

Activity: Turning Basics**Themes: Dance Styles****Elements of dance: body, space, dynamics**

1. As a class, view the clip, *Turning*, showing a range of turns that dancers can perform. In Dance, students need to know how to turn correctly and safely. Learning the rudiments of turning is the easy part. Practicing them until they are understood both intellectually and physically takes more persistence and patience.
2. Have students complete a warm up routine using a simple Circassian Circle dance (refer to 'Useful resources' section).
3. Demonstrate to students the technique of 'spotting'. The term, spotting, refers to the action used by a dancer to keep equilibrium while turning their body. Essentially, the eyes focus on an object at eye level. While the body turns in one direction, the eyes remain fixed on the object for as long as possible, then whip (careful - the head movement is fast but controlled) around to beat the body in the completion of the turn, eyes finding the object and fixing the attention while the body continues to circle.
4. The students should practice the technique of spotting using one foot and then the other. They should also try performing turns at other levels.
5. As a class, discuss where the 'spot' would be in different scenarios. Improvise with a range of turns*.

***Safety note:** do not perform turns on carpet – there is great risk of knee dislocation and ankle injury. Use flooring that has some give but is not excessively slippery.
(For further guidance refer to Ausdance Factsheet 7 – Safe dance floors in the 'Useful resources' section of this worksheet).

6. Ask students to complete **Student Activity Sheet E12.2: Turning Basics**.

Activity: Turning Basics

Download

- Student Activity Sheet E12.2: Turning Basics

Useful resources

- Ausdance Video Segment 12 - Circassian Circle Dance.
- [Ausdance Factsheet 7, Safe dance floors](#)
- [Ausdance Factsheet 13, Safe spaces for dance](#)
- [Ausdance, Factsheet 14, First aid for dancers](#)
- [Ausdance, Factsheet 18, Occupational health safety for the dance industry](#)
- [Circassian Circle Dance Music](#)
- [Demonstration of proficient dancing using spotting in turns](#)
- [Tutorial: How to teach beginners to spot](#)



NAME:

Student Activity Sheet:
Activity:

E12.2
Turning Basics

Episode 12: Pressure
Clip: Turning

Turning Basics

You are going to teach the students at the Dance Academy how to perfect their 'turns'.

What do you need them to know, in order to turn well?

Top turning tips

Write three of your top turning tips here

- 1.
- 2.
- 3.

Problem solving

Each student has their own problems with turning. Help them solve their turning problems by matching them up with the appropriate correction.

Tara is not making it all the way around	Hold a big basket in your arms while turning
Abigail is stumbling when she finishes	Use the power of your head flick to get you around
Kat's arms are not in the right place	Finish with more strength, feel strong when hitting the final position
Christian can't finish his fourth turn	Pull your tummy in and hold your position with all your muscles
Ethan is always falling to the right	Use your arms more in the preparation
How can Sammy make his turns stronger?	Pull up tall for the entire turn