



EDUCATION ZONE

Throughout our events, age categories and ability levels in Baton Twirling we use spins in our choreography.

Spin technique is a difficult thing to master, however when it is executed correctly it can be a beautiful addition to your program.

5 things the judge would like to see

- Strong preparation on the balls of your feet.
- Pushing off into the spin from 4th releve with your body alignment square to the front
- Toe to ankle bone throughout the spin spinning on 1 foot only
- Baton revolution and correct release technique
- Arms beautifully placed in your chosen/choreographed position

5 things the judge does not want to see

- Spinning on a flat foot and bending of the knees
- Lifting your shoulders up and throwing your head back
- Twisting your body shape and crossing over your foot placement at point of release
- Unplaced arms and spinning with 2 feet turning your spin into a run around
- Knee bend/jump at point of release

What's your top tips to help with spin technique ?

We would love to hear your views

