

WS Notes Khalida – Dance from the Heart – Spins, Turns and Double Veil

Technique WS Day in Würselen, DE – July 2017

Hello dear all,

Below you will find a description of what we did during the workshop, a picture of the itunes playlist, and upcoming events.

Wishing you lots of joy working with the material.

Khalida

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Workshop contents 'Spins, Turns and Double Veil'

WARMUP

- Walking-warmup to music (song: my silver lining)
- Breathing, posture check, neck/jaw release
- Upper body (ribcage, shoulders, arms) range of movement and rotation
- Leg release/stretch

CONDITIONING

- Activating the glutes
- Turn in/out exercise (on bench)
- Plié-relevé tweaks

TURNING BASICS

- practice tips
- spotting exercise
- find your axis and axis/balance variations

STANDING TURNS

- cross-turn front (L/R) and variations (level change, 1 hip slide or 1/2circle)
- cross-turn back (L/R)
- 1 leg flip (for skirt)
- pencil turn with focus up (ballet) or down (jazz)
- arabesque turn
- variation: turn in plié with 1 hip out to side (head level and looking in direction of turn!)
- barrel turn basics
- longer spins – tips and arm positions/axis variations

TRAVELING TURNS

- 3-step turn (L/R) and arm variations

- 5-step turn (L/R) and spotting (side-front) plus arm variations (point-close)
- 7-step turn (L/R) and spotting (side-front) plus arm variations (point-close)
- barrel turn 'washing machine' – duo exercise
- traveling barrel turns: 3-,5-,7-step footwork and timing applied to barrel turns
- drill to music

DOUBLE SILK VEIL

- tucking the veils, photoshoot pose
- working with frames
- double veil movements/accents/transitions
- standing and traveling turns with double veil
- drill/guided improvisation to music

COOLDOWN

Playlist picture 'Spins, Turns and Double Veil'



TurnsSpinsDoubleVeil

10 songs • 49 minutes [Edit Playlist](#)

^	✓	Name	☁	Time	Artist	Album
1	✓	My Silver Lining		3:35	First Aid Kit	Stay Gold
2	✓	Saidi Composition		3:33	Leyla Jouvana & Roland	Rhythms & Drums
3	✓	Track 11		5:04		armen und handen
4	✓	Lena Chamamyán - Lama Bada yatathana		4:07		
5	✓	Seta Al Sobh		4:31	Hussain Aljassmi	Seta Al Sobh
6	✓	Napas		4:23	Mercan Dede	Breath
7	✓	Rohtelo		4:05	Elissa	As3ad Wa7da
8	✓	10 violool •••		5:31		
9	✓	Shadow of the lemon tree - cooldown		4:34	Issam Houshan	Mystery of the Rhythm
10	✓	Awakenings		9:31	Paul Dinletir	Bellydance With Jillina - Choreography Soundtrack

FB group and free doubleveil video

Here you can a link to a free(!) 30-minute downloadable doubleveil class:

www.facebook.com/groups/KDanceOnline

Upcoming events

See www.khalidadance.com/schedule

Best wishes, and hopefully until soon again!

Kim/Khalida

www.khalidadance.com – www.joyofmovement.de – www.movespiration.de

PS: You can sign up for my monthly newsletter via <http://eepurl.com/tu4HI>