

### **All About Arms DVD 2 - Video 3 - Layering Drills**

- 00:00-00:23 Intro (0 min 23)
- 00:23 -01:58 Posture, Relaxation & Alignment (1 min 45)
- 01:58-08:14 Dance Warmup (6 min 16)

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- 08:14-12:25 Smooth Moves & Arm Pathways - Follow-along drill to music (4 min 11)
- 12:25-14:30 Sharp Accens & Smooth Arms - Technique (3 min 10)
- 14:30-19:06 Sharp Accens & Smooth Arms - Follow-along drill to music (4 min 36)
- 19:06-23:17 Arms and Transitions (4 min 11)
- 23:17-32:40 Arm Pathways and Traveling Steps (9 min 23)
- 32:40-37:03 Drill with music (4 min 23)

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- 37:03-40:26 Cooldown (3 min 23)

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### **All About Arms DVD 2 – Video 4 - Variations & Combinations**

- 40:46- 40:52 Intro (0 min 26)
- 40:52-43:05 Posture & Warmup (2 min 13)
- 43:05-48:45 Dance Warmup (5 min 40)

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- 48:45-50:05 Styles & Variations - Basics: How to adapt your movements to reflect your mood/the feeling of the music (1 min 20)
- 50:05-55:40 Golden Era ‘Samia Style’ - Technique (5 min 35)
- 55:40-59:46 Golden Era ‘Samia Style’ - Drill to Music (4 min 06)
- 59:46-1:04:08 Reda Inspired Combos - Combination 1 (4 min 22)
- 1:04:08-1:07:24 Reda Inspired Combos - Combination 2 (3 min 16)
- 1:07:24-1:10:02 Reda Inspired Combos - Drill both to Music, Slow Tempo (2 min 36)
- 1:10:02-1:12:00 Reda Inspired Combos - Drill both to Music, Medium Tempo (2 min 14)

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- 1:12:00-1:16:10 Gestures and Expression (4 min 10)
- 1:16:10- 1:19:08 Final Drill to Music - Follow-along Demo (2 min 53)

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Enjoy! xx Khalida A printable (.pdf) version of all index files can be found at [www.khalidadance.com/indic](http://www.khalidadance.com/indic)