



# RAQ STEADY

8 Weeks | 2 Sessions per week | 45 Videos | All Levels

This 8 week series provides you with a well-rounded practice geared toward setting you fully into solid intermediate belly dance technique. Whether you're a beginner feeling ready to move forward, or you're already an intermediate who is looking to get back in the saddle of a regular practice schedule, after these 8 weeks of Raq-Steady, you'll definitely see changes!



Your program includes yoga and Pilates warm ups and cool downs to increase flexibility, technique classes with all 4 of our Datura teachers, and two full choreographies.

The weeks are broken up into two sessions, which means two days/nights of practice per week. You pick the time that works best for you.

Each session includes a warm up, drills, technique, a combo, and a section of a choreography. Each session is 1 1/2 to 2 hours in length.

You can rent classes individually, or subscribe to access all classes in this program for one low price.

# RAQ STEADY PROGRAM OVERVIEW

RAQ STEADY: WEEK 1					
Session 1	Pilates Conditioning and Warm Up	Daily Dose: Arabic Shimmy # 1	Isolation Patterns	Dynamic Drum Solo Choreography: Section 1	Basic Short Yoga Sequence
Session 2	Daily Dose: Arabic Shimmy # 1	Zil Drill Spotlight # 1	Scales: Slovenia Slam	Dynamic Drum Solo Choreography: Section 2	Basic Short Yoga Sequence

RAQ STEADY: WEEK 2				
Session 1	Pilates Conditioning and Warm Up	Daily Dose: Arabic Shimmy # 2	Dynamic Drum Solo Choreography: Section 3	Cool Down and Stretch 2
Session 2	Daily Dose: Arabic Shimmy # 2	Zil Drill Spotlight # 1	Dynamic Drum Solo Choreography: Section 4	Cool Down and Stretch 2

RAQ STEADY: WEEK 3					
Session 1	Daily Dose: Pinball # 1	Shoulder Shimmy & Shoulder Shimmy Layers		Dynamic Drum Solo Choreography: Section 5	Finishing Practice for Flexibility and Relaxation
Session 2	Daily Dose: Pinball # 1	Zil Drill Spotlight #2	The Sugar Scale	Dynamic Drum Solo Choreography: Section 5	Finishing Practice for Flexibility and Relaxation

### RAQ STEADY: WEEK 4

Session 1	Pilates Conditioning and Warm Up	Daily Dose: Pinball # 2		Undulation Spotlight	Dynamic Drum Solo Choreography: Section 5	Cool Down
Session 2	Daily Dose: Pinball # 2	Zil Drill Spotlight #2	Shimmy Layers	Preparation: Tune In and Ground out	Drum Solo Choreography: Performance	Cool Down

### RAQ STEADY: WEEK 5

Session 1	Intermediate Pilates for Belly Dancers	Layercake: Intermediate Layers	The Waggle Shimmy	Bounce Choreography with Ashley Lopez: Section 1	Cool Down and Stretch 2
Session 2	Hip Work & Level Changes	Zil Drill Spotlight # 3	The Waggle Shimmy	Bounce Choreography with Ashley Lopez: Section 2	Yoga Cool Down

### RAQ STEADY: WEEK 6

Session 1	Intermediate Pilates for Belly Dancers	Layercake: Intermediate Layers		The Freeze Shimmy	Bounce Choreography with Ashley Lopez: Section 3	Cool Down and Stretch
Session 2	Standing Warm Up	Pinball + Sugar Combo	Zil Drill Spotlight # 3	The Freeze Shimmy	Bounce Choreography with Ashley Lopez: Section 4	Yoga Cool Down

## RAQ STEADY: WEEK 7

Session 1	Intermediate Pilates for Belly Dancers	Layercake: Advanced Layers	The Turkish Front Back Shimmy	Bounce Choreography with Ashley Lopez: Section 5	Cool Down
Session 2	Creative Steps with a Classic Twist	Overshimmy Combo	The Turkish Front Back Shimmy	Bounce Choreography with Ashley Lopez: Section 5	Basic Short Yoga Sequence

## RAQ STEADY: WEEK 8

Session 1	Intermediate Pilates for Belly Dancers		Layercake: Advanced Layers		The Choo Choo Shimmy	Bounce Choreography with Ashley Lopez: Full Run Through	Cool Down and Stretch 2
Session 2	Standing Warm Up	Side to Side Undulation	The Choo Choo Shimmy	Shimmy Quartet Drill Combo	Preparation : Tune In and Ground Out	Bounce Choreography with Ashley Lopez: Performance	Cool Down