

## **WS Notes Khalida – Arms & Arabesques**

**Khalida WS Weekend in Holbæk, Denmark – January 2017**

Hello dear all,

Below you will find a description of what we did during the workshops and a picture of the itunes playlist.

Enjoy, and thank you again for being there!

Xx Kim/Khalida

[www.khalidadance.com](http://www.khalidadance.com) – [www.joyofmovement.de](http://www.joyofmovement.de) – [www.movespiration.de](http://www.movespiration.de)

**PS:** *You can sign up for my Newsletter at: <http://eepurl.com/tu4H1>*

### **Workshop contents 'Arms and Arabesques'**

#### **\* WARMUP**

- 3-D breathing ('umbrella') and upper body (ribcage, shoulders, arms) range of movement exercise
- warmup to slow music (Rohtelo)

#### **HANDS & ARMS TECHNIQUE**

- stretches and coordination exercises for the ribcage, arms, shoulders, hands and fingers
- 'dance from the heart' – connecting the arm movements to your body and breath
- using imagery for modulating movement intensity/texture
- using resistance/lightness for moving the arms, hands and fingers
- drill to music

#### **BALLET LINES**

- arm pathways and lines inspired by ballet port de bras
- using the elbow line for transitions (cross-turn drill)
- using your eyes/face/neck/whole upper body (épaulement) for expression
- drill to music (réverence)

#### **WRISTS & FINGERS**

- wrist range of motion (circles, squares, figure 8s)
- drill: 'write' with your wrists (write your name!)
- leading/following with the wrist
- hand/arm waves
- bonus: waterfall arms
- drill to music (rohtelo)

#### **ARABESQUES**

- introduction to basic arabesques (ballet theory)
- technique tips (glute engagement, hip range of motion, standing leg turnout, leg extension, foot lines, balance, and activating the posterior chain)
- basic arabesque technique, plus arabesque + walk combination (and drill to music)
- variations (low – medium – high)
- adding rond de jambe + backwards arabesque
- adding basic arms for each arabesque variation (and drill to music)

#### BONUS VARIATIONS

- samia-inspired arabesques (romance)
- randa-inspired arabesque (confidence)
- tito-inspired arabesque (bow and arrow)
- drill to music

#### COOLDOWN

#### Playlist picture 'Arms and Arabesques'



#### DM2017\_armsarabesques

17 songs • 1 hour, 7 minutes [Edit Playlist](#)

^	✓	Name	☁	Time	Artist	Album
1	✓	Rohtelo		4:05	Elissa	As3ad Wa7da
2	✓	Immortal Love		1:54	Paul Dinletir	Bellydance Evolution / Immortal Desires
3	✓	Evelyn		1:32	Walt Dickerson	This Is Walt Dickerson!
4	✓	Reverence		1:13	Aly Tejas	Ballet Music for Advanced Class I
5	✓	Melodia De Hayat		3:48	Doomgotbeats	La Mosaic Studio Presents: Bellydance Beats Volume 1
6	✓	Theme & Variations		7:53	Simon Shaheen	The Music of Mohamed Abdel Wahab
7	✓	Mystic Knights (Masmoudi Kabir)		3:35	Leyla Jouvana & Roland	Rhythms & Drums
8	✓	Evanescent		4:40	Axiom of Choice	Unfolding
9	✓	Lena Chamamyan - Lama Bada yatath... <span>•••</span>		4:07		
10	✓	Nawaem		6:53	Isis and the Wings of Isis &...	Belly Dance Party
11	✓	Maghroora (Mix DJ Kid Arroyo)		5:53	Wael Kfoury	Sensual Arabian Nights - Hot DJ Mixes & Hot Beats
12	✓	14 Se'a Biqurb II Habib		3:52	Samia	Golden Era of Bellydance
13	✓	Track 01 - entahena		4:50		Tito workshop Asli Sharqi 2012
14	✓	Cooldown		3:16	David Pack	Unborn
15	✓	Reverence		1:13	Aly Tejas	Ballet Music for Advanced Class I

#### FB group and free doubleveil video

I have created a (closed) FB group for dancers who work with my DVDs/online classes, where you can find updates on new releases and post questions/remarks here, plus a link to a free(!) 30-minute downloadable double veil class: [www.facebook.com/groups/KDanceOnline](http://www.facebook.com/groups/KDanceOnline)

#### Upcoming events

All my upcoming workshops, events and performances are listed at [www.khalidadance.com/schedule](http://www.khalidadance.com/schedule) - More dates will be added in the coming weeks/months.