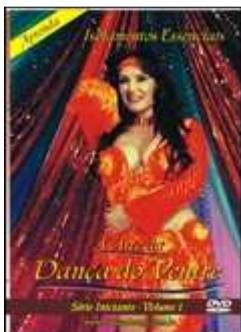


First Step's Collection

1



Volume 1 – Essential isolations

During the development process of our dance we need, at first, to figure out more about our body and the chances we have to express ourselves through this dance.

In this DVD, the goal is to help the ones who study alone, or the ones willing to understand the major isolation abilities that are necessary to improve your technique in Oriental Dance.

It is worth to say that it can be an interesting guide for teachers, could find inside of this work, clues and practical orientations in the sense of helping to drive their own classes. With the following demonstrations you can enlarge your vision about the first steps in this art.

Language: portuguese Subtitles: English & Spanish - aprox. 90 min.

2



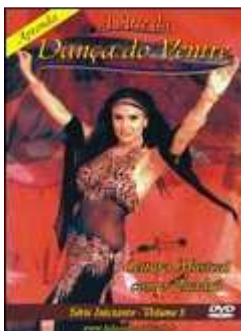
Volume 2 - What you need to know

In this volume very important themes are approached for the improvement of your learning. Since the beginning, working through the main steps, we can stimulate our technical growth observing such primordial points as: the hands and its connection with the expression by itself, as well the round lines in the dance. The movements that already exist for hundreds of years and still today seem new and beautiful. Going by several traditional steps, with explanations and demonstrations in dance form, the learning is lighter and pleasant.

Through the images, we can learn in a nice way and according to our own rhythm. Besides, you will be able to appreciate four complete dances that gather all of the elements worked in class. One more instrument than serves, as much to students beginners, as the teachers in search of enriching his/her didacticism.

Language: portuguese Subtitles: English & Spanish - aprox. 90 min

3



Volume 3 - Musical Reading, through your Hip

The hip is always observed in Oriental Dance presentations. To the hips fit the reading of the rhythm, the dry accents and the dynamics during the whole dance. From the first steps, we need to recognize its importance and to free ourselves from the fear related to the technique about this special part of our body. With the explanations on several steps such as:

- basic Egyptian hip drop and variations,
- vertical dry accents, twists mixture with circular movements,
- and shimmie technique,

slowly we feel ok about trying and creating by ourselves. The guest dancers enrich our vision and offer a possibility of analysing how different artists perform their own way of understanding.

The choreography in agreement with our sensibility. A DVD to aid beginners and serious teachers in enlarging their didactic possibilities.

Language: portuguese Subtitles: English & Spanish - aprox. 90 min

COLLECTION “Art of Belly dance!”

4



Volume 2 - Hip techniques

- Side Shimmi when with it shuddered.
- Shimmi Souhair and variations.
- Shimmi Monah Said and variations.
- Shimmi fits in front and variations.
- Shimmi fits behind - in technique and variations.
- Shimmi Souhair crossed in diagonal when it shuddered.

Language: portuguese Subtitles: English & Spanish - aprox. 83 min.

5

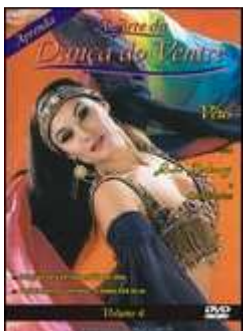


Volume 3 - The eights, waves & rounds

- Eights - Egyptian and Maia
- Eights in front, eights to behind - technique and variations
- Waves Camelo, Waves Farida - technique and variations
- Waves in the opposite, technique with variations
- The small equilibrist, Traveling steps in lateral and frontal - stocking-tip
- The big, the slow, the half-rounded - technique and variations

Language: portuguese Subtitles: English & Spanish - aprox. 82 min.

6



Volume 4 - Veils

- Initial posture, position of reference and transfer
- The circles on air as proposal of movements
- With a movement far from the body your veil is an extension of the dancer's arms.
- Enchanting Element for the traveling steps. Elegance and class.

An invitation to femininity

Language: portuguese Subtitles: English & Spanish - ca. 84 min.

7



Volume 5 - Techniques of Traveling Steps

- Walk 1,2,3 with contra-tempo
- Walking in the taste of the music
- The spin in the form of traveling steps
- Foreseeing at the end of the music
- Loyal aceleration at the end of the music
- Grand final – loyal alteration at the finish

Language: portuguese Subtitles: English & Spanish - aprox. 84 min.

