

# The Art of Belly Dancing



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Belly dancing is hot. This legitimate art form is sensuous entertainment, as well as a fun, sexy way to increase one's physical fitness while exploring an ancient ethnic ritual of self-expression. There's nothing quite like it for toning abs, and it's a real aerobic workout! At a fraction of the price of a how-to video or a dance class series, this ingenious book-plus presents everything necessary to get started in belly dancing: an illustrated, 64-page book with detailed instructions for all the basic moves and rhythmic undulations, plus a pair of zills (finger cymbals), a veil, paste-on jewels, and a CD with exotic dance music to enhance the experience.

作者介绍:

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