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TURNS AND SPINS - Part 1  
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Turns and spins are fun to do; however, they require some specific skills. You must first become aware of the different types of turns and the most common problems you might encounter. Then you are ready to start your adventure in turns.

## TYPES OF TURNS

Very simply, there are only two directions in which you can rotate on a standing foot; towards the outside of the foot or towards the inside of the foot. For example, if you are standing on the left foot and rotate left, you would be turning towards the outside of the supporting foot; if you rotate right, you would be turning towards the inside of the supporting foot.

From these two directions, you can execute five types of turns or rotations:

- 1) Inside Swivels
- 2) Outside Swivels
- 3) Spiral Turns
- 4) Pivot turns
- 5) Spin Turns

By learning these 5 types of rotating actions you will be on your way to mastering any type of turn or rotation in any pattern.

## SKILLS REQUIRED FOR TURNS

There are four main factors that can influence your ability to turn:

- 1) Your ability to maintain your balance on the supporting leg-column
- 2) Your ability to swivel the supporting foot enough to complete the turn
- 3) Your ability to create power for the turn
- 4) Your ability to absorb the power in the turn

You were introduced to the first factor in our previous issue - the ability to maintain balance on the supporting leg/column.

In this issue we will be concentrating on the second factor - the ability to swivel on the supporting foot.

## TURN EXERCISE 1 - INSIDE SWIVELS

(Print this page so you can try this exercise as you read it).

This exercise will allow you to practice swiveling on the supporting foot, as well as developing a habit of bringing the free leg to the supporting leg before you turn.

Stand with your right side next to a table or kitchen counter. Put your right hand on the counter. Stand with your feet together and your weight towards the ball of your right foot.

Take a long step forward with your left foot - by pushing from your supporting or right foot. As your left foot becomes the supporting foot relax the knee and bring your right knee to the left knee. On the ball of your left foot, swivel 1/2 turn to your right (towards the inside of the left foot). Put your left hand on the counter.

Now you are standing with the counter on your left side. Feet together

and the weight towards the ball of the left foot.

Take a long step forward with your right foot - by pushing from your supporting or left foot. As your right foot becomes the supporting foot relax the knee and bring your left knee to your right knee. On the ball of your right foot, swivel 1/2 turn to your left (towards the inside of the right foot). Put your right hand on the counter.

Now you are (as you were on the beginning of this exercise) standing with the counter on your right side. Feet together and the weight towards the ball of your right foot.

Repeat the same swivel exercise several times.

This swivel action is used as a step in dances like Swing, Rumba or Cha-Cha. It is also the turning action used in walk around turns and walk around underarm turns. (Any half turn that turns towards the inside of the foot and moves back to the same direction it came from is actually an inside swivel).

Many dancers are surprised to discover this inside swivel action in many of the patterns they currently dance. Inside Swivels are also the foundation of the third type of turn in our list - Spiral turns.

Happy Dancing,  
Blanche & Emilio

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*TURNS AND SPINS - Part 2**This Issue - Outside Swivels**A popular type of swivel used in all dances - especially Argentine Tango.**Also the foundation for the fourth type of turn in our list - Pivot turns.*

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*As discussed in Part 1 of this series on turns and spins:**There are only two directions in which you can rotate on a standing foot; towards the outside of the foot or towards the inside of the foot.**From these two directions, you can execute five types of turns or rotations:*

- 1) Inside Swivels*
- 2) Outside Swivels*
- 3) Spiral Turns*
- 4) Pivot turns*
- 5) Spin Turns*

*By learning these 5 types of rotating actions you will be on your way to mastering any type of turn or rotation in any pattern.**SKILLS REQUIRED FOR TURNS**There are four main factors that can influence your ability to turn:*

- \* Your ability to maintain your balance on the supporting leg-column*
- \* Your ability to swivel the supporting foot enough to complete the turn*
- \* Your ability to create power for the turn*
- \* Your ability to absorb the power in the turn*

