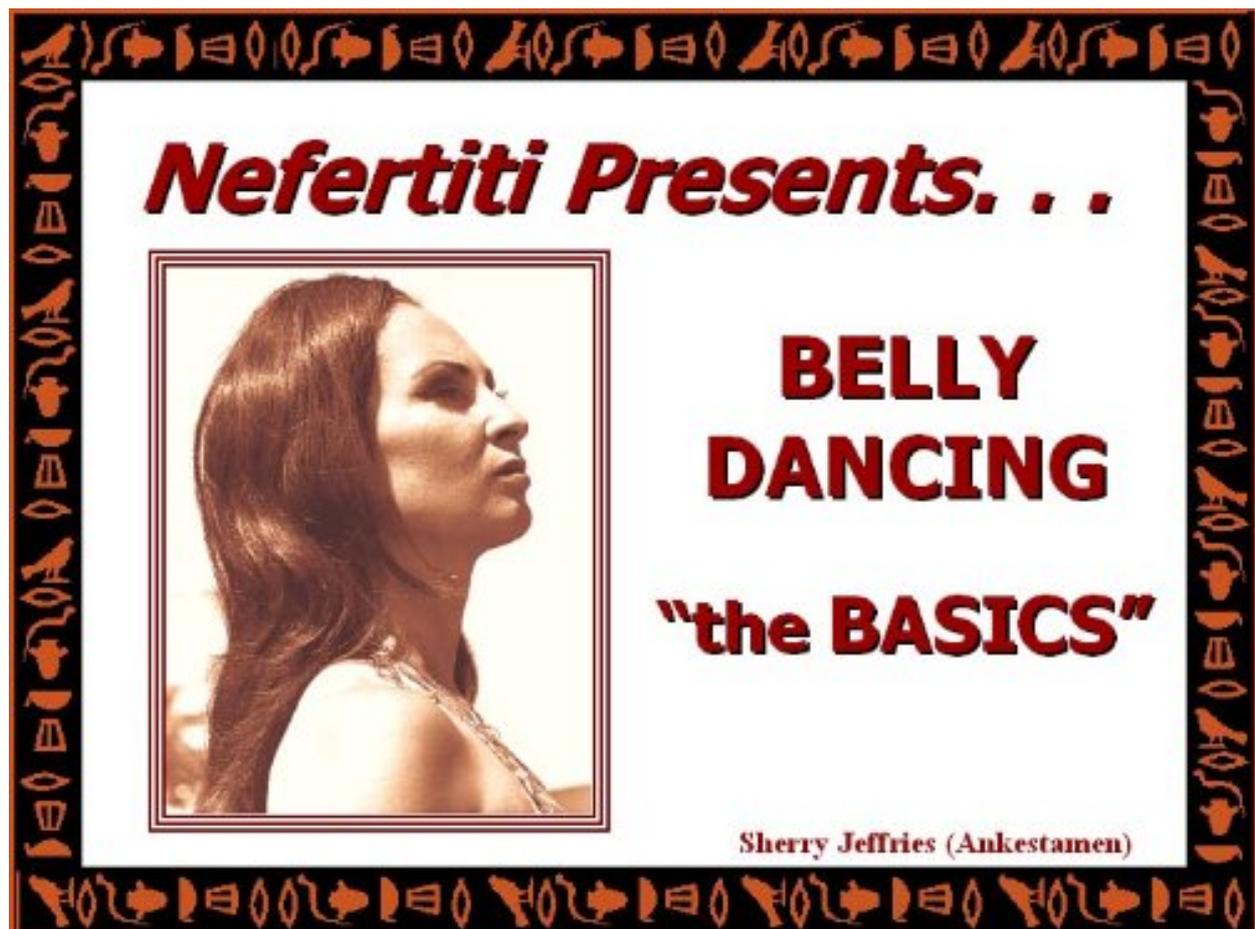


Nefertiti Presents Belly Dancing the Basics

by

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Synopsis

Learn belly dancing moves with this easy to understand illustrated belly dance e-book. "Nefertiti presents BELLY DANCING the Basics", a 40 Page, Flip Style, Illustrated Book For Easily Learning Basic Belly Dance Moves. Detailed Instructions for 20 Basic Moves, Veil, Floor Work, and Zills. This book was created for my mother "Nefertiti" (AKA Doris Demarest-Nemith). She owned Nefertiti's Belly Dance Academy in Phoenix, AZ from 1974 to 1981 where she taught me to dance and teach. She had the pictures taken in 1975 and was going to create a instructional book, but for reasons unknown she never did. With her help, I put the words to the pictures, she reviewed it, and blessed before her passing in 1999.

