

Unverified but generally accepted timeline of the History of Bellydance:

“As all across the world from Morocco, Tunisia and Algeria to Egypt, Syria, Lebanon, Israel and Jordan and on to Turkey and Greece and then Iraq and Iran, ancient traditional folk dance merged and mixed across countries and cultures, the distinctive moves of belly dance oozed and stirred with other dances, providing the mixture of styles we have today. So, as a general rule, belly dance is identified by swaying hips, undulating torso and articulated isolations, employed in a range of dynamic and emotional expressions. Characteristic movements of the dance include curving patterns, undulations, thrusts, lifts, locks and drops and shaking or quaking body movements. The focus is on isolated movements of individual parts of the body with less notice given to the footsteps. In fact, unlike any other dance forms, belly dance is performed ‘within’ the body form and does not require the dancer to, necessarily, move from the spot. Arms and hands move fluidly, like serpents or ribbons in the air. Props can also be used and, originally, anything to hand was utilised like pots, swords and bamboo canes and now the list also includes zils (finger cymbals) and veils, enhancing our performances today.”

5000 BC • Tomb paintings depict early dancers

3000-1400 BC • The Minoan Culture of ancient Greece believed the Gods invented dance; dance was revered as a means of cultivating both body and soul.

1500 BC • Egyptian conquests send dancers to other countries and import dancers from other countries

500 BC • Phoenician finger cymbals are used in Carthage

384-322 BC • Aristotle develops his elaborate literature of dance theory and criticism.

300 BC • Music dancer travels with Persian Army

241-218 BC • (Between the first two Punic wars) Dancing with “castanets” becomes popular in Rome.

60 BC • Romans import dancers from Syria

20 BC-100 AD • Romans write of the Gaditae — dancers from the former Phoenician colony of Gades (then part of the Roman Empire, now Cadiz in Spain).

28 A.D • Salome, the daughter of Herodias does a dance that so moved Herod he offers her anything.

206 AD • Papyrus confirms the existence in Egypt of a highly organized troupe of dancers.

527 AD • A celebrated oriental dancer, actress, and alleged courtesan, becomes the Empress Theodora, wife of the Byzantium Emperor Justinian. New Byzantium converts were accustomed to dance as a central part of worship so the church incorporated and absorbed their dances into the Christian rituals just as they did with many other myths, symbols, and holidays that predated Christ. Record of dance at this time is found on sculpture, and miniatures, but rarely was written about.

c. 850 AD • Descriptions of the qualities of a good dancer are recorded as told by a scholar to the Caliph Mu’tamid.

1096-1300 AD • The crusades of Christian Europe vs. the Moslem Middle East. Middle Eastern dancing girls, brought by returning soldiers, become influential in Europe.

1300 AD • Lal Ded, was an ecstatic heart; after reaching a state of enlightenment, she discarded all her clothing, sang, danced, and recited poetry.

1489 • Ballet originates in Italy as a dance performed by men.

1500 • Flamenco dance develops when Moors and other minorities fleeing persecution commingle in the mountain regions of Spain.

1500-1600 • Construction of Tapkapi Palace in Istanbul (Byzantium or Constantinople). The palace typifies the setting of the harem dancers brought in to entertain the ladies of the harem.

1581 • Ballet is further developed in France.

1643-1715 • Ballet reaches a peak in the court of King Louis XIV. The first female ballet dancers are introduced in 1681

1800-1815 • Tripolitan Wars in Syria; conflict between the United States and the Barbary States. When sailors returned home, they brought back as cargo tales of the exotic Middle Eastern dancing girls to the shores of San Francisco, known as the Barbary coast in the gold rush days of 1851.

1832 • Ghawazee dancers of Cairo banished and Essne Khawals (female impersonators) take their place in public dancing.

1836 • Edward Lane publishes Manners and Customs of the Modern Egyptians; he likens Ghawazee dances to the Roman's descriptions of Gaditae dances.

1850 • Kuchuk Anem captivates Flaubert with her famous Bee Dance.

1851 • Oriental dancers appear at Crystal Palace Exhibition in London; Queen Victoria is present.

1856 • Gerome goes to Egypt and makes detailed records of the dances of Hasne and others.

1876 • Columbia Exhibition in Philadelphia, America's Centennial Celebration. Tunisian dancers appear.

1868-1928 • Loie Fuller, born in Illinois, becomes a leader in popularizing the art of dance; becomes famous famous for being an American innovators of the newly evolving modern dance movement.

1876 • U.S. Centennial; The International Exhibition of Arts, Manufactures and Products of the Soil and Mine opened in Philadelphia in the spring of 1876. The visual extravaganza included such disparate elements as a giant Corliss steam engine, a Turkish scarf dancer, and hundreds of replicas of fishes. The Exposition featured an Algerian cafe with native entertainers. This may have been the first view on Middle Eastern dancing girls in America.

1878 -1927 • Isadora Duncan, born in California, popularizes the art of free expression in dance using themes of nature and ancient Greece.

1880 (or earlier) • Shimmy dance evolves in the African American community from Haitian and ancient African roots; Gilda Gray later recreated the Shimmy.

1893 • Sol Bloom brings Algerian village to the Chicago World's fair. The name "belly dance" is coined. Oulid Nails (fully clothed) are among the dancers. The public is entranced while the censors are enraged. A dancer called Little Egypt (who is probably a fictitious amalgam of dancers who performed at the fair) is credited with saving the fair from financial ruin. The church is scandalized.

