

# Mp3 Helm - Raqset Al Sajat

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This interactive CD will strengthen your understanding of Middle Eastern rhythms using finger cymbal patterns that work both for tribal belly dance and for cabaret styles. This CD covers patterns for all the basic rhythms and employs a full rhythm section 20 MP3 Songs in this album (68:17) ! Related styles: WORLD: Belly Dancing, WORLD: Middle East Traditional Details: Whether you have recently decided to work on playing finger cymbals or have stacks of CDs/DVDs on the subject presently gathering dust, you will love this CD because its fun. Ling Shien Bells perspective of being a musician, teacher and dancer, coupled with fully instrumented percussion tracks from Helm, make learning enjoyable. The variety of rhythms and the different speeds create an atmosphere that is additionally perfect for just working on dance moves or practicing songs instrumentally if you wish. Raqset al Sajat features an interactive method for teaching the Middle Eastern rhythms used in Oriental dance. Many years of collaboration with FatChanceBellyDance (FCBD) and Carolena Nericcio help enable Helm to meet the needs of dancers wishing to enhance their insight of these lively rhythms by focusing on finger cymbals patterns. The 24-page booklet contains explanations, with indications on how to step to these patterns, in English, French, Spanish, and Italian. The patterns, ornamenting the rhythms while preserving the integrity of their main pulse structures, are demonstrated on both sizes of finger cymbals, sajat and toras. Additional hand held percussion instruments have been added for local color. FCBDs participation ensures that everything here works not just for solo dancers but for American Tribal Style as well. Musicians for the project are: Mark Bell (percussion), Ling Shien Bell (sajat, toras, gargabas, Turkish spoons, accordion, kaval), Anita Lalwani (sajat), David Glazier (percussion), Pat Bogel (percussion), Larry Klein (Afghan rebab), and Bismillah (Afghan tabla). Helm has included two musical pieces, Mon Amant de St. Jean and a traditional Afghan song due to popular demand and as examples of 3/4 and 6/8 rhythms.

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