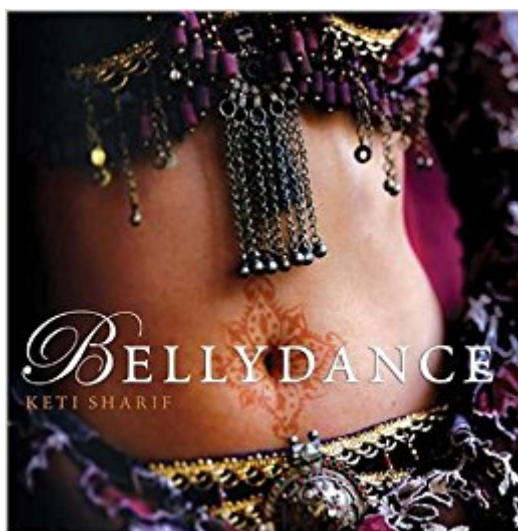


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# Bellydance: A Guide To Middle Eastern Dance, Its Music, Its Culture And Costume



## Synopsis

For those wanting to shake and shimmy their way to a firmer body, this comprehensive guide to belly dancing offers instructions on how to make the most of the hot belly-dancing-as-fitness trend. In addition to guiding the dancer to a trimmer waist, this how-to book helps put women in touch with their sensuality through the alluring moves of this ancient dance. Specific guidelines for pregnant women who wish to stay strong throughout the nine months and regain their prebaby belly are included. The history and culture of the art is also explored with a celebration of the pulsating music and shimmering costumes that make belly dancing a joy to watch. In Cairo there is a saying: "Every girl is born a dancer." With this guide, all women can be divas of the dance.

## Book Information

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Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (36 customer reviews)

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## Customer Reviews

I'm a belly dance teacher in metro Atlanta, and I really enjoyed this beautiful Australian book. The photos are absolutely lovely, and there are lots of them. There's good background info on the history of belly dance, plus basic info about warm-ups and descriptions of basic movements, but what I liked best was the cultural info about how belly dance varies from country to country. There is a good discussion of the many different styles of belly dance, which is info that I've not seen in other books.

I'm a begining bellydancer & wanted something to give me some basic info in the history & culture of bellydance. This book does that. There is a lot of info in the book. My complaint: Some pages are very difficult to read due to the fact that the words are printed with a variety of colors onto background photos. I had read that comment in another review before I bought my copy, but didn't

realize how much of the book was printed that way (more than half) & how difficult it would be to read (very difficult), make sure you have good lighting. Also the font size used is a little on the small side. Might have been easier to read with a larger font. Should be able to find same info in an easier to read format.

This book is not just a bellydance for fitness book - anyone knows you cannot learn to dance from a book. It discusses benefits of the dance and will enhance your learning experience. It's also a handy reference for teachers and students alike with its information about the rhythms, instrumentation and cultural context of various forms of Middle Eastern Dance.

Keti Sharif has put together a very informative and delightfully presented instructional book. The photography is excellent and the instructions are very clear and make sense. Keti Sharif is Australia born and lives on the Red Sea in Egypt. She performs and teaches bellydance and hosts cultural tours of Egypt. Well done Keti. I teach bellydance and will be only too pleased to promote this book at my classes. My students will most likely buy a copy of this book. Anyone interested in Bellydance and Egyptian Culture or Middle Eastern Culture would be very pleased with the contents of this book, women love to express themselves and this type of dance does so refreshingly and culturally diverse techniques are explained. To celebrate our bodies is our divine right and we can enhance our health by bellydance. I invite women to take up this ancient art of expression, celebration, and good workout with pleasant music and rhythms.

The book is pretty concise - a quick, "down and dirty" explanation of bellydance. It's great for someone wanting a quick history. I would have preferred more information.

Kudos to the author. Well researched information in a small space. The publishers should be ashamed of themselves. They might have offered a few good quality photos of the dancers in their lovely costumes. If you are looking for visual here, forget it. The photos are quite interesting but each is printed in a kind of poor quality sepia or indigo tone with the text on top! Very bad. I used to work for a well known publishing company and know how cheap they can be. You have to work hard to read the text, not to mention look at the very terrible quality of what appears to be interesting photos. The information is worth it though. There is not much research on the art of belly dance. I have to say though this book is a bit of a tease

The pictures in the book are beautiful, however the text is a little difficult to read because of the background on the pages. Great information

This was a beautiful-looking book, though smaller in size than I had anticipated (not coffee-table sized but a smallish square paperback). It's pretty cursory in its review of culture and costume. Lots of details on things like instruments and drum patterns (in fact, a bit too much detail). I was expecting more clear delineations between the different styles of dress per culture, so I was a bit disappointed in that area. And I have to echo what another reviewer said, that the print is a little hard to read because of the choices in font and background colors in places.

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