

WS Notes Khalida – Dance from the Heart – Upper body, hands and arms

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

www.khalidadance.com

Workshop contents 'Upper Body, Arms and Hands'

WARMUP

- 3-D breathing, posture check, neck/jaw release
- upper body (ribcage, shoulders, arms) range of movement
- dance warmup to slow music (Rohtelo)

CONDITIONING

- Plank walks and strenghtening, wrist circles

UPPER BODY TECHNIQUE

- 'dance from the heart' – connecting the arm movements to your upper body and breath
- using imagery for modulating movement intensity/texture
- using direction of the face/head in reaction to movements
- drill to music (range of motion, angles, adapting to music)

SHOULDERS

- shoulders and head connection, rotation (open/close)
- rolls back/front, 1-2 shoulders
- using direction of the face/head in reaction to movements
- drill to music (adding weight change, releasing the arms to react to the shoulder movement)

ARMS & ELBOWS

- ballet inspired lines (eg arabesque lines) and movements/transitions (wheel, down-to-up variations)
- circles (big and small, arm and elbows, one and two arms, out and in)
- snakes (big, small, diagonal, up, front/persian inspired)
- frames and complementing arm positions
- drill to music

WRISTS & FINGERS

- warmup (piano, fans, finger circles) and stretches (wrists, lower arms, fingers)
- tension and relaxation in the hand (hand waves)
- hand position ('glue' and awareness, thumb 'roof') and movement
- hand/arm waves in different directions
- drill to music

COOLDOWN

Playlist picture 'Upper Body, Arms and Hands'



UpperBodyHandsArms

14 songs • 56 minutes [Edit Playlist](#)

^	✓	Name	☁	Time	Artist	Album	Album Artist
1	✓	Rohtelo		4:05	Elissa	As3ad Wa7da	Elissa
2	✓	Immortal Love		1:54	Paul Dinletir	Bellydance Evolution / Immortal Desires	Paul Dinletir
3	✓	Agibni Kulak - plank walks		6:11	Yasmina	Aheb Masr	
4	✓	Track 05 - range of motion		3:58		armen und handen	
5	✓	Reverence		1:13	Aly Tejas	Ballet Music for Advanced Class I	Aly Tejas
6	✓	Melodia De Hayat ...		3:48	Doomgotbeats	La Mosaic Studio Presents: Bellydance Beats Volume 1	Doomgotbeats
7	✓	Evanescent		4:40	Axiom of Choice	Unfolding	Axiom of Choice
8	✓	Sete Véus		3:45	Marcus Viana	Maktub (Trilhas e Temas de "O Clone")	Marcus Viana
9	✓	Scheherezade L' Andalous		4:53	The Ikhwani Safaa Musical C...	Made In Zanzibar	The Ikhwani Safaa...
10	✓	10 viool		5:31			
11	✓	Napas		4:23	Mercan Dede	Breath	Mercan Dede
12	✓	For the World - Theme Music		4:20	Tan Dun, Itzhak Perlman, An...	Hero (Music from the Original Soundtrack)	Itzhak Perlman, Tan...
13	✓	Cooldown		3:16	David Pack	Unborn	David Pack
14	✓	Lena Chamamyan - Lama Bada yatathana		4:07			

FB group and free doubleveil video

You can find a link to a free(!) 30-minute downloadable doubleveil class here:

www.facebook.com/groups/KDanceOnline

Upcoming events

See www.khalidadance.com/schedule for all upcoming events

Best wishes, and hopefully until soon again!

xxx 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>