



Quarter Spiral Paddle Turn

This variation draws from the Flamenco turn called *Vuelta que Brada* and is often done at a mesmerizingly slow pace.

Step 1: Touch F (with R foot), pivot body to L Directional. Arms L7/R3, Ribcage Tilt, dropping on the R Side.

Step 2: Touch L (which is now your front), pivot body to Back Directional, Arms 9th, Ribcage Neutral.

Step 3: Touch B (which is now your front), pivot body to R Directional. Arms L3/R7, Ribcage Tilt, dropping on the L Side.

Step 4: Touch R (which is now your front), pivot body back to Forward Directional. Arms 9th, Ribcage Neutral.

Think about spotting straight ahead for now. In Volume III, we'll take a look at some alternatives for head position and arm variations.



