### April 13-14, 2024

# Habibi Dancers 39th Annual Spring Workshop & Concert

### **Saturday Workshop:**

"Shimmy While You Twerk 'n' Bubble"
Shimmies, more shimmies, and spicy derriere movements to add some "cheek" to your dancing. We will look at shimmy layers, as well the mechanics of what has come to be known as "twerking" and "bubbling" and ways in which we can use the musculature of these movements to strengthen our dance technique while having fun. Don't let the word "twerking" cause you to feel shy, these movements are very beneficial to strengthening our lower abdominals and expanding our range of motion.

## **Cassandra Fox**



# 10:00 am-12:00 pm "Technique"

Saturday Schedule:

9:00 am-10:00 am

Registration

12:00 pm-1:30 pm Lunch on your own

1:30 pm-3:30 pm "Twerk -N- Bubble"

Evening Concert: "Mosaic"

7:30 pm Doors Open 8:00 pm Concert

Sunday Schedule: 12:30 Registration

1:00 pm - 4:00 pm "Caribbean Fusion & Choreography"

### **Sunday Workshop:**

"Introduction to Caribbean Fusion & Choreography"
An introduction to the music, and movements of Caribbean dance (Dancehall, soca, reggae, reggaeton, etc.) and the technique behind the movements. A look at music choices and movements that work for a fusion with belly dance. A choreography will be taught after the technique portion.

We are pleased that Cassandra Fox is our guest artist this year. A first generation Canadian, her family immigrated to Canada from Jamaica. She has become known for both her Caribbean Fusion and her belly dancing thanks to her strong technique, fluid movements, and smooth musicality while maintaining a fun and powerful energy. This has allowed her to build a large online following and granted her many opportunities to teach and perform internationally, including France, Italy, Brazil, the Caribbean and the United States.

Registration Form	Saturday Workshop
Address	\$99.00 before 3/22
City	\$125.00 after 3/22
State Zip	Sunday Workshop
Email	\$65.00 before 3/22
Phone	\$95.00 after 3/22
Make checks payable, and mail registration to:	Sat. & Sun. Workshop Combo \$139.00 before 3/22
Habibi Dancers 4860 Pine Hill Dr	Concert Tickets
Potterville, MI 48876	\$15.00 ea. x=
Or register online at: habibidancers.org	(\$20.00 at the door)

### Dear Dancers,

If you haven't been to one of our Habibi Dancers seminars, this is an absolutely perfect time to sign up and get the opportunity to learn new techniques and choreography from a fabulous instructor to add to your repertoire. All this while surrounded by an accepting, supportive group of dance positive people. All levels of dance experience are welcome. Be sure to sign up before March 22, 2024, to take advantage of the early bird discount. We'd love to see you!

Habibi Dancers

Before the workshops start and during lunch time, we encourage you to shop our vendor tables for fabulous costumes, accessories and all things Belly Dance!



Workshop and Concert Location
Hannah Community Center
Albert A. White Performing Arts
Theater
819 Abbott Rd.
East Lansing, MI 48823
517-351-2850

#### **Places to Stay**

Fairfield Inn / Marriott 517-374-6500 3320 Preyde Blvd, Lansing, MI 48912

Quality Inn University 517-351-1440 3121 Grand River, Lansing 48912

Hampton Inn 517- 324-2072 2500 Coolidge Rd. East Lansing 48823

### **Registration Information:**

Advance registration and ticket purchase is strongly encouraged as we have sold out in previous years. Early registration ends March 22, 2024. Mail-order tickets may be picked up at the workshop or at the concert door until 8:30 pm. Your registration will be held at the door and will not be confirmed by mail. If you register on-line – be sure to print out your registration and tickets and bring them with you. No refunds for cancellations.

Participants will be limited. At the request of the artists, <u>videoing and flash photography is not allowed at the workshop or the concert</u>. For workshop or concert information, call (517) 303-5369, or visit our website at www.habibidancers.org