# L2 clubs 180 passe pivot

## Difficulty judge

### Start (0.2)

* Toe point of front leg
* Step –in with weight in front leg
* Turn out with back leg straight. Weight mostly on front leg

### Element (0.5)

* *The passé shape must be held for the ½ turn.*
* *Hip must be have reasonable turn out*
* *Arms should be moving during pivot*

### Finish (0.2)

* Arms in front of belly and back horizontal.
* Legs together and controlled

## Execution judge

Common execution errors to look for:

* Step out on finishing
* Arms waving or wobbles to regain balance
* Improper handling of clubs (i.e. grab, line, etc)

## Training Progression

* Go from prep to passé balance and practice hold. If you are not centered and balanced, you cannot do a pivot.
* Learn to snap into the passé balance on toe rather than getting into it timidly. Once you initiated the turn, you do not have a lot of time to fix the shape
* Go first to quarter turn before attempting half turn. Try to focus on the hip motion rather than the arm motion
* Learn the arm motion, a gentle arms swing with the leading arm going behind the back and the back hand going to front of belly. It should be coordinated with the turn as it is part of the engine generating the torque for the pivot
* Practice without the step-in – just with turn out and weight on front leg.