

WS Notes Khalida – Pops, Locks, Shimmies and Undulations

Khalida WS Weekend in Holbæk, Denmark – January 2017

Hello dear all,

Below you will find a description of what we did during the workshop, a picture of the itunes playlist, links to the group pictures of the weekend.

Enjoy!

Xx Kim/Khalida

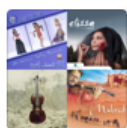
Workshop contents 'Pops, locks, shimmies and undulations'

- * breathing exercise and 'cogs' for range of motion
- * warmup to music (Naseem El Bahr)
- * upper body and pelvis/hips range of motion exercises (hip slides, chest slides, shoulder circles, arm circles, ribcage circles, twists, pelvic 'pulls', arm circles) with music
- * locks and pops - upper body and shoulders (As3Ad Wa7Da and 'Remember me?') adding weight changes and arms
- * locks and pops - pelvis and hips (As3Ad Wa7Da and 'Remember me?') - adding weight changes and arms
- * mini-stretch and break
- * Q&A: Shimmy tips, weight shifts, strenghtening your Egyptian shimmy ('calf massage/punch duo exercise')
- * shimmy drill - adding locks & pops + 'clock isolations' (Kheops and Karoun Karoun)
- * undulation variations and undulation 'locks' (Low)
- * cooldown (Shadow of the lemon tree)

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

Playlist picture



DM2017_popslocksundulations

23 songs • 1 hour, 29 minutes [Edit Playlist](#)

^	✓	Name	☁	Time	Artist	Album
1	✓	Naseem El Bahr		6:10	Ibrahim El-Smahey	Shakawa (Oriental Belly Dance)
2	✓	Track 05 - range of motion		3:58		armen und handen
3	✓	As3Ad Wa7Da		4:36	Elissa	As3ad Wa7da
4	✓	Remember Me?		3:26	Saltillo	Ganglion
5	✓	Kheops		2:17	Marcus Viana	Maktub (Trilhas e Temas de "O Clone")
6	✓	Pixie Paradise - Taqsim Qanoun		2:52	The Henkesh Brothers	Dancing With Genies
7	✓	Cooldown		3:16	dp	Cooldown
8	✓	Karoun Karoun		4:29	Joseph Pusey	Spice Of Life
9	✓	African Drum Solo		3:25	Yasmina	Aheb Masr
10	✓	Immortal Love		1:54	Paul Dinletir	Bellydance Evolution / Immortal Desires
11	✓	Saidi Composition		3:33	Leyla Jouvana & Roland	Rhythms & Drums
12	✓	Shimmy		4:28	Isis and the Wings of Isis &...	Belly Dance Party
13	✓	Maghroora (Mix DJ Kid Arroyo)		5:53	Wael Kfoury	Sensual Arabian Nights - Hot DJ Mixes & Hot Beats
14	✓	Flo Rida ft. T-Pain - Low www.beetin.com		3:53	Flo Rida ft. T-Pain	www.beetin.com
15	✓	AMIRITNA HABIBITNA		3:20	Emad Sayyah	Lebanese Bellydance
16	✓	Spor 7-accents		3:40	Emad Sayyad	From Lebanon
17	✓	Seta Al Sobh		4:31	Hussain Aljassmi	Seta Al Sobh
18	✓	Tabla Boom ***		3:26	Isis and the Wings of Isis &...	Belly Dance Party
19	✓	Track 16		6:07		armen und handen
20	✓	Track 01		4:17		armen und handen
21	✓	Night Air		3:12	Jamie Woon	Night Air Incl Ramadanman Refix
22	✓	Shadow of the lemon tree - cooldown		4:34	Issam Houshan	Mystery of the Rhythm
23	✓	Solo Oud		1:03	Salatin El Tarab Orchestra	Arabian Classics for Belly Dance

Upcoming events

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

You can sign up for my Newsletter via this link: <http://eepurl.com/tu4H1>

Best wishes, and hopefully until soon again,

xx Kim/Khalida

www.khalidadance.com

www.movespiration.de

www.joyofmovement.de