

# Mp3 Helm - Itneen - Tribal Dance/ Tribal Drums

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Original and folkloric compositions and absolutely ripping percussion pieces, Helm reflects the true roots of Middle Eastern music. 16 MP3 Songs WORLD: Middle East, WORLD: World Fusion Details: Released in September, 2003, Itneen is the second recording in the Tribal Dance - Tribal Drums series and is a co-production by FatChanceBellyDance and Helm. Itneen features American Tribal arrangements of Helm classics, new original compositions, lyrical improvisations on Middle Eastern rhythms, "unplugged" percussion tracks for practice and instruction, and the liner notes provide basic maqam and rhythmic structure for each track. CD has 16 tracks, approximately 60 minutes in length. Features the fabulous percussionist Tobias Roberson, Ling Shien Bell on nai, mizmar and accordion, 2005 Grammy Award winner Mark Bell on percussion, and Cynthia Tawasha (dhola), Corwin Bell (rebaba), and Carolena Nericcio (zils) as credited on the liner notes. copyright 2003 Helmmuseeka (BMI) Based in Marin County, Helm is best known for their Tribal style accompaniment for, among others, FatChanceBellyDance and Hahbi Ru. In addition to presenting music true to the traditions of the Arab world through folk and original compositions, Helm includes pieces from the classical Arabic heritage in their repertoire. They can be reached by emailing [mark@helmmusic.com](mailto:mark@helmmusic.com) or [lingshien@helmmusic.com](mailto:lingshien@helmmusic.com) or visiting Helm's website at [helmmusic.com](http://helmmusic.com). Mark Bell began playing Arabic percussion in 1972. He has performed at many of the top venues for Arabic and Persian music in San Francisco and Los Angeles area and has many television, video, and recording credits as well. Mark has also traveled extensively throughout the Middle East and has studied percussion in Egypt, Iran, and Turkey. Mark recently won a 2005 Grammy for his contributions on "Beautiful Dreamer- Songs of Stephen Foster". Ling Shien Bell started playing Arabic music in 1980, first on nai and then mizmar. She has many performance credits independent of her involvement with Helm, reflecting her varying interests in French, classical, and Balkan music. She recently has added accordion to her repertoire. Ling Shien is the primary composer and arranger of Helm's music. Tobias Roberson started studying Arabic percussion at the age of 14, taking classes at UC Santa Barbara for the Middle Eastern Music Ensemble, and has lived for several months in Turkey and Egypt. Tobias composed the music used for the "Tribal" section on the Bellydance Superstars DVD, which he

performs along with our great friend and percussionist, Faisal Zedan.

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