



ARABIAN

Visual: Same as our Arabic, Aladdin & Jasmine

ARABIAN ARMS face corner, one arm up other at the hip, wrist circles

PRINCESS JASMINE semi circle of Arabian arms x4, soft knees, wrist circles

COBRA prayer arm, elbows up then the wiggle (2 sets)

THE VEIL swish veil over the head for x3, jumps back x 2

Shorthand Intro x8 arms reach straight up

Set 1

Arabian arms x4 up ,then travel back x4, then travel forward (wrist circles) Princess Jasmine x4 semi circle, wrist circles with each step. Repeat other direction. Cobra x8 on the spot prayer arms, x8 wiggle from top to the bottom. The Veil x3 step overs, arms up, x2 jumps back soft knees.

Set 2

Arabian arms, half the amount.
Princess Jasmine Double time 4 sets.
Cobra go down , then travel on wiggle.
The Veil

Finish with a cobra pose.

Tips: Arabian arms: circle the front hip with each circle of the wrist and have very soft knees throughout. Princess Jasmine: You can simplify using a smaller semi-circle. Cobra: lift the elbows in prayer and spell out the wiggle

like you have a pen in your hand. The Veil: keep it light when going through the feet, make it controlled.