



## **2023 Workshop Information**

### **Bio:**

Sureya Hussein is a professional dancer, choreographer and instructor based in London, UK. Her passion for dance stems from her Turkish culture where she has trained, taught, competed and performed in a variety of styles including Turkish Oryantal, Egyptian Raqs Sharqi, Egyptian Folklore, Turkish Romany as well as Tribal Fusion, Theatrical Fusion and Ballet.

Over the last 4 years, Sureya has won multiple awards including first place in the IDB dance championship, as well as medals in Turkey and Ireland. She is also the first dancer born in England to win awards for both Turkish style and Egyptian Raqs Sharqi professional categories internationally, as well as Fusion. Since her first dance class 15 years ago, she has gained a wealth of experience performing and studying in almost 10 countries including Turkiye and Egypt.

Sureya is passionate about sharing her love of dance as well as information about Turkish and Middle Eastern culture. She is an enthusiastic teacher who is always happy to answer questions and encourage artistry to help bring out the best in her students.

Sureya regularly teaches private classes, group classes as well as workshops around the UK and holds a mixture of pedagogical, fitness and performing arts qualifications.

### **Links:**

**Instagram Handle:** [Süreya H Dancer \(@sureyadancer\)](#) • [Instagram photos and videos](#)

**Website:** [www.sureyabellydance.com](http://www.sureyabellydance.com)

*For more information,*

*Email [sureyabellydance@gmail.com](mailto:sureyabellydance@gmail.com)*

*Phone: 0044 (7757756294)*

### **Workshops Offered:**

***(Please note each workshop can be catered to different levels or to a general level with options depending on the students). Also there will be an opportunity for QnA/ discussion near the end of the class.***

**1) *Turkish Oryantal***

- A mixture of techniques, short routine and theory are all covered in this workshop so that students can understand the differences between Turkish Oryantal and other styles. We also look at theory and the roots of this style. Fun, dramatic with lots of energy and Turkish attitude!

**2) *Turkish Arabesk***

- Arabesk is an era of Turkish music popular between the 1950s and 90s. It has a softer, more elegant feel and is full of emotions and lyrics. Both technique and routine are covered in this workshop depending on the duration.

**3) *Roman Havasi (Turkish Romany)***

- Turkish Roman Havasi is a unique style rich in culture with deep historical roots. We cover the breakdown of recognising its own 9/8 rhythm, distinguishing it from other 9/8 rhythms. Technique is also covered and social dancing with some improvisation to allow the students to let go and get a flavour of the dance and how it is danced within society rather than just for the stage.

**4) *Modern Oriental (Egyptian)***

- In this workshop, part of an Oriental Megancy (entrance piece to a set) is taught. We also break down the different sections a megancy can have (rhythms, takasims, styles) as well as how to interpret and transition between each section. Technique and choreography covered.

**5) *Oriental (Egyptian) - Technique only***

- This technique-only workshop focuses on various isolations used by Modern Cairo dancers as well as shimmies, travelling steps and arms. Various drills and explanations of muscles used will be broken down as well as some conditioning to strengthen the moves covered.

**6) *Classical Egyptian***

- In this workshop, we cover the difference between Classical Egyptian style, technique, persona and all the elements that distinguish it from Modern Oriental. We explore the meaning of Tarab with an emotive routine to a Classical Egyptian song. This workshop is particularly useful for anyone wanting to dance to live music. We explore ways of tapping into our own emotions as well as the aspect of musicality and how to follow the music when either choreographing or improvising to a classical song.

### **7) *Baladi***

- This workshop covers both technique and short improvisations as well as theory. We look at the differences in the movements, technique and stylisation specifically for Baladi, history as well as understanding the different types of Baladi tableaus.

### **8) *Saidi***

- This workshop covers both technique and choreography. We study how to recognise the style and rhythm, theory as well as a short, fun routine (with or without assya/stick).

### **10) *Egyptian Shaabi***

- Let loose in this energetic and fun workshop. We cover technique (understanding the differences between Shaabi and Oriental) as well as a short, lively routine to get a feel of the style. We also explore how to improvise to a Mawal.

### **11) *Tabla solo***

- Learn one of Sureya's signature drum solos with a fun, energetic routine covered plus lots of isolation drills and layering. We also explore a couple of tips for improvising to tabla solos.

### **12) *Veil Masterclass***

- Techniques and a short routine to learn how to use the veil (with differences explained between Turkish and Modern Egyptian styles). We also practise various drills and combinations as well as tips for making even the simplest moves look more elegant.

### **13) *Double Veil***

- Double veil is very beautiful but can be tricky to master. We look at techniques, tips and hacks for dancing with two veils along with a short, elegant routine. (Single veil experience necessary).

### **13) *Fan Veil Fusion***

- This workshop covers an emotive dance to western music using fan veils, practising tips and tricks when dancing with these beautiful props.

### **14) *Sword (option- double sword)***

- Sword is Sureya's favourite and speciality prop to use. We practise how to dance with, hold and balance confidently and safely with your sword. Theory to do with Raqs Al Saif and its origins are included. Drills and short routine are covered (please also bring a cane/ stick along).

### **15) Shimmies Galore**

- This technique-only workshop covers at least 12 different shimmy variations using various muscles, conditioning and explanation of the styles each shimmy can be used in. We also do conditioning and layering with shimmies.

### **16) Arms and Hands**

- This technique-only workshop explores the different ways we can use our arms and hands which are often forgotten when we dance. We look at various methods of how to polish our arms to complement our other moves as well as the importance of posture and how to work on fluidity.

### **17) Abdominal Techniques**

- This technique- only workshop covers a variety of useful drills and methods in order to strengthen undulations, isolations and how to access the different muscles. We also cover flutters and layering.

### **18) Travelling Steps and Turns**

- Technique- only. We explore ways of strengthening our feet, arms and posture as well as various travelling steps and combinations. We also emphasise the importance of transitions - going into and out of a move when starting and completing a travelling step.

### **19) Transitions and Flow**

- Technique and short combinations. Going into and getting out of a move is just as important as the move itself. We explore ways we can use our ribcage and breath to create fluidity in our moves as well as tips for transitions and arms.

### **20) Improvisation Station**

- This workshop explores tips and ideas for improvisation to travelling sections of music, improvisation when a singer is involved as well as improvisation to takasims. Learning the emphasis of being 'behind the beat' and what that means in terms of our feet and upper body. As well as what we can do when we feel 'stuck' or 'repeating' a move and tips for letting go and allowing our emotions to come through.

### **21) Performance Masterclass**

- This is key for any style of dance. What makes a great dancer and what makes an artist? First we discuss and explore ways to prepare for our performances as well as tips for getting into character, channelling emotions and advice for 'letting go' on stage. We look at thought processes and use of breath when preparing for the stage and ideas to overcome nerves and doubts which we all face. Half discussion based, half dancing also with QnA.

### **21) Lecture - the differences between Turkish Oryantal vs Egyptian Raqs Sharqi**

- Over centuries, both of these prominent styles have influenced one another due to their shared history, politics and culture of these regions. In this lecture, we will explore the similarities and differences between Turkish Oryantal and Egyptian Dance and the reasons behind this. From technique, to costuming, to how the dancer uses the stage as well as the evolution of both styles. Includes Powerpoint presentation.

## **22) Lecture - Vintage Turkish Dancers**

- Get to know some of the amazing Turkish dancers of the Yesilcam era (known for being the Golden Era of cinema in Turkey). This presentation includes a film screening of the different dancers, explanations of their similarities and differences with the Golden Era dancers of Egypt as well as some very nice insights and facts about them!