

Cat Ramos

WA#6

Sa'eeda LA Bint

Saeeda La Bint is a Belly Dancer contributing this beautiful art form, in Santa Monica, as a teacher to women, for inspiring her student

Sa'eeda is a professional Belly dancer and teacher in Santa Monica. Sa'eeda LOVES to dance and shares unconditionally her love for Belly Dancing. She has performed throughout LA, teaches in Santa Monica/Hermosa Beach and a part of the Belly Dancing community in LA for over 10 years. Sa'eeda said she begin Belly dancing because she was surrounded by men at work, her sons and husband. She wanted to connect to her female self and community.

Narration:

<https://youtu.be/S9H5tsV5WNU>

“Embracing your passion and finding ways to express yourself” is Sa'eeda's greatest value. She glows as a beautiful woman dedicated to the art of Belly Dancer. (will show a clip of this video)

<https://youtu.be/RPfZyzf4Dwk>

<https://youtu.be/PZCWPXLUPhk>

This challenging sophisticated way of dancing is shared by a large community of women and some men in the Los Angeles region. Sa'eeda has performed professionally in various venues in these community events and as a hired professional. (Will show clips of above videos).

<https://youtu.be/mPULGyJD21g>

<https://youtu.be/hxLS7bcUQ-o>

Sa'eeda says first and foremost she loves to dance. She shares her passion for Belly dancing with students in Santa Monica and now Hermosa Beach. Sa'eeda light heartedly demonstrates and leads her students thru the various moves of Belly dancing. With a smile of inspiration she consistently strives for perfection. Although she makes it look easy, to execute these dance moves takes a good amount of practice. (will show a clip of these videos)

She has taught Belly Dancing in Santa Monica for over 10 years. Sa'eeda practices what she preaches inspiring women of all ages, shapes, ethnic backgrounds and even some men too, to Belly dance passionately and original expression.. (Various photos of her and her students will be shown).

Interview questions:

What attracted you to belly dancing?

Can you tell us a brief history?

Are there different styles and from where?

The costumes are so elaborate. Can you tell us about why and where they are made?

Have you had any interesting experiences when you performed. What was your most favorite show.

What has been your inspirations and why?

Why do you teach belly dancing?

If you could have a wish come true in Belly Dancing what would it be?

Conclusion:

<https://youtu.be/S9H5tsV5WNU>

This Dance art form with its ancient roots, it's an empowering and uplifting contribution to Santa Monica. It is a importunity to express thru the body an Elegance. Belly Dancing shows off any shape of our human body which connects us in a positive way to be proud of our physique. Thus, connecting us to the core of life.... Love and beauty. (Take a clip from this video)