

# CORA FONTANA LAMMAM

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Turkish: Greek: Lebanese: and Western ized versions to name a few: The title: Middle Eastern Dance: Was actually contrived by the West: The title: Belly Dance: Is a direct translation of the Arabic: Raks el-batn: Raks is to dance: Batn means belly: Belly Dance is found at weddings: Parties: Gatherings: Ceremonies: Celebrations: Nightclubs: Festivals: Movies: Theaters: Etc: It can be a spontaneous dance or a choreographed dance: In many Arab cultures there is no need to wait for an occasion to dance because dance creates the occasion: In many countries dance is a vital part of life: Women's solo dance is what is usually associated with Belly Dance: However: There are group dances: Men also dance in groups: For in Lebanon the men gather in a circle and dance Debke: Belly dance can be performed to live or taped music: There is specific music and for different styles of Belly Dance: Each has distinct aspects that set them apart from each other: Canes: Sticks: Veils: Zils or finger cymbals: Snakes: Tambourines: Candles: Candelabras: Large and small chandelier pieces: Jugs: Pots balanced on the head: And swords: Among others: Can be utilized: The majority of the time you will see dancers in an upright position on the balls of their bare feet or with high heels: However: Sometimes you will be treated to floorwork: The dancer can slowly work her way down to the floor or abruptly go down by way of a Turkish Drop: There are many benefits from belly dancing: On a practical side it is good for developing muscle tone not only in the belly but in the legs: Back: Arms: Belly dancing improves balance: Breathing: Posture: Cora Fontana Lammam loves Belly Dance because it does not discriminate: It is a celebration of womanhood: It does not establish confining narrow images of what women's body should look like: Contrary to western supermodelic ideals: Big hips: Bellies: Breasts are an asset: There is no set age when women can no longer dance: Some of the fabled Egyptian Queens Of Belly 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