# L2 ribbon chaine turns

## Difficulty judge

### Start (0.2)

* Dance steps with spirals
* Conversion of spirals to overhead circles

### Element (0.5)

* *Precise line of travel*
* *Nice even steps*
* *With overhead circles*

### Finish (0.2)

* Conversion from overhead circles to spirals should not step and pattern precise

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Spiral patterns loosening while doing dance steps
* Imprecise plane of the overhead circles
* Imprecise line of travel
* Wobbles

## Training Progression

* Practice knee in-out and cross on its own.
* Practice chaine turns during warmup with emphasis on spotting, posture, line, toes and knees
* Link the two elements together