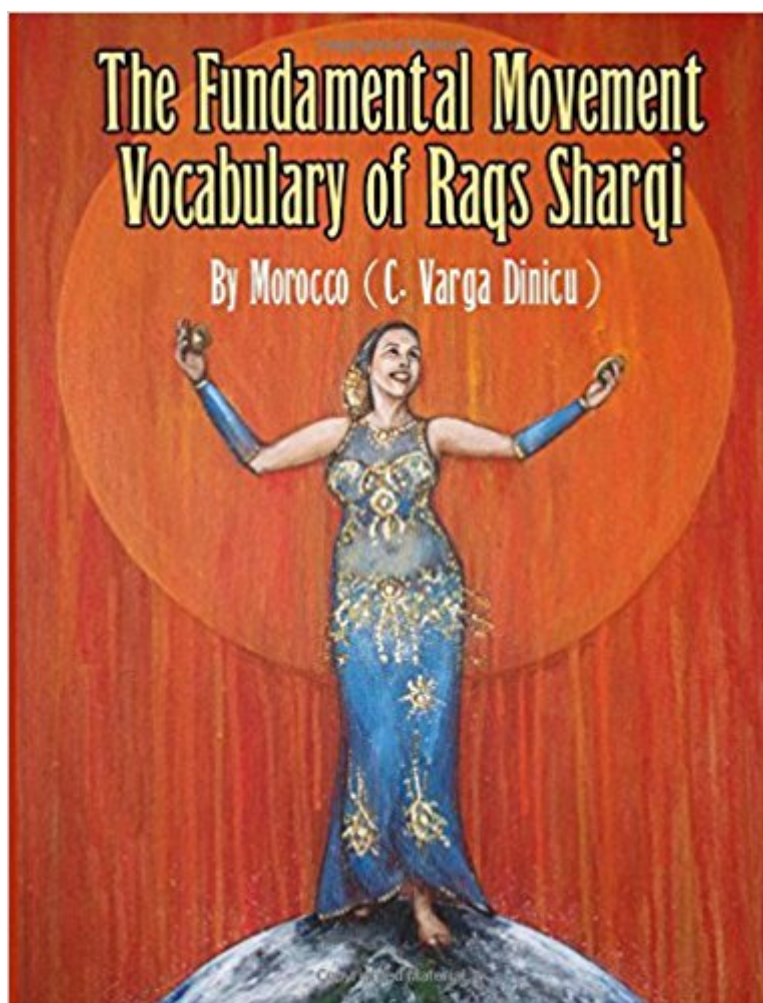


The book was found

The Fundamental Movement Vocabulary Of Raqs Sharqi



Synopsis

With over 50 years of research and experience, Morocco (C. Varga Dinicu) has worked to bring Raqs Sharqi from "over there" to all audiences and students around the world. This book is the result of over five decades of diligent research, and education in the fields of kinesiology and Raqs Sharqi. The perfect barre, using almost its entire basic movement vocabulary. In addition, it is kinesiology designed to go from the larger, more external muscles to the smaller, more internal ones. While this book is not intended to replace live instruction, it makes the perfect mnemonic supplement to one.

Book Information

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Customer Reviews

Essential tool for the real dancer. Great book!!Is very important to read it, gives you full explanation of posture and dance vocabulary

Excellent book

It is going to be an excellent teaching tool for my classes

Hi Aunt Rocky,IT'S HERE!!!!!! I was so excited to have it in my hands " " until I turned it over to open the package: that side was all oily with tire treads and footprints on it " "BUT the book inside was in perfect condition!!!!!! Thanks for using such a nice bag!!It'S WONDERFUL!!!!Perfect illustrations! great descriptions! and, WHAT A LOT OF WORK!!!!!! I read it with a smile on my face (not through yet, though) things changed since I learned

to dance (1972) and back again " thanks for reigning in all the
 "pop-and-lockers" and the ones who always are of the opinion that "bigger,
 harder, faster, stronger" is the way to the best dance. I am very tall, so I had to be reigned in
 from dancing all over the floor too! I can see that "contest" in the other dances: the
 Irish Dancers, the Hula dancers, even ballet. Everyone has either forgotten their origins " or
 believe that the "old" way is not the best " then there is the
 "fusion" with other dances from other countries! It took me 3 YEARS to learn how to
 shimmy " there was no way to describe it then. The "infinities" for the torso were
 "the living bra" for the top and "figure 8"s for the hips. We all
 had fun imagining our arms as "snakes"! i notice there are still "camels"
 and "sits" " " but I had to study the "Infinities" and the
 "earthquakes" and "quivers". We had "vibrations" " which I did once when I was dancing at a Veteran's Hall and some fellow stood up and
 pointed at me and said in a loud voice: "look " she "s got the
 D"s " ! (notice I said I did it "once"! : } I first remember hearing the
 music as so strange-sounding " " then I thought it was the most wonderful music in the
 world " "it still calls to me to dance, even though I have to sit in a chair now " "but
 now I play middle-eastern percussion and even sing a bit in Arabic and oh I have the memories!!!!!!
 You look so beautiful on the cover " and I love the inclusion of your dress design for the
 back! Now " back to reading! Thank you for ALL your dedication to this beautiful form of
 expression! Congratulations on another winner !

How can one put dance on paper? How can a mesmerizing, erudite dancer condense half a century
 of knowledge in one book? How can she, who has acquired and developed the art of Raqs Sharqi
 from the "aunties, grannies, uncles & cousins dancing from a place of joy within themselves", expect
 us to learn anything at all from... reading? The short answer is: she so can. See for yourself. If you
 are new to the dance, this book will make you understand what it is about. If you have been
 captivated by oriental dance, and have tried your hips at it (as I have), this book will make you
 understand what it is all about. It is about flow, harmony, passion, humbleness, irony, respect. That,
 Morocco has put in her book, and only she could have had the creativity and the stamina to do it. It is
 not an easy romp. You can flip through it superciliously, but I have used it as an instructions manual,
 and it has drawn me in - and drained me out. The descriptions are precise, the method rigorous, the
 discipline demanding. Morocco fully captures the implications, at this point in Western history, to

require us to use more application and concentration, to read and think, quietly - rather than watch and go along. Thank you for this book, Aunt Rocky.

Simple directions, sweet illustrations for smooth correct dance movements. Reminding us of essential body posture and dynamics, moving from large muscles to smaller more intricate ones, this book begins with warmups, continues to classic hip circles, and on to those delicious enchanting "walking" steps and full body curvings then on to the killer rhythmic hip articulations which rock the drum beat. Doesn't matter if you're just falling in love with Raks Sharki or have gotten bored and jaded -- this book, along with Morocco's other book - You Asked Aunt Rocky - will rekindle your passion for this most joyful dance. Pick it up, it will make you happy.

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