

# Obsessed with Belly dance?

Try these selections to get yourself immersed:

## **Books**

Grandmother's Secrets: The Ancient Rituals and Healing Power of Belly Dancing  
Rosina-Fawzia Al-Rawi

Snake Hips: Belly Dancing and How I Found True Love  
Anne Thomas Soffee

Bellydance: A Guide to Middle Eastern Dance, Its Music, Its Culture and Costume  
Keti Sharif

The Secret Language of Belly Dancing  
Maria Strova

## **Music**

Belly Dance Classics by Cairo Orchestra  
Tribute to Om Kalsoum by Cairo Orchestra  
Shik Shak Shok by Hassan Abou El Seoud  
Bellydance Superstars (Volumes 1-5)  
The Rough Guide to Bellydance  
Wassan Pharaoun by Issam Houshan

## **Videos/DVDs**

### **Instructional**

Instructional Bellydance with Jillina - Level 1  
Shape Up N' Hip Out with Jillina  
The Heartbeat of Bellydance: Rhythms & Belly Dance combinations for Drum Solos  
Tribal Fusion - Yoga Isolations & Drills for Bellydance  
AZIZA'S Ultimate Bellydance Practice Companion

### **Performance**

The Fabulous Samia Gamal  
Nadia Gamal: The Legend  
The Bellydancers of Cairo  
Bellydance Superstars: Solos from Monte Carlo  
Bellydance Superstars: Live in Paris at the Folies Bergere  
On Fire: The Hottest Bellydance DVD Ever  
Bellydance Superstars  
American Bellydancer  
The Exotic Art of Bellydance

## **Web sites**

Andalee Oriental Dance  
<http://www.AndaleeDance.com>

NC Bellydance - THE source for dance information in NC  
<http://www.ncbellydance.org>

Carolina Bellydancers Yahoo! Group  
<http://groups.yahoo.com/group/CarolinaBellydancers/>

Cary Belly Dance Meetup (Not just Cary!)  
<http://bellydance.meetup.com/317/>

The Art of Middle Eastern Dance (by Shira)  
<http://www.shira.net/>

Middle Eastern Dance - <http://www.middleeasterndance.net/>

Yasmina's Joy of Belly Dancing - <http://www.joyofbellydancing.com/>

Oriental Dancer - <http://www.orientaldancer.net/>

The Hip Circle - <http://www.thehipcircle.com/>

Dahlal International - The most fabulous costume shop  
<http://www.dahlal.com/>

Morocco's Meanderings - My teacher's teacher  
<http://www.casbahdance.org/>