|  |  |  |  |
| --- | --- | --- | --- |
| Supporting body part(s) used for turn | Body variations | Space variations | Effort variations |
| 2 feet  1 foot  Knee(s)  Bottom  Hip  Back  Belly | Placement of nonsupport parts  Shape (curling, stretching, piking, wide, narrow)  Use of parts to initiate or stop rotation | Revolution (quarter, half, full)  Level (high, medium, low) | Speed (slow, moderate, fast) |

## Figure 21.4 Card for creating turns.