

*Suhaila Salimpour Belly Dance Certification Program*  
**Improvisation & Choreography Weeklong**  
**Workshop**  
Pre-Workshop Assignments

## Reading, Viewing, Listening List

WoA: *The War of Art: Break Through the Blocks . . .* by Steven Pressfield

OnAct: *On Acting* by Sanford Meisner

TCH: *The Creative Habit: Learn It & Use It for Life* by Twyla Tharp

“Compositions Every Belly Dancer Should Know” from Suhaila’s Main Website (in the Resources Section)

## To Bring

Your dance diary with at least 10 pages of new material.

Completed Creativity Exercises.

Your “box” with completed Personal Choreography assignments.

Completed personal choreography committed to memory.

Completed personal choreography written in Suhaila nomenclature to be turned in separately.

Music for your choreography on a CD by itself labeled with your name and music title.

## Creativity Exercises

Using TCH, complete the following exercises in your dance diary, “box” or dance notebook. The answers should be catered or related to the development of your personal choreography.

Exercise 1: What is your pencil?

Exercise 3: Write your list of fears (put a name to them).

Exercise 6: Answer the questions in the first paragraph.

Exercise 14: List challenges you would like to assign yourself in the future.

Exercise 17: List your ground rules of the perfect world.

Exercise 23: Take inventory of your skills, listing the skills you have, what skills you need and what you can do to develop the skills you don’t have.

Exercise 26: Remove one skill from your Exercise 23 list; answer all the questions at the end of the exercise.

***It’s not just a technique. . . it’s a revolution.***

Exercise 27: Select five verbs and document how you acted them out.



***It's not just a technique. . . it's a revolution.***

# Personal Choreography

Using a music selection (3-4 minutes) from the assigned music genre, create a choreography using the following instructions. As described in TCH, prepare a box or the equivalent (Pinterest, box, envelope, etc.) for your choreography and bring to or have available at the workshop. Include the following items in your “box”:

1. Outline the entire composition using tallies to count off measures.
2. Explain why you selected the particular piece of music.
3. Write five words that represent the piece.
4. Select colors and shades that represent the piece.
5. Using TCH, what is the spine of your choreography?
6. Divide the piece into sections; provide your emotional perspective or intent for each section. For each theme, experiment with and document non-dance physicalization to represent that perspective.
7. Experiment using five exercises outlined in a choreography development book(s) of your choice. Document the exercise, process and outcome.
8. Apply TCH Exercise 20 to your choreography and document (Make a Picture That’s Worth Ten Thousand Words).
9. Select fabric swatches to represent the tactile and visual elements of the piece.
10. Describe and draw a picture of the costuming you would design for the choreography. Include color choices and your explanation of why this costume is appropriate for the music, choreography and your intent.
11. Provide written documentation of your choreography using Suhaila nomenclature.
12. Add whatever additional materials, notes and inspirations you want to your “box”.

## Notes

- Students are expected to arrive with a finished choreography committed to memory. Prepare to demonstrate choreography with the music and also counted out loud without the music.
- Students are expected to arrive with all pre-workshop assignments completed.
- The music genre assigned is for all workshop participants. L4+ certified students may use a different music genre *if approved in advance by Suhaila*.
- These pre-workshop assignments are to be repeated each time a student takes an Improvisation & Choreography or L4 workshop.
- Although Suhaila and Jamila L2+ students may attend, the Improvisation & Choreography workshop is designed for students who have Suhaila L3 certification and is a continuation of work addressed in the Suhaila L3 weeklongs. **All participants are still expected to complete the same pre-workshop assignments: no exceptions.** If you have any questions, do not hesitate to contact the office.



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