

Sophisticated Spins:

4 Weeks | 2 Sessions per week | 31 Videos | Int/Adv

Let's go for a spin!

This is a challenging 4 week program for the intermediate or advanced dancer that focuses on spinning and turning technique and endurance.

Sophisticated Spins features two sessions of mix and match Datura Online classes per week. Feel free to shift it around to whichever two days work best for your schedule. Each of these D.O. sessions will run between 30-45 minutes.

The program is designed to train you to spin with grace and ease, without getting too dizzy to keep dancing. Overtime you will notice that you are able to spin longer, faster, and with greater precision the more you practice. The program gradually builds in intensity and is kept short and sweet so that it can fit within your normal dance practice or be done in 45 minutes or less.

You'll be practicing spotting, calibrated spins, cross over turns, hook turns, chasing tail turns, clock turns, barrel turns, non-spotted turns, as well as several North Indian Classical spins.

Each week you will be treated to a focused spin practice, either solely targeting spins and turns, or working on a combination featuring more complex spins and turns. You will be able to hone in on your spinning skills, learning essential spins used throughout belly dance, as well as specialty spins found in other dance forms. Every session will begin with a warm up and end with a cool down, as it is important to take care of the body before and after spinning.

Because this program can be quite intense, we encourage you to take breaks as often as you need during the videos and between videos. Drink lots of water throughout the program and on your days off, and remember that spinning takes a lot of practice. Your brain will get used to it after a while, but it does take some time to feel comfortable spinning. That's why we made this program!



SOPHISTICATED SPINS OVERVIEW

SOPHISTICATED SPINS : WEEK 1					
Session 1 (28:59)	Warm Up with Circles and Spirals	Turns & Spins: Belly Dance Flow Fundamentals		Short Full Body Cool Down 1	
Session 2 (39:50)	Standing Warm Up	Turns & Spins (Spotting Focus)	Turns & Spins (Calibrated Spins)	Chainé Turns with Arm Layers	Cool Down for Lower Body and Spine

SOPHISTICATED SPINS : WEEK 2						
Session 1 (31:03)	Quick Aerobic Warm Up		Beginning Rajasthani Folk Spins	Seated Cool Down		
Session 2 (31:59)	Warm Up for the Low Back and Balance	Turns & Spins (Calibrated Turns and Spotting)	Turns & Spins (Cross Over and Hook Turns)	Chainé/Traveling Turn	Rajasthani Spinning Drill	Cool Down for the Lower Body and Spine

SOPHISTICATED SPINS : WEEK 3						
Session 1 (32:23)	Standing Warm Up	The Dervish Turn		The Pivot Turn	Yoga Cool Down	
Session 2 (38:34)	Ab Warm Up + Conditioning: # 1	Turns & Spins (Chasing Tail Turns)	Turns & Spins (Non-Spotted)	Kathak Spins	Endurance Spinning Drill	Finishing Practice for Flexibility and Relaxation

SOPHISTICATED SPINS : WEEK 4

Session 1 (31:10)	Warm Up for the Upper Body	Turns & Spins (Clock Turns)	Turns & Spins (Barrel Turns)	Traveling Two Spins Combo	Int/Adv Rajasthani Spins	Cool Down for the Lower Body and Spine
Session 2 (44:12)	Standing Warm Up		Balkan Spins Combo		Cool Down for the Lower Body and Spine	