

All About Arms 1 - Downloadable 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)

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)

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 1 – Downloadable Video 1 Video 2 - Arms technique

00:00-00:35 Intro (0 min 35)

00:35-05:08 Posture, Alignment & Range of Motion Exercise (4 min 30)

05:08-11:25 Dance Warmup - with optional wrist weights (6 min 16)

11:25-16:46 Upper Body Opening & Stretches (5 min 22)

16:46-19:16 Arms Range of Motion & Arm Swings (2 min 30)

19:16 -23:09 Shoulder Relaxation & Shoulder/Ribcage Rolls (3 min 50)

23:09-24:52 Ribcage, Shoulders & Arms combined (1 min 43)

24:52-27:42 Arm positioning and strengthening with strap/towel (2 min 40)

27:42-33:55 Arm Positions & Pathways (6 min 23)

33:55-37:09 Drill with music (3 min 14)

37:10-39:43 Wrist pushes (2 min 33)

39:43-43:42 Arm Circles (3 min 49)

43:42-47:00 Waterfall (3 min 20)

47:00-50:56 Snake Arm Variations (3 min 57)

50:56-52:52 Drill with Music (1 min 55)

52:52-01:12 Cooldown/Ballet révérence (1 min 10)