8



Volume 7 - Construction of Percussion Solos

- Introduction to the traditional shuddered.
- When it shuddered of tension and variations.
- Breaks from twist and of side beat.
- The delicacy of the typical introduction baladi.
- Physical reading of the rhythm.
- The principal forms of entry and exit of stage

Language: portuguese Subtitles: English & Spanish - aprox. 82. min

9



Volume 12 - Posture and Corrections

This DVD has since objective attracts attention and to help in the correction of the principal mistakes observed in classroom. Be able to be a practical guide in his first steps in the dance and also a great assistant, if you are already a teacher and want to enlarge his knowledges. Boarding different subjects, Lulu tries to give some hints on the worst mistakes and how we can escape of same. Very often, in the funny form, we will learn to avoid some points and to use more constant of others.

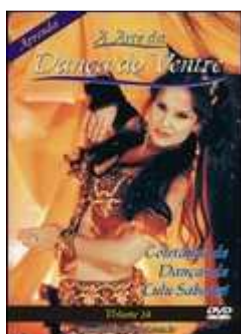
Some focuses of this volume:

- Posture and lengthening.
- Lack of facial expression and it get out of control in practice of the exercises.
- Arms, symmetry, harmony, drawing and directions.
- Force and tension, his great enemies.
- The exaggeration in the intention inside the sockets and put out of joint.
- precious Details

This volume of the collection is only the first one treating this subject. Since in unrolling the carvings, we discover several other topics that will be explored in the future. We wait what this initial, you help, so much all that has me helped in classroom. We learn much more through our mistakes of what on account of our hits.

Language: portuguese Subtitles: English & Spanish - aprox. 90 min.

10



Volume 14 - Collection of Solos from Lulu

Lulu dance au Khan el Khalili – Sao Paulo, since 1983.

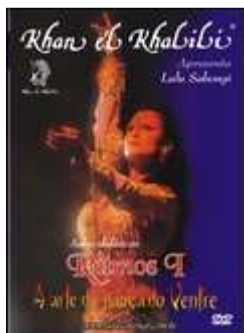
It was the dancer who presented herself at the home, from the beginning. Her dance passed several phases. Unfortunately, we could not register a great part of them, with quality material, since she began her run. Thousands of persons in the whole Brazil keep in memory, her precise and of feeling loaded movements. In the Nights in the Harem, of the Khan el Khalili, she executed true masterpieces. In her videos, several dances-grounds were in the memory. In this volume, a classic of the dance of the belly in Brazil, you will be able to visualize several unpublished his, any presentations, different caught recently. A DVD that needs no comments.

You need to assist ... the remainder, you are a pure emotion. Happy they whom they could see in this life, a presentation of dance of the belly executed by Lulu personally in his moments of inspiration. For the one who studies, here here, a spring for aprimoramento and wealth of his apprenticeship. It includes several Lulu's presentations, including two of them with Soraia Zaied, totally unpublished and live

Language: portuguese Subtitles: English & Spanish - aprox. 90 min.

COLLECTION "Rhythm"

11



Rhythm 1

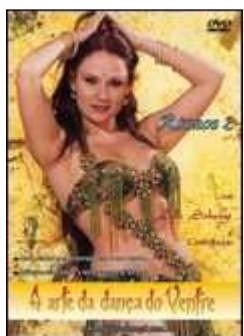
In this Video Lulú presents with more 8 ballet dancers / teachers (Fátima, Shams, Soraia, Munira, Shahrar, Pallu, Yasmin and Jade) suggestions of movements after they were used by 9 Arab Rhythms.

They present the educational part of each ritmo, in absolute climate of casualness and technique and precision.

Shown are here: - Baladi two dums, - Baladi one Dum, - Wahada u noss, - Malfuf, - Ayub, - Saudi or Khaleeje, - Saidi, - Masmoudi, - Tschiftetelli.

Language: portuguese Subtitles: English & Spanish - aprox. 61 min.

12



Rhythm 2

Continuing the work of the principal Arab rhythms, Lulu presents with more 9 invited ballet dancers (Pallú, Kahina, Milla Tenório, Polímnia, Débora Silveira, Lú Hassany, Yasmine Amar, Muna Zaki and Lene) suggestions of movements to be used by more 9 Rhythms.

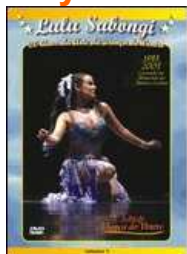
She presents still the educational part of each ritmo, in absolute climate of casualness and technique and precision.

Shown are here: - Samaai, - Masmoudi Variation, - Falahi, - Zaff, - Valse, - Karachi, - Hacha-Slow, - Fox, - Whahda Tawile, - Jabalee.

Language: portuguese Subtitles: English & Spanish - aprox. 81 min.

Shows

13 20 years of Lulu Vol. 1 - Vol. 3



Event: 20 Years of academy for Art of oriental dance from Lulu Sabongi - in 3 volumes. Nov 2003

Aprox. 4 hours of shows, including folkloric shows in the Memory of Latin America.

A cast of 450 artists. 6 cameras (quality absolut!) **An unic presentation!**

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Sendo feliz por ser mulher!

Centro Cultural

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