

Lorelie's Lovelies Bellydance and Costume Information plus Links to Resources

A Guide for [Bellydance with Lorelie](#) Students

Bellydance often gets a bad rap. Have you noticed that some people immediately associate it with pole dance or stripping? One of my goals as a teacher is to help change this view. It never felt right to me to call it bellydance but since the term is popular I use it for marketing purposes. Technically it is called Middle Eastern Dance or Orientale Dance. We can help to make this change by being respectable through our costuming for the audience and more importantly respectful of the culture.

The variety of dance styles within the Middle East are wide. This is why we have a Saidi dress for our folkloric number and a Bedlah (bra and belt, with skirt and veil) for the Orientale performance. There are so many styles and types of costumes. This never gets boring.

Be Mysterious

I feel it's best to keep some mystery with the costuming by not revealing too much. The bra should fit well and cover well but a little cleavage is fine. Jewelry and other touches can help to soften and beautify the chest and neck.

Small Peeks

Showing too much skin can take away from the dance performance. You can still be sexy without being too revealing. In fact it's much sexier to show small peeks of skin (your best parts of course) using open leg harem pants and or skirts, big flowing sleeves with open shoulders or slits from shoulder to wrist. Ankle bracelets can lend a hand in sensuality, arm bands with beading, decorative shrugs, long fringe to help disguise any problem areas etc.

It's an Illusion

We're creating an illusion not just with the movements but also with our costumes. A tummy cover is great at smoothing over and making our costume look much more pulled together and tasteful. I require that my students use them. They add to the beauty and sensuality, much like lingerie. You can find classy ones with sheer glitter stockings, fishnet, or lace.

FOR NEW STUDENTS: Here are the two costumes that we have put together so far with links to purchase parts needed. Dahlal gives my students 20% off.

[Dahlal Internationale](#) for 20 % off use CARVEY20

I do have an [Amazon shop](#) which I am slowly building up with all the items that we require and or just to see samples of what you will need.

If you find a good resource or better pricing please let me know so I can add it to this list.

Im also adding this info to my website www.bellydance-with-lorelie.com

Folkloric Set : Banat Baharei and Shik Shak Shok



The [Saidi Dress](#) Annette is modeling.. Her belt is unfinished in this photo. We added sequined fringe to the belts. Link is below for the fringe we used.

Color choices for this piece are - Pink - Violet - Green - Blue

Silver Stretchy Material can be found at most JoAnnes Fabrics (Annette's belt is the silver material)

Sequins - we used them from a [Belt on Amazon](#) (This can be purchased with two or maybe three other people to save a little money) We take strips of the sequins and sew them onto the silver stretchy material. Or you can use the excess fringe to create other decorations.

[Headpiece](#) is intertwined with matching material from the dresses. Most of the dresses had to be hemmed. We used that excess material to weave into the headdresses. You may be able to find these at Walmart.

Barefoot or [Footies](#) These Bloch brand footies are good ones.

[Jazz Shoes](#) in case you are looking for support in class and for turns and they can be used for performance too.

Oriental Set : Pharoah and It's Time to Play



Oriental costume of your choice. Some of us bought previously used costumes and skirts and tweaked them to fit plus added our own touches.

I recommend a one hour consultation to get you started if you have no previous experience. It's \$25.00

Must haves for the costume

Sheer or fishnet tummy cover - You can look in the lingerie department of stores and or thrift shops for unique ideas. Or go to my [Amazon shop](#) . Dahlal Internationale has them too.

A [Choli](#) to wear around and underneath your bra in front. Similar to the one in this link. But you can do other ones with varying materials like lace etc.

[Harems](#) if your skirt is slit. I wear them under my skirt as the skirt is a little see through.

[Silk 3 yard veil](#) They aren't cheap but will last many years. Contrasting colors are nice. I'm using Liz's Bedlah as an example. She is also wearing a black [lacey bellycover](#). Similar to the one in the link.

Get creative with tummy coverage. You don't have to wear a stocking but if you do try the ones with sparkles or rhinestones.

Hope this helps you to create the most beautiful and elegant costume. Let's show them what classy orientale dance looks like