

Shimmy Mania!

4 Weeks | 3 Sessions per week | 43 Videos | Int/Adv

Who is not crazy about shimmies? In this program you'll get to shimmy to your heart's content, working on mastering more shimmies than you can shake a hip scarf at.

Anyone who has tried to shimmy for more than 30 seconds knows it's so much more than just "shakin your booty". Here we'll break down the finer points of multiple styles of shimmies including the fundamental Egyptian knee shimmy, the 3/4 shimmy and it's variations, the big and loose Waggle shimmy, the Freeze, the Choo Choo, shoulder shimmies, the Turkish front-back shimmy, and more.

With detailed instruction from 5 different teachers, this program focuses on learning to control the speed of your shimmies, isolating your shimmy in different regions of the body, and working with shimmy layers, all in under an hour per session. Build stamina with extended shimmy drills, build the strength you need to power your shimmy with complimentary fitness spotlights, and bring it all together to wow the crowd with impressive shimmy combinations and sequences.

This program is fun to try at any level, but is geared toward experienced dancers. You'll start by reviewing some basics then move quickly into layers and combinations. Learn all the tips and tools you need to achieve the easy, powerful, controlled shimmies you've always dreamed of.



SHIMMY MANIA PROGRAM OVERVIEW

SHIMMY MANIA PROGRAM : WEEK 1					
Session 1 (52:55)	Basic Shimmy Breakdown and Drill	Fundamental Shimmies, Tamalyn's Take		Intro to the 3/4 Shimmy: Up	Calming Cool Down
Session 2 (38:19)	Warm Up for the Low Back and Balance	The Waggle Shimmy	Drill Bits: Shake It Part I	Intro to the 3/4 Shimmy: Down	Cool Down for the Lower Body + Spine
Session 3 (50:13)	Quick Aerobic Warm Up	Variations on the 3/4 Shimmy		Shimmy Queen: Combo # 1	Post Shimmy Cool Down

SHIMMY MANIA PROGRAM : WEEK 2					
Session 1 (46:45)	Shimmy Warm Up and Seated Drill	Shimmy Layers onto Slower Movements	3/4 Shimmy Variations: The Ghawazee	3/4 Shimmy Variations: The Overshimmy	Shimmy Cool Down
Session 2 (44:57)	Standing Warm Up	The Turkish Front Back Shimmy	The Hagallah	Cool Down for Length and Balance	
Session 3 (37:35)	Quick Aerobic Warm Up	Choo Choo Shimmy	Shimmy Queen Combo # 2		Post Shimmy Cool Down

SHIMMY MANIA PROGRAM : WEEK 3

Session 1 (43:52)	Warm Up for Belly Dance	Drill Bits: Shake It Part II	Crazy Shimmies	3/4 Shimmy Variations: Samiha	Cool Down for the Lower Body and Spine
Session 2 (52:51)	Daily Dose: Arabic Shimmy # 1	The Freeze Shimmy		Post Shimmy Cool Down	
Session 3 (56:24)	Power Shimmy Session	The 3/4 Shimmy Up and Down	Shimmy Queen Combo # 3	Cool Down for Length and Balance	

SHIMMY MANIA PROGRAM : WEEK 4

Session 1 (49:53)	Warm Up for the Upper Body	Shoulder Shimmy & Shoulder Shimmy Layers	3/4 on the Up Drill	Calming Cool Down	
Session 2 (58:17)	Shimmy Drill Warm Up	Shimmy Layers	3/4 Shimmy Variations: Choo Choo	3/4 on the Down Drill	Cool Down for the Lower Body and Spine
Session 3 (41:31)	Shimmy Queen Warm Up	3/4 Shimmy Drill Combination	Shimmy Quartet Drill Combination	Post Shimmy Cool Down	