

# LERNINHALTE DANCE FUNDAMENTAL III

## Zu erklären

Prep      CBM      CBMP      Torque      Spotting

## Stationäre Drehungen

Spins: Outside    Inside

Twist Turns:

Military Turns

Monterey Turn / Monterey Spin

Step Turn

Sailor Turns:

Paddle Turn

Push Turn

## Progressive Drehungen

Chainè

Three Step Turn

Turning Vine

Traveling Pivots

Spiral Turn