

951 Wealthy St
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616-235-9642
www.lauraarmenta.com



Presenting

Laura Armenta & The At-Neemrah Dancers

Every Thursday 9 pm \$5

Our Show

An electrifying Belly Dancing performance with enticing passionate rhythm which will take you on a journey into another culture. Experience the dance that celebrates the power of femininity.



Audience Etiquette

Respectful and Traditional Encouragement to the Dancers:

- ★ **"AY WA !!"** that translates as YES! in Arabic or the famous **"OPA!"** the Greek expression of celebration.
- ★ **Women practice the ZHAGHAREETS!** Which is the fast trilling of your tongue against the roof of your mouth, accompanied by a high pitch " woo-hoo!"
- ★ **Showing your appreciation:** clap when ever you see the dancer execute what appears to be a difficult move.
- ★ **Tipping:** it is customary but not mandatory. Showering the dancer's head with bills is a blessing to her artistry. Tipping can be done to show admiration and respect. It is an authentic and dignifying practice to the tipper as well.
- ★ **Dance interaction:** Let the dancers do their show, when it is time for them to choose someone to dance with, they will approach the guest; it will be apparent. Please do not urge anyone to dance with her if they have not been invited. Just sit back, relax and let the magic sweep you away.
- ★ **Open Dancing:** Even when the dancers have finished please stay, dance and cocktail into the evening

History of Belly Dance

Belly dancing is known in the Middle East as **Raks Sharqui (Ra'ks Sharr-kee)** which literally means the dance of the East or Oriental Dance. The current western term may have been derived from the French phrase "danse du ventre" (dance of the belly) due to the exposure of the midriff. Raks Sharqui, the contemporary stage form derived from Egyptian baladi was influenced by early Hollywood glamour and western balladic training. This distinct form of Raks Sha'abi Folk dances may also feature glitzed up yet authentic versions as part of an Oriental stage show. Through time and various civilizations Belly Dancing has come to be:

"The dance that celebrates life, birth and creativity; the dance that celebrates women and beauty; the dance that celebrates the power of femininity. "

About Laura and The At-Neemrah Dancers

They are a professional Middle Eastern Dance Troupe. Founded in 2004 by renowned dancer and choreographer Laura Armenta. **The At-Neemrah Dancers** create a realm of sensual feminine expression, with great passion for fine details and class. They go beyond Belly Dancing as they also study and perform ethnic dances such as African, Bhangra, Salsa, and more.

Laura Armenta, artistic director and choreographer, blends techniques from various Middle Eastern styles. She also includes adaptations and moves from other dance styles such as Indian, Afro-Cuban, Spanish, and Modern Urban. Many of Laura's moves are her originals, created from years of experience and a love for the art of dance. Laura Armenta is on loan to Grand Rapids from Mexico City, Mexico with a bachelor's degree in Arts and Humanities specializing in dance. She holds diplomas in modern dance and choreography from Mexico's National Institute of Fine Arts. Ms. Armenta is the director of The Armenta Studio, Energy in Motion, in Grand Rapids. She specializes in the development of the human potential through the mind-body connection using exercise, yoga, NIA, modern dance, Yoga-Thai massage, belly dance and more. www.lauraarmenta.com

The At-Neemrah Dancers! are all professionally trained and experienced dancers.

Paula Foley native of Texas; she has a vast background in jazz, ballet and modern techniques. She is a devoted yoga practitioner.

Shelley Marinus is a certified social worker, dance therapist and modern dancer having more than 15 years of professional performance experience.

Jill Ritchie has young, natural talent with experience in Egyptian and tribal belly dancing styles, Latin dances and yoga.

The At-Neemrah Dancers! can also be booked for parties, concerts, weddings, corporate events, and birthday celebrations. (However, no bachelor parties please) 616 235-9642 or info@lauraarmenta.com