

# TUMBLE TURN

By Chris & Terri Cantrell

*The following ideas have been collected in order to assist in comfortable dancing and are not meant to be absolute; your experience may vary.*

**THE TUMBLE TURN**, just the name invokes a fright & flight instinct. The tendency is for the man, following the stereotypical position as protector and commander, to grit his teeth and muscle his way through the figure. He holds his breath so he is not heard by the predator on his trail, pulls his shoulders up to his ears like a cat fending off an enemy, pulls in his arms to not give predator any easy targets to strike at, and pulls the woman tightly into him in a protective manner.

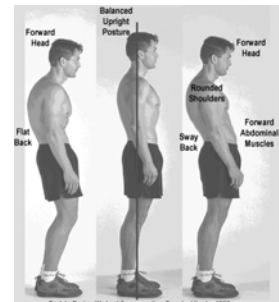
Think about that for a minute.....

- Gritting your teeth leads to the tensing of the muscles in the jaw, neck, shoulders, arms, and chest. Tensing these muscles reduces flexibility and generally results in tensing all the other muscles of your body, including possibly straightening and locking your knees.
- Holding your breath reduces the amount of oxygen you are sending to your brain, muscles, and other body parts. This in turns leads to muscles tensing as the panic at the loss of oxygen.
- Pulling your shoulders up to your ears and pulling your arms in collapses your topline.
- Pulling your partner tightly into you will most likely pull her off balance, and as a result you could end up carrying much of her weight because you have literally pulled her off her feet. This can lead to some rather uncomplimentary comments from the man to the woman, such as, 'you are so heavy' or 'you feel like a Mack truck with its brakes engaged'.
- Pulling on your partner can also put stress on her chest and lungs, interfering with her normal breathing.

Sooooo..... now your muscles ache, your arms are feeling heavy because you have been carrying your partner, you are panting, you have just made your partner pretty uncomfortable (& unhappy), AND you still have a routine to finish dancing...

Okay, now let us try another scenario using comfortable, well-balanced dancing. To help with this, try the following exercise:

- Stand upright with your head over your spine & over your hips & over your feet (remember the building blocks – see Standing on Your Own Two Feet, Not Your Partner's - <http://www.ctkr.com/articles/balance-part1.pdf>)
- Head upright and focus on a point on the wall.
- Now shut your eyes – If you feel insecure or dizzy, you can do this exercise with your partner in a practice hold (Woman places her hands just above his elbows on the inside of his upper arms. Man places his hands & arms around the outside of the woman's arms and places his hands just above her elbows on the outside of her upper arms). Open your eyes whenever you feel uncomfortable, but eventually you can work up to doing this with your eyes closed.
- Take a few deep breaths. Breathe in through your nose and out through your mouth. This action helps you develop body sensitivity and control.
- Again breathe in and this time on the exhale think of pushing your shoulders down and slightly back using your angel wings/scapula to pull your shoulders down & back. Chances are that even though you will feel like your shoulders are behind the rest of your body, they will actually be in a proper upright position. Take a few more breaths concentrating on just the shoulders – lifting & lowering them back into proper dance position



- With your shoulders in proper dance position, take your next breath and on the exhale drop your left ear towards your left shoulder, while keeping your right shoulder out of your right ear. On the following exhale take your chin towards your left shoulder. On the 3<sup>rd</sup> exhale lift your head back upright. Then drop your chin to your chest. Roll your chin to your left, back center to your chest, and then right, back center to your chest, and then back up. Next drop your right ear to your right shoulder, roll your chin to your right shoulder, & back up. Finally drop your head back, rock it to your left, center, to your right, center, & back up. Do all this while keeping your shoulders in proper dance position. Repeat this exercise until you get the kinks out. BREATHE! Eventually you can work up to full head circles clockwise & counterclockwise. This helps you build up those muscles that control the shoulders so that your head movement will start not affecting your shoulders.
- Stand upright again and take a deep breath in and take a long exhale blowing through your mouth. As you exhale, transfer your whole body weight to your left foot.
- Take another deep breath & as you release it soften the knee of your left leg and release your heel from the floor so that you are balanced on the ball of your foot (not your toe). Rise back up on the next breath and repeat. Put those shoulders back in place and try it again 😊
- Repeat the above item, but this time when you lower into your supporting leg (left in this case), rotate your shoulders and rib cage left face (LF) while leaving your left foot, left knee, and hips in place. Return your shoulders & rib cage to facing front and straighten your left knee. Repeat, remembering to breathe in & out this time, then repeat again removing your shoulders from your ears and breathing.
- Repeat the above item, but after you lower into the knee, release the heel from the floor, rotate your shoulders & rib cage LF allow your hips, knee, and foot to follow. Okay? Try again with your shoulders out of your ears and your head upright and try breathing.
- Lastly, repeat the last 4 steps with weight on your right foot turning left face (LF). This is the woman's part.

Now you are ready to work on the Tumble. Technically the Tumble is just a pivot LF on your left foot (woman – pivot LF on your right foot). The current figure in Round dancing, the “tumble turn” is actually a Feather Finish followed by the Tumble. Below we describe the latter, the “Tumble Turn”. The “Tumble” is actually just the last step.

Timing: For this example we will use Foxtrot Timing of SQ&Q;

Timing may differ based on choreography and rhythm.

Man: begin in Closed Position facing diagonally reverse & wall (CP-DRW)

Back R (right foot) turn LF to CP facing Wall (CP-WALL), -, side L/forward R outside partner (BJO) commence LF turn, forward L between her feet (technically ‘out of position’) lowering into your left knee rotating your shoulders & upper body strongly LF with **slight** right side stretch (left sway) and pivot to CP facing Diagonal Reverse & Center (DRC);

Woman:

Forward L turn LF,-, strong side R/back L outside partner (BJO), back R lowering into your right knee rotating your shoulders & upper body strongly LF with **slight** left side stretch (right sway) and pivot to CP;

Have fun!

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