

## **D F III (Turns & Spins Technique) Study Guide 2017**

### **Definitions to know (including foot positions used for some):**

Military Turn

Monterey Turn

Preps (foot positions used in preps for most turns)

Progressive Turns – Stationary Turns

Spin

Step Turn

Torque

Turn

Turning vine footwork (foot positions)

Turns described in degrees and fractions

Twist Turn

### **Explain, perform (with proper foot positions/body movement)**

CBM - CBMP

Chainé (Two ways) (down line of dance and to the side)

Military Turn - Two Ways - feet apart, feet together (2 count & 8 count)

Monterey Turn and Spin

Pivots (traveling 5<sup>th</sup> position pivots forward and backward)

Paddle Turn

Platform Spin (Inside and Outside)

Push Turn

Sailor Step (turning)  $\frac{1}{2}$  and full 360

Spins – Inside and Outside

Spiral Turn

Step Turn (with prep and finish)

Torque

Turning Grapevines ( $\frac{1}{4}$  and  $\frac{1}{2}$ )

Twist Turn ( $\frac{1}{2}$  and full 360)

Three Step Line Dance Turn

**Routines** – (Must be able to dance a combination of two or more patterns)

We will cover a couple of examples during the workshop. Eg. Triple Step forward left, right, left and a left Step Turn.