

## **07 Arm Turns - Left Arm Turn and Right Arm Turn**

### **Timing**

Half: 4, Three Quarter: 4 to 6, Full: 6 to 8

### **Starting formation**

Facing Dancers, Mini-Wave

### **Dance action**

Dancers join indicated forearms and walk forward around each other. The amount of turn can be specified as a fraction (for example, Half (180 degrees), 3/4 (270 degrees), Full (360 degrees) or implicitly by the next call (for example, "Turn Partner by the Left; 4 Ladies Chain").

The wheelchair users indicate whether they want to dance the arm turns with a hand position. To do this, they actively extend their right or left hand for the hand position, while their left or right hand remains on the hoop.

### **Ending formation**

Usually a Mini-wave, or no formation as the dancers prepare to let go of the arm turn and step forward to do the next call.

### **Styling**

Forearm hold