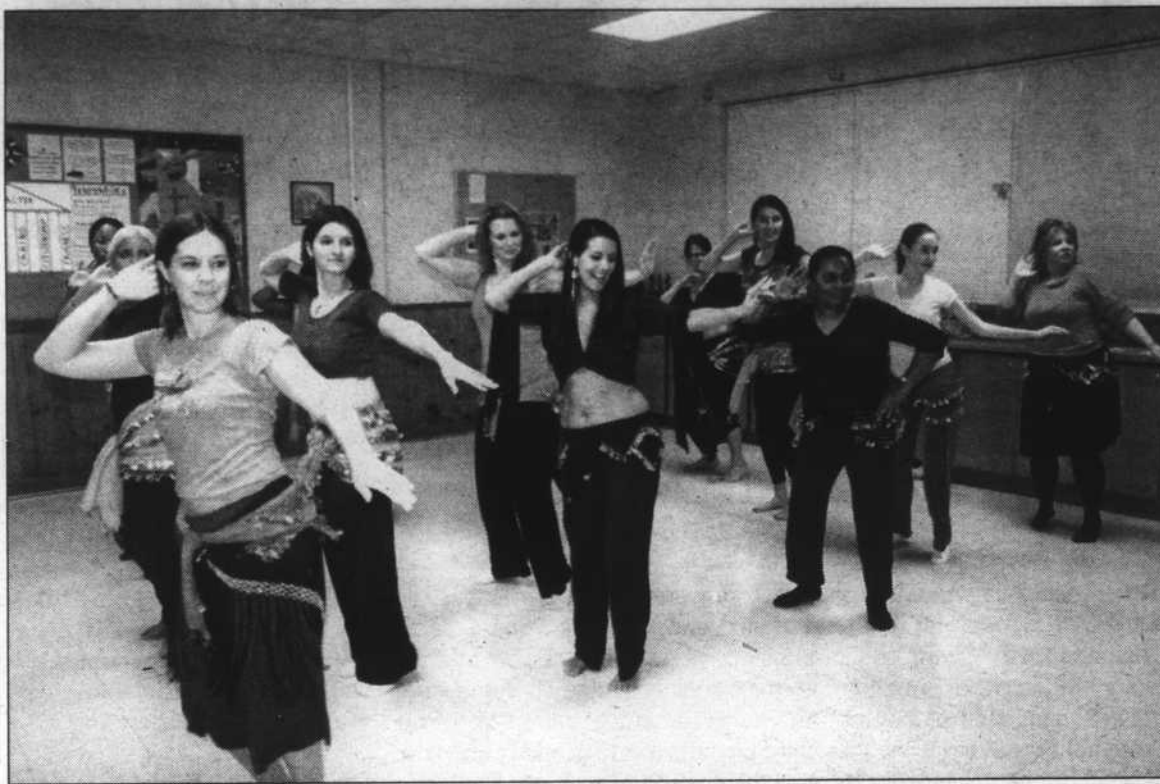
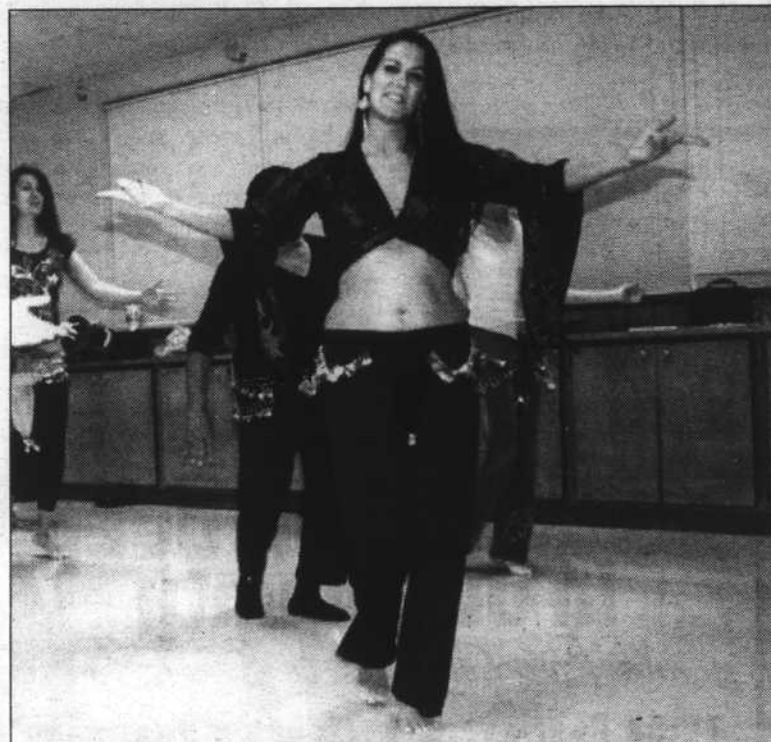


# Mooreville Studio Offers the Essence of Egypt



LED BY MAYSAMEH, center, a group of women learn belly dancing through Rhythmic Essence classes in downtown Mooreville.



MAYSAMEH, the owner of Rhythmic Essence, a belly dancing studio, teaches belly dancing classes in Mooreville on Monday nights.



ELZA SABIROVA FRONT, and Jane Hennessy use the mirror to check their belly dancing moves.

Meredith White  
IREDELL CITIZEN

SOUNDS OF EGYPTIAN MUSIC PULSED from the room. Above the music, I could hear a voice calling out dance moves. Then, the door opened, and I met Maysameh (Candy Heafner), the leader of "Rhythmic Essence" a belly dancing studio.

Maysameh offers belly dancing classes in Mooreville on Monday nights at the War Memorial building downtown and in Newton.

On a recent Monday night, 13 students came for a one-hour class. Wearing workout type clothes, made exotic by coin belts (colorful scarves tied around the hips with coins dangling from the edges), women of all ages, shapes, and races practiced belly dancing under Maysameh's direction. After warming up with a few basic moves, the group performed more involved routines to high-tempo Egyptian music.

With their jingling "coin belts" the women created a percussive rhythm to accompany the music.

"It's all in the knees," said Maysameh as she created the jingle with a shimmy.

"It's a great way to get a workout without high impact," Maysameh said. "It improves self-esteem, improves circulation, and improves flexibility."

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Meredith White/CITIZEN

JANE HENNESSY STRIKES a pose while belly dancing in Mooreville.



R.R. JOHNSON, FRONT, WORKS her arms during a belly dancing class.

## Reporter/ Photographer Wanted



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