



BATON TWIRLING



Baton twirling is an American style dance that contains different styles of dancing such as: cheer; dance twirl; military; free dance; lyrical and many others.

MILITARY

Military isn't like the other styles of dance; it is marching to counts of eight. You are not allowed to wiggle you can just march. Also, you have to have at least one foot on the floor all the time so you can't jump, only lift one foot. The music used for military will have a fast-strong beat to march to so you can use it to count to eight. Also there has to be no words just music.

LYRICAL

Lyrical is a slow dance with a slow song to represent a story. Lyrical is an emotional dance because of the meaning behind it. In lyrical you may dance with a prop such as a ribbon or a scarf, you can also just dance. In this section you may show off your flexibility or just dance.

DANCE TWIRL

Dance twirl is the opposite of military because you can leap, do jumps and you can wiggle your hips. The music to dance twirl is often quite fast so you can do exchanges (throws to other people) and do fast twirling, it's all in the movement of the wrist.

HISTORY

Baton twirling first came about in Western Europe and Asia in the early 1900s. Actual batons were not used until later on. The World Baton Twirling Federation was created in 1977. It still carries on to this day and there are many groups and competitions. One of the competitions is local to here held at Cottingham high school with Heatwave Entertainment. There are different groups, and they don't just do competitions they do parades and shows all over the country.

Baton twirling is a sport of agility and coordination coupled with grace and flexibility. It has a vague history at best, but professional organizations supporting the activity as a sport have been in existence since the early 1950s.

The United States Twirling Association is the largest professional organization for the sport.



SKILLS

This sport involves twirling a baton, which is a balanced stick usually comprised of metal, but at competitive levels, it is much more.

Choreography is part of baton twirling, but coordination in general is the primary skill needed to perform. Baton twirlers sometimes have skill sets similar to gymnasts or cheerleaders, but can't rely solely on tumbling and dance skills. They often work with coaches who help them learn and perfect their catch and release skills and fluidity in movement in their releases, catches, and choreography.

FIND OUT MORE:

<https://www.facebook.com/tornadoetwirlers>

EXAMPLE QUESTIONS:

1. When was it founded?
2. Where was it founded?
3. What extra skills do you need for it?
4. How many different styles are there?
5. True or false? There is only one group.