



INSTRUCTIONS

TURN TECHNIQUE DRILL

CATEGORIES: Balance, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/turn-technique-drill>

Ankles

Arms

Glutes

Hamstrings

Lower Body

Turns



STEPS:

- Start in a lunge with arms straight, parallel to the floor.
 - Press into your front foot, bringing your rear leg to passé.
 - Turn your head in the direction of your passé foot.
 - At the same time, open your arms two inches.
- Return your head and foot back to start. Bring arms back to original position.

Repeat 10 times, each side, 2 rounds.

[+] Come to relevé