

Dancing Moves

Forward Roll

- Start off standing up tall, back, arms and hands kept straight.
- Bend down with your hands at either side of your feet.
- Push off with your hands with your head tucked in.
- Roll over onto your back and stand up on both feet ending in the starting position.

Challenge

- When landing your forward rolls make sure you don't use your hands to help you get up.
- Once comfortable start experimenting with them by ending your rolls with a strado or pike finish.

Top Tips

- Before you do your forward rolls make sure you've done a stretch and done 3 or more back rolls.



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Dancing Moves

Backwards Roll

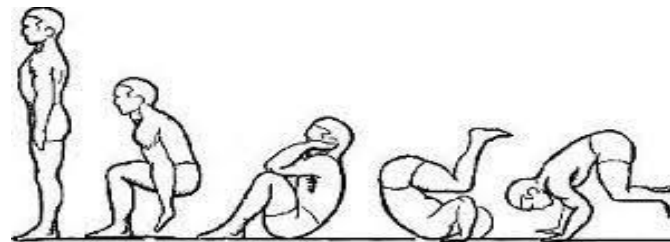
- Start off with standing up tall. Back, arms and hands straight.
- Bend down and roll on to your back with your hands at either side of your head.
- Push off from your hands and land on both feet finishing in the starting position.

Challenge

- When landing your backwards rolls make sure you don't roll on to your head.
- Once comfortable start experimenting with them by ending your rolls with a strado or pike finish.

Top Tips

- Before you do your backwards rolls make sure you've done a stretch and done 3 or more back rolls.



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Dancing Moves

Perfect Kick

- Start with your arms straight out, keep legs straight and have your feet pointed.
- Step out on your weaker foot and kick up your strongest leg. Remember to keep your back and legs straight and your feet pointed.
- Once comfortable you can then try with your weaker leg.

Top Tips

- Before you do your kicks make sure you've done a stretch and done 3 or more leg swings.

Challenge

- When comfortable doing kicks with both legs, challenge your self to kick up and hold your leg for 3 seconds.



Dancing Moves

Leg Hold (Y-Stand)

- Start off with by kick up with your good leg and try to catch it. You can do this with using both hands and leaning on a wall.
- Next try and catch your leg with one hand leaning on a wall.
- Lastly once comfortable try kicking up and catching your leg with one hand away from the wall and holding it for 3 seconds.

Top Tips

- Before you do your leg holds make sure you've done a stretch and are able to do a high kick.

Challenge

- When comfortable doing your leg hold challenge yourself to use your other leg.



Dancing Moves

Hand Stand

- Start off by standing in front of a wall. Place both hands on the floor and slowly start to kick up one leg at a time.
- Next start kicking up higher to then fall on the wall. Try and hold it for 3 seconds and focus on something you see in front of you. E.g. a clock
- Once comfortable, remove yourself away from the wall and find your balance when kicking up to a handstand.

Top Tips

- Before you do your handstands, make sure you've done a stretch and when doing a handstand, focus on something that helps keep balance.

Challenge

- When comfortable doing a handstand away from the wall, challenge yourself to hold it more than 3 seconds.

