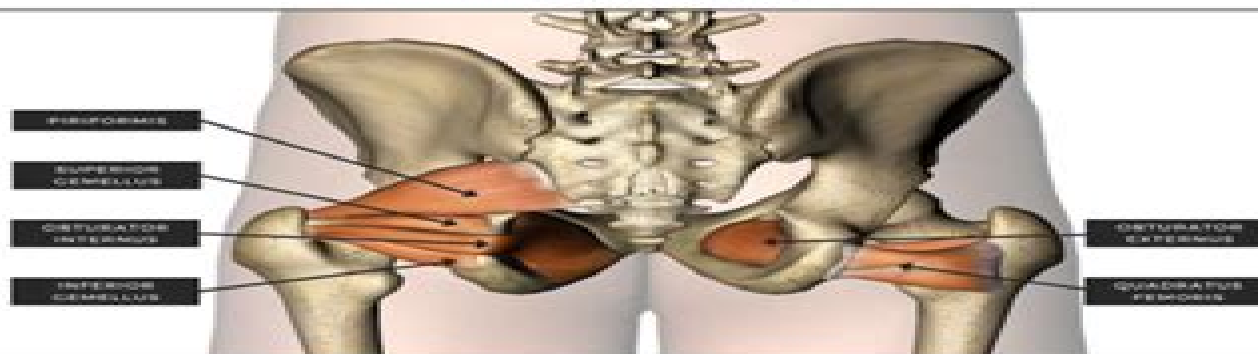


The *Turnout* Muscles

VISUALISING WHERE THE SIX DEEP EXTERNAL ROTATORS ARE AND HOW THEY CONTRIBUTE TO EXTERNAL ROTATION IN DIFFERENT POSITIONS CAN DRAMATICALLY HELP IMPROVE CONTROL OF TURNOUT IN CLASS.



PIRIFORMIS

- Piriformis is the most well-known of all of the turnout muscles.
- It attaches to the front of the sacrum and may become chronically tight if attempting to stabilise an unstable Sacro-Spinal Joint.
- It works best in a slight forward lean or fondu.
- **Exercise:** Turnout in Retiré with Band.

OBTurator INTERNUS AND EXTERNUS

- These muscles are very important for turnout control en fait.
- They attach from the femur to either side of the Obturator Membrane in the pelvis.
- Chronic tension in the Obturators can block both internal and external rotation range.
- They are often very tight in high-level classical dancers and teachers who are aware of using their turnout.
- **Exercise:** Retiré in Side Lying.

QUADRATUS FEMORIS

- QF is a square-shaped muscle that sits quite low.
- It attaches from the back of the hip to just above the sitting bones.
- Ideally, it should be trained for endurance to help maintain rotation of the supporting leg.
- **Exercise:** Running Man in Side Lying.

SUPERIOR GEMELLUS AND INFERIOR GEMELLUS

- Gemelli (Latin) means 'Twin' in English