*You were introduced to the first factor in our previous series - Balance "The Elusive Quality".**In this issue we'll continue concentrating on the second factor - the ability to swivel on the supporting foot.**Many problems with turns occur when the supporting foot does not turn enough. The free leg tries to complete the turn by going around the supporting leg. This causes a twisting of the hips and a subsequent lose of alignment and balance on the supporting column.**In our previous issue we concentrated on the first type of turn - Inside Swivels. On this issue we will be concentrating on the second type of turn - Outside Swivels**TURN EXERCISE 2 - OUTSIDE SWIVELS**(Print this page so you can try this exercise as you read it).**This exercise will allow you to practice swiveling on the supporting foot, as well as developing a habit of bringing the free leg to the supporting leg before you turn.*

*Stand with your right side next to a table or kitchen counter. Put your right hand on the counter. Stand with your feet together and your weight towards the ball of your left foot.*

*Take a long step forward with your right foot - by pushing from your supporting or left foot. As your right foot becomes the supporting foot relax the knee and bring your left ankle to the right ankle. On the ball of your right foot, swivel 1/2 turn to your right (towards the outside of the right foot). Put your left hand on the counter.*

*Now you are standing with the counter on your left side. Feet together and the weight towards the ball of the right foot.*

*Take a long step forward with your left foot - by pushing from your supporting or right foot. As your left foot becomes the supporting foot relax the knee and bring your right ankle to your left ankle. On the ball of your left foot, swivel 1/2 turn to your left (towards the outside of the left foot). Put your right hand on the counter.*

*Now you are (as you were on the beginning of this exercise) standing with the counter on your right side. Feet together and the weight towards the ball of your left foot.*

*Repeat the same swivel exercise several times.*

*Make sure your knees and ankles are kept together while swiveling on the supporting foot. Concentrate on leading the swivel turn from your hips.*

*As you get more proficient you can practice away from the counter and concentrate more on balance and the supporting column. Try the following: As you are stepping onto the right foot, become more aware of your right column as you turn. As you are stepping onto the left foot, concentrate on your left column as you turn.*

*Happy Dancing,  
Blanche & Emilio*

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*Next Issue - Spiral Turns  
A beautiful and popular turn used in all dances - specially Latin Dances.*  
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### *TURNS AND SPINS - Part 3*

*This Issue – Spiral Turns*

*A beautiful and popular turn used in all dances - especially Latin Dances.*

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*As discussed in Part 1 of this series on turns and spins:*

*There are only two directions in which you can rotate on a standing foot; towards the outside of the foot or towards the inside of the foot.*

*From these two directions, you can execute five types of turns or rotations:*

- 1) Inside Swivels*
- 2) Outside Swivels*
- 3) Spiral Turns*
- 4) Pivot turns*
- 5) Spin Turns*

*By learning these 5 types of rotating actions you will be on your way to mastering any type of turn or rotation in any pattern.*

*In previous issues we concentrated on the first two types of turns - Inside Swivels and Outside Swivels. In this issue we will be concentrating on the third type of turn – Spiral Turns*

### *TURN EXERCISE 3 – SPIRAL TURN*

*(Print this page so you can try this exercise as you read it).*

*Stand with your right side next to a table or kitchen counter.*

*Put your right hand on the counter. Stand with your feet together and your weight towards the ball of your right foot.*

*Take a long step forward with your left foot - by pushing from your supporting or right foot. As your left foot becomes the supporting foot keep your right foot back with pressure against the floor. On the ball of your left foot, swivel 1 full turn to your right allowing the right leg to curl around the left leg. (You will end up facing in the same direction with the weight on your left foot, and your right leg curled around your left leg).*

*Now stand with the counter on your left side. Feet together and the weight towards the ball of the left foot. Put your left hand on the counter*

*Take a long step forward with your right foot - by pushing from your supporting or left foot. As your right foot becomes the supporting foot keep your left foot back with pressure against the floor. On the ball of your right foot, swivel 1 full turn to your left allowing the left leg to*

*curl around the right leg. (You will end up facing in the same direction with the weight on your right foot, and your left leg curled around your right leg).*

*Repeat the same exercise several times.*

*As you get more proficient you can practice away from the counter and concentrate on keeping your balance on the supporting column as well as maintaining tension between your thighs during the turn.*

*Happy Dancing,  
Blanche & Emilio*

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*Next Issue – Pivot Turns  
A very popular turn that allows you to travel while turning*  
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