1893 • Loie Fuller stars in Les Folies Bergere

c. 1893-1990 • Belly dance movements incorporate elements of striptease and vice versa. Hootch Dance, Cootch Dance, Shake Dance, and the Shimmy derive from Middle Eastern, Haitian, and African dance.

1904 • A Little Egypt performs at the Columbia Exhibition.

1906 • Ruth St Denis (American) begins famous series of recitals inspired by the art and religion of Egypt, India, Turkey and Asia.

1915 • Explorer Theodore Pedersen ventures to Siberia and makes one of the earliest films recording elder woman wearing hip belts dancing in a forest and shaking their hips after taking hallucinogenic mushrooms.

1915 • Tango evolves in South America from Spanish flamenco, African Tangano, and Cuban influences.

1922 • Josephine Baker brings a no-holds-barred chorus girl dance style to the Parisian stage.

1936-1952 • During the reign of King Farouk, Tahia Carioca becomes the most famous belly dancer in the world.

1940s • Fadil Attrache and Abdul Wahab write music. Many famous Egyptian dancers; Tahia Karioka, Samia and Nadia Gamal, Naema Akef, Nelly Masloom, Badia . . .

1954 • Jamila Salimpour (known as the Mother of Belly Dance in America) begins teaching belly dance to women with a 78-phonograph album of Cheftitelli music. Another is Jodette in Sacramento (originally born in Jordan).

1963 • Little Egypt (AKA Lorraine Shalhoub of lebanise/Syrian ancestry) appears on the Steve Allen Show. Also produces with Sunny Laster the album "How to Bellydance for Your Husband".

1966 • Suhaila Salimpour is born to Jamila Salimpour. She follows in her mother's footsteps with her own style.

1970 • Women's liberation movement members, claiming belly dance treats women like sex objects, picket Jamila Salimpour's students in Berkeley while other women's libbers burn their bras and sign up for belly dance in droves. A renaissance is underway for the art called danse orientale, danse du ventre, belly dance, Raks el Sharki, and Middle Eastern dance.

1973-76 • Early books are published on belly dance techniques.

1967 • Morocco (AKA Carolina Dinicu) writes an extraordinary firsthand account of a Berber birth and dance ritual observed near Casablanca. Twins are delivered into a shallow pit in the ground while woman sympathetically undulate and chant.

1983 • The age of the home video begins. The first belly dance instructional videos are released.

1984 • Goddess belly dance evolves as an artistic evolution of belly dance derived from women's studies, belly dance, and Jungian psychology.

1987 • Carolena Nericcio gives birth to "American Tribal" style of belly dance that spreads like wildfire. She develops a unique, spontaneous choreography approach where a lead dancer gives signals to a tribe of dancers. Her group is "Fat Chance Belly Dance". The costuming is heavy ornamentation of camel tasseled belts, on top of full gypsy skirts and pantaloons. Indian chole style tops are worn and Afghani chain and coins jewelry are adorned on tightly wrapped turbans. Skin is often tattooed or hennaed.

2003 • The Belly Dance Superstars and The Desert Roses is created by record mogul Miles Copeland as a touring act to promote record sales for his new record company. .

August 2003 • Egypt bans foreign dancers from dancing in Egypt!

Class V September 24th Corkscrews
 Püf Choreography
 ¾ Hip shimmy
 Camelwalk
 Begin sharing circle *1 Rep Abs, 2 Rep Glutes*
Homework: Watch clips of tribal leading/following, practice Püf Choreography.

Class VI October 1st Body waves
 Püf Choreography
 Camelwalk with levels
 Traveling Beladi
 Traveling hip circles
 Twists; in place and traveling
 Traveling ups
Homework: Practice Püf Choreography and zhagareet. 1 Rep Abs, 2 Rep Glutes

Class VII October 8th Midterm group performances
 Finish Püf Choreography
 Begin sharing circle
Homework: Watch the tribal/group improv clips online. 2 Rep Abs, 2 Rep Glutes
Read and be prepared to discuss the Bellydance Timeline on the 15th.

Class VIII October 15th Arms and hands **History:** Ancient
 ¾ shimmies Harems
 Review moves Little Egypt
 Bellyrolls Hollywood
 Hip figure-eights America
 Sharing circle *2 Rep Abs, 2 Rep Glutes*
Homework: Watch at least 2 of the Cabaret clips and 2 of the tribal clips online; be prepared to discuss Cabaret and Tribal differences briefly in class on the 22nd.

Class IX October 22nd Grapevine **Style:** Cabaret vs. ATS
 Downs Raqs/Raks Sharki
 Doubles
 Sharing circle *2 Rep Abs, 2 Rep Glutes*
Homework: Practice three-quarter shimmies, start practicing with your Final Performance music.

Class X October 29th Chest vertical circles
 Chest figure-eights; horizontal and vertical
 Leader/Follower *2 Rep Abs, 3 Rep Glutes*
Homework: Practice for your Final Performances as a soloist and as a leader.

Class XI November 5th Hip circles with bounce
 Catchup on moves
Homework: Practice stringing moves together in front of a mirror. 2 Rep Abs, 3 Rep Glutes