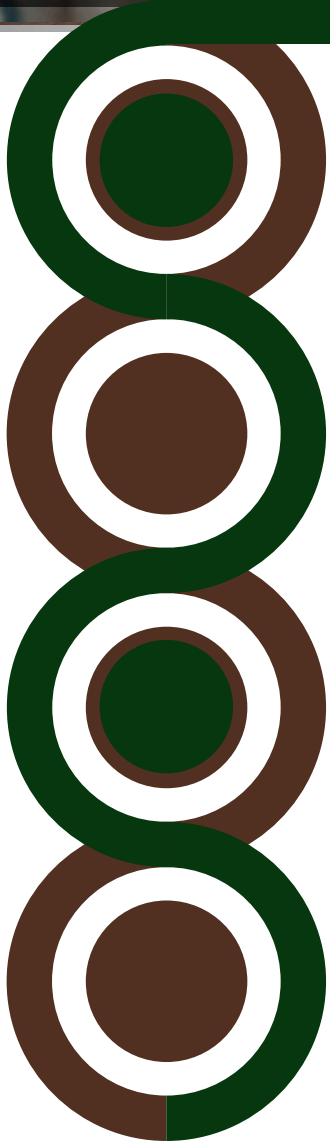




**JAM THOMSON**

**BELLY DANCE  
FUSION FUND.  
102/103  
SYLLABI  
BREAKDOWN  
WEDNESDAYS  
6:00P - 7:00P  
STUDIO II**



**A**

**HISTORY, CULTURE, MUSIC & BASICS**

- 5/13/2026 WEEK ONE: HISTORY OF BELLY DANCE, CULTURE, AND STYLE TRAVELING STEPS
- 5/20/2026 WEEK TWO: ARAB RHYTHMS: SAIDI, SAIDI HIP, HIP BUMPS
- 5/27/2026 WEEK THREE: SHIMMIES!, RIB CAGE UP STUDY, WAVE STEP
- 6/3/2026 WEEK FOUR: ARAB RHYTHMS: BALADI, GLUTE LOCK COMBO

**B**

**BODY WAVES & JUICY HIPWORK**

- 6/10/2026 WEEK ONE: FOOT PATTERN 3 + UNDULATION, BUILDING A BODY WAVE
- 6/17/2026 WEEK TWO: ARAB RHYTHM: MAQSOU, PIVOT STEP + TURN
- 6/24/2026 WEEK THREE: INSIDE OUT TURN, GOLDEN COMBO
- 7/1/2026 WEEK FOUR: ARAB RHYTHM: CHIFTETELLI, TWISTING MARDI

**C**

**SHIMMY VARIATIONS**

- 7/8/2026 WEEK ONE: TAHEEYA KARIOKA & DECOLONIZATION, GOLDEN ERA MOVES, 3/4 SHIMMY PREP
- 7/15/2026 WEEK TWO: ARAB RHYTHM: MALFUF, KITTY PUSH
- 7/22/2026 WEEK THREE: MAHMOUD REDA & BALLETIC INFLUENCE, HAGALLAH, DATURA ARM POSITIONS
- 7/29/2026 WEEK FOUR: ARAB RHYTHM REVIEW, SAMIHA SWITCH

**D**

**SIDE BODY UNDULATIONS**

- 8/5/2026 WEEK ONE: TARAB AND UMM KULTHOUM, CAIRO 8, VERTICAL PLANE HIP FIGURE 8S
- 8/12/2026 WEEK TWO: ARAB RHYTHM: SAMAI, SAGITTAL PLANE PELVIC ISOLATIONS, SIDE TO SIDE UNDULATIONS
- 8/19/2026 WEEK THREE: TAQSIM:IMPROVISING TO ARRHYTHMIC INSTRUMENTALS, SIDE BODY FIGURE 8S, SNAKE
- 8/26/2026 ARMS  
WEEK FOUR: ARAB RHYTHM REVIEW, PINBALL SCALE

## CLASS DESCRIPTION

### COURSE PREREQUISITE

NONE

### COURSE INSTRUCTOR

JAM THOMSON (THEY/THEM)

### BELLYDANCE FUSION FUNDAMENTALS DESCRIPTION

This class will help strengthen your mind-muscle connection so you can isolate any body part you like! We warm up with classical Egyptian belly dance, and then sink our teeth into technique drills for head-to-toe pops, locks, shimmies, and undulations. This class is perfect for anyone who wants to feel more sensual in their body and for dancers who want to integrate isolations and gooey movements into other styles.

### COURSE EXPECTATIONS

Bring a water bottle and wear athletic clothing. No footwear needed. Optional: yoga mat, journal, and hip scarf.

## WORD BANK

HISTORY & CULTURE				
Saidi & Baladi influence	Raqs sharqi vs. raqs baladi	Dabke	Shamadan	Golden era
Orientalism	Censorship			
MUSICALITY				
Maqsoum family rhythms: Maqsoum, Saidi, Baladi	Maqsoum family timing: 16_83_4	Malfuf	Chiftetelli	Rhythmic subdivisions
Taqsim	Instrument recognition: dunbek, bendir, riq, oud, mizmar, mijwiz, duduk, ney, accordion, rebab			
DANCE TECHNIQUE				
Timed hipwork	Shimmy	Rib cage isolation	Hip isolation	Pelvic isolation
Spinal undulation	Datura arm positions			
QUALITIES OF MOVEMENT				
Sharp	Soft	Heavy	Floating	Muscular
Loose	Gooey			