What people say about this book

Melisande, "A Handy Reference. I recently purchased this book and it was exactly what I'd been looking for. A handy reference with some pictures of some of the basic movements. As an intermediate dancer that is between teachers, I'd been looking for a simple guide that would serve as a handy visual reference and reminder for my practices. This book is laid out in a very clear and straightforward manner and could serve as a very useful tool for someone who already has taken a few classes to refer back to. The format is very clear and easy to read even while standing with the book on a nearby chair, and the spiral binding is convenient to allow the book to be folded over or even hung over a chair back. I look forward to being able to add my own notes on the pages in the back and if I only had one request it would be for more blank pages or even a pocket so I could put more notes in to make this into a personal reference book. I wouldn't recommend this to someone who had never taken or seen a belly dancing class and I'd definitely put a note of caution on the Turkish Drop, and indicate that it is an advanced move, but otherwise this is an excellent reference book for someone with a basic knowledge of belly dancing."

Martha Langford, "great!. As described. Good seller."

Barbara F., "ok book. This book is okay. It shows a lot of different positions, and explains them fairly well. However, I recommend getting a DVD by Jillina or Neon, or going to a live class."

AuthorZone.Com Book Review, "AuthorZone.Com Book Review. Back in 1975, a dancer named Nefertiti (Doris Demarest-Nemeth) in Phoenix, Arizona began working on a "how to belly dance" book project. For unknown reasons, she did not complete the project. Decades later, her daughter decided to use the photos that had been taken for the book, add text, and finish the project. This book is the result. The format of this book is that of a simple "how to" manual for beginning belly dance. There are about 20 basic moves taught, a page on posture, a page about finger cymbals, and a few veil ideas. Some of the moves include hip bounce, half moon, hip thrust, hip shimmy, sit-kick front, sit-kick side, sit-kick back, lean-kick, single-leg shimmy, backward figure 8, shoulder thrust, shoulder shimmy, shoulder roll, pelvic tilt, belly roll, head slides, and snake arms. The veil work section talks about how to wrap it, how to remove it, and how to do a few simple moves. The floor work section talks about how to do a Turkish drop (which seemed a bit odd for what is otherwise a beginning-level book), the sway, the half wedge, and the full wedge. For each item taught, there is a picture of Nefertiti accompanied by several bullets with explanation and a few tips. In some places, diagrams accompany the photo to offer further clarification. Since the photos of Nefertiti were taken in 1975, the book definitely has a strong retro flavor to it. Although I think it would be difficult for someone to learn how to belly dance solely by using a book, it can be helpful to use a book when the explanation offered by your teacher or video on how to do a certain move isn't entirely clear. A book like this can offer

another way of describing the same move, and help someone who is struggling see it in a different way. For belly dance teachers, this sort of "how to dance" book can also offer alternate ways to describe a move when teaching it. Its Good Points This book is well suited to readers who want something simple and not too intimidating to assist with their belly dance study. The photos and simple large-font text would probably be particularly appealing for younger readers, or for people who want to ease in gently with the basics, without digesting too much at one time. For the most part, I found that the descriptions of the moves worked well for me. The text was simple, and it was very easy to tie descriptions to the pictures. Many of the photos illustrating moves were augmented with arrows, lines, or diagrams to help show the direction of motion. I was charmed by the fact that Sherry honored her mother by completing a project that her mother had begun in 1975. It's a lovely tribute, especially since her mother passed away in 1999. The spiral binding conveniently lies open to the page of choice, which can be useful when studying a particular move. On her web site (see "Where to Get It" below), Sherry offers sample pages from the book under "Online Lessons". This provides an opportunity to preview what the book looks like before buying it. On The Negative Side.... With only 40 pages and a large typeface, the book is fairly short. It might have been nice to have either an index or a table of contents identifying page numbers for each move. The plastic spiral binding is a bit of a nuisance when the book sits on the bookshelf, because it takes up more space than other kinds of bindings and it's impossible to tell by looking at the spine which book it is when it's sitting next to other spiral-bound books. There were a number of typing and grammatical errors. For example, on page 8 it says, "This is knowing as Parallel Position", when it should have said, "This is known..." It would have been helpful if Ankestamen had asked someone to help proofread it. In Conclusion It's hard to learn how to dance from printed text. However, if you have access to either a teacher or a video that demonstrates what the move looks like in motion, the written text in a "how to dance" book like this can help clear up confusion. Sometimes, it's helpful for either a teacher or a student to have more than one explanation on how to do a move, and this type of how-to book can help with that."

sheber, "Nefertiti presents. Very good, detailed book. Instructions are written step by step so are easy to follow and the illustrations clearly show which parts to move. So, instructions + illustrations = idiot's guide to belly dancing, which is exactly what I wanted!"

Jane, "Excellent book. Lovely book, excellent descriptions and layout. My only criticism is that I thought there would be something relating to Rachel Brice as she appears on the front cover but not so."

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