



Performance Name: Mish

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"Our main objective is to achieve, through our type of dancing, the upliftment of women and the girl-child in surrounding areas of Cape Town and to get them involved in the art of dancing, to gain confidence, obtain fitness and experience the joy and fulfillment of oriental dancing"

– we try to bring across to our community that bellydancing is an art form.

Hi, My name is **Michelle Hendricks**. I was born and raised in Strandfontein on the Cape Flats. I have tried a variety of dancing types during my lifetime, including modern jazz and hip hop dancing until I fell in love with oriental dancing (bellydancing) in 2005. I HAVE ALSO BEEN FEATURED IN THE FIRST EVER SOUTH AFRICAN BELLYDANCE CALENDER FOR 2011. I love to promote that Bellydancing is for women of all shapes, sizes and is not prejudiced on fitness levels.

I outlay below my experiences with this art from my inception date being 2005 to now 2011.
Trained with an International Bellydance Academy. Principal dancer/ performer/Belly Dance Instructor, choreographer of Belly Phunk from 2008 – current

Dancing styles: Classical Oriental, Modern Oriental, Veil Dancing, Shamadaan (Dance of candles on head), Sword Dance, Arabic Flamenco, Gypsy, Bellydance Fusion...

Courses attended: Sword Workshop with Leyla Nawaress from Germany

- Performance at the International Oriental Festival for each year from 2005 – 2008
- Performance in Johannesburg –, Sandton and performance at Pappas restaurant during June 2008
- Performances at the barnyards in Mosselbay, Plettenberg Bay and Knysna during June 2008
- Regular performer at Fabulous Restaurant – Kloof Street Cape Town as solo performer in 2008
- Performance for the Old Mutual International Client Customer day in November 2009
- Performance for BAT at the Kronendal Estate in Paarl in December 2009
- Performance in Durban Waterfront for Van Sons Inks on a Yacht during December 2009

Venues taught:

- Quinton Pavitt Studios - Grassy Park
- St Faiths - Plumstead
- Creative Bodies and Minds Drama School and Beauty Spa – Athlone
- Portlands Sports and Recreation Centre – Portlands, Mitchells Plain
- Dance 4 Fitness- Claremont
- Dance Domain – Kenilworth

Performances



2009 and prior

- International Belly Dance Day (solo and group)
- Mendhi Evenings (solo and group)
- Ladies Nights, i.e.) Schzen, Honey, KFM (solo)
- Sports Presentations (solo and group)
- Birthday parties (solo)
- Weddings (solo)
- Year end Staff functions (solo)
- Hen parties (solo)
- Team-building events (solo)
- Resident dancer at Melody Zone, Voortrekker Road (solo)
- Resident dancer at Mesopotamia Restaurant
- Resident dancer at Barans Theatre Restuarant
- And more....

