

## **All About Arms - DVD1 Video 1 - Hands technique**

00:00-00:12 Intro (0 min 12)

00:12-01:58 Basic Posture & Alignment (1 min 45)

01:58-03:54 Dance Warmup (1 min 56)

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03:54-11:05 Hands prep & stretch (7 min 11)

11:05-14:15 Wrists prep & stretch (3 min 10)

14:15-19:47 Hand awareness & self-massage (5 min 32)

19:47-24:45 Hands technique - finger positioning and hand waves (4 min 58)

24:25-29:15 Wrists technique - wrist pushes, combining wrists with elbows & hands (4 min 30)

29:15-33:00 Drill with music (3 min 45)

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33:00-38:50 Wrist & Hand circles (5 min 50)

38:50-40:20 'Harp' Hand movement (1 min 30)

40:21-43:40 Wrist figure 8's and Lotus Hands (3 min 20)

43:41-47:47 Drill with music (4 min 06)

## **All About Arms – DVD1 Video 2 - Arms technique**

47:52-48:23 Intro (0 min 31)

48:23-52:53 Posture, Alignment & Range of Motion Exercise (4 min 30)

52:53- 59:09 Dance Warmup - with optional wrist weights (6 min 16)

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59:12-1:04:34 Upper Body Opening & Stretches (5 min 22)

1:04:35-1:07:05 Arms Range of Motion & Arm Swings (2 min 30)

1:07:05-1:10:55 Shoulder Relaxation & Shoulder/Ribcage Rolls (3 min 50)

1:10:57-1:12:40 Ribcage, Shoulders & Arms combined (1 min 43)

1:12:40-1:15:20 Arm positioning and strengthening with strap/towel (2 min 40)

1:15:21-1:21:44 Arm Positions & Pathways (6 min 23)

1:21:44-1:24:58 Drill with music (3 min 14)

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1:24:58-1:27:41 Wrist pushes (2 min 43)

1:27:41-1:31:30 Arm Circles (3 min 49)

1:31:30-1:34:50 Waterfall (3 min 20)

1:34:50-1:38:47 Snake Arm Variations (3 min 57)

1:38:48-1:40:43 Drill with Music (1 min 55)

1:40:43-1:41:51 Cooldown/Ballet révérence (1 min 8)