



## Belly dancing

### It's good for the whole body

Belly dancing is very sensuous. But, that's not the end of the story—only the beginning. There's a whole lot more.

Belly dancing builds muscles (in good places), builds confidence, is an excellent toner and, if you believe the women in the Farmington public school adult classes, is a whole lot of fun.

The women gather at Bond school Thursday afternoons in leotards and tights, and sometimes a chain hip belt or some bells to set the mood.

Second time out, many were there early to stretch muscles and practice movements from the first lesson. Bea Edwards of Farmington Hills obviously enjoying the experience, told her fellow classmates she already had adopted a Lebanese name, "Shunta."

COMING UP FROM a deep knee bend, she commented, "They tell me that means bag. Now, if I can just find out how to say old, I'll have a beautiful sounding new name."

That's part of the fun of belly dancing—women from those in their early 20s to those in their late 50s get together, under the leadership of competent teacher Susan Inferrera, learn some new exercises that at first seem awkward, but gradually smooth out into fluid, graceful movements.

Ms. Inferrera starts her students gently working first on hand and arm movements to the best of Near East music.

"Right arm, up, back, forward circle. Now, left arm, same thing. Up, back, forward, circle."

She demonstrates a forward thrust,

weight on bent knee, the other leg stretched far back and straight. It sounds like a room full of Hoo-Kies as things snap, crackle and pop.

Intermixed with the muscle stretching are development of graceful hand and arm movements.

Adms at the side. Now, start with the right arm, elbow first. Hand down. Lead with the elbow.

AS THE ELBOW comes level with the shoulder, the hand comes up with a gentle wrist motion. Hands, wrists and arms move as though they were being pulled by strings, effortlessly, gracefully with a rhythm built of circular strokes.

STORY BY: CORINNE ABATT  
PHOTOS BY: HARRY MAUTHE



Like ballet, belly dancers start with basic positions. Teacher Susan Inferrera, right,

demonstrates one that will develop into a rolling hip movement, given time and practice.



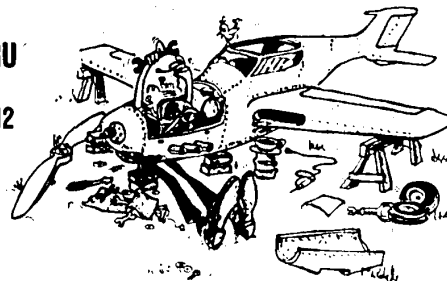
Positions of the neck and head must be practiced before they come effortlessly. Trina

Szotz is moving her head without moving her shoulders. (Staff photos by Harry Mauthe)

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