2010

- 1 January 2010 - Melody Zone, New Year's Eve Celebration, Voortrekker Road
- 15 January 2010 – Mendhi Evening, Blackburn Lodge, Belgravia
- 13 February 2010 – Hen Party, Rosmead Avenue, Wynberg
- 13th February 2010 – Melody Zone, Valentines Day Special - Voortrekker Road
- 20th February 2010 – Bridal Shower – Ravensmead
- 21 February 2010 – Bridal Shower- Kirstenhof
- 6 March 2010 – 60th Birthday – Grassy Park
- 19 March 2010 – Ladies Function- Kuils River
- 31 March 2010 – Friendz Beauty Emporium Annual Event, Claremont Civic Centre
- 10 April 2010 – Funky Boa Party, Ottery
- 17 April 2010 – Bridal Shower , Northpine
- 23 April 2010 – Melody Zone, Birthday Party, Voortrekker Road
- 1 May 2010 – Kitchen Tea Party, Wynberg
- 8 May 2010 International Belly Dance Day, Constantia
- 13 May 2010, Vital Health Foods, Victoria Junction Hotel, Green Point
- 26 June 2010 – Melody Zone, Voortrekker Road
- 31 July 2010 – FTV – Ladies Pamper Party – Cape Town
- 31 July 2010 – 40th Birthday Party – Newlands
- 29 August 2010 - Barans Restaurant, Woman's Liberation Empowerment (South African Kurdish Human Rights) – Cape Town
- 04 September 2010 – Bridal Shower – Retreat, Cape Town
- 25 September 2010 – Swaziland with Bollywood Performers
- 01 October 2010 – 21st Birthday Party - Brakenfell
- 02 October 2010 - Ladies Event - Plumstead
- 03 October 2010 – 40th Birthday Party – Rondebosch
- 08 October 2010 – Kia Johnson and FTV Ladies Night
- 09 October 2010 – Judith Cockrill – 21st Birthday party Kraaifontein
- 16 October 2010- Farzanah Jacobs – Batchelorette Party
- 23 October 2010 Veronica Sickle - batchelorette
- 23/10/2010 Islamia High Tea, Ladies Event
- 30 October 2010 Latino Fiesta – with Zane Adams and Luqmaan Adamas
- 06 November 2010 Grocery Party
- 12/11/2010 Latinos – show with Issey and the Latinos and Zane

Adams

- 26/11/2010 30th Birthday party
- 25/12/2010 Barans – American Guests
- 15/01/2010 Bridal Shower
- 29/01/2011 Launch of Le Jazz
- 04/02/2011 Hip Hop Indaba, Northpine
- 06/02/2011 Barans- cultural Festival
- 11/02/2011 Barans – Bellydance Festival
- 20/02/2011 Barans - Judge Moosa Birthday – Alan Boesak, Judge Desai
- 26/02/2011 Wedding - Donna Diep River
- 05/03/2011 Batchelorette Party , Edgemean
- 12/03/2011 Kuro Private School, Cape Gate
- 19/03/2011 Cape Town Carnival, Cape Town
- 20/03/2011 Cultural Festival, Barans Theatre Restaurant
- 02/04/2011 Batchelorette Party
- 26/03/2011 Heart 104.9 Yacht Performance - Waterfront Health and Lifestyle Trade Fair – Stellenbosch
- 1 April: Angels of Hope Charity Dinner
- April : Rustenberg Girls Food Fair
- 2/5/2011 ANC Gala Dinner
- 07/05/2011 - Bollywood Show with Rex de Souza from Mumbai
- 27/05/2011 -The Jolly Rodger boat trip with Essa Yacoob, Waterfront
- 27 /05/2011 – The Mitchells Plain Cricket Club Association presentation, Mitchells Plain
- 09/06/2011 - Old Mutual, Spier, Stellenbosch (Ladies conference)
- 15/06/2011 - 40th Birthday Party, On the Greenz, Rosmead Avenue , Wynberg
- 17/06/2011 - Al Diwan Restaurant performance, Sea Point
- 18/06/2011 - Al Diwan Restaurant performance, Sea Point
- 02/07/2011 - Ladies Pamper Party – Inside Lounge, Rosmead Avenue Kenilworth
- 24/07/2011 – Bellydance Festival, Barans Theatre Restaurant, Cape Town
- 30/07/2011 - Winter Fantasy , Dance Domain, Kenilworth
- 06/08/2011 – Womens day Event
- 09/08/2011 - Womens day Event
- 13/08/2011 - Tarryn Joshua Hendricks – Kitchen Tea
- 26/08/2011 – Ladies night with Kia Johnson and Top Billing
- 27/08/2011 – Mrs Fritz, 60th Birthday Party, Punt's Estate
- 02/09/2011 - Kia Johnson and Top Billing/Bridal Shower
- 09/09/2011 - Mountain Road Primary School – High Tea
- 10/09/2011 - 30th Birthday party
- 24/09/2011 - 50th Birthday party – Kuils River
- 01/10/2011 – Tracey's Ladies Night, on The Greenz, Rosmead Avenue, Wynberg

