

All About Arms 2 - Downloadable 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)

- 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)

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

All About Arms 2 – Downloadable Video 4 - Variations & Combinations

- 00:00-00:26 Intro (0 min 26)
- 00:26-02:39 Posture & Warmup (2 min 13)
- 02:29-8:19 Dance Warmup (5 min 50)

- 08:19-09:44 Styles & Variations - Basics: How to adapt your movements to reflect your mood/the feeling of the music (1 min 25)
- 09:44-15:19 Golden Era ‘Samia Style’ - Technique (5 min 35)
- 15:19-19:22 Golden Era ‘Samia Style’ - Drill to Music (4 min 03)
- 19:22-23:44 Reda Inspired Combos - Combination 1 (4 min 22)
- 23:44-27:00 Reda Inspired Combos - Combination 2 (3 min 16)
- 27:00-29:36 Reda Inspired Combos - Drill both to Music, Slow Tempo (2 min 36)
- 29:36-31:50 Reda Inspired Combos - Drill both to Music, Medium Tempo (2 min 14)

- 31:50-35:46 Gestures and Expression (3 min 56)
- 35:46-38:39 Final Drill to Music (2 min 53)

- Enjoy! xx Khalida A printable (.pdf) version of all index files can be found at www.khalidadance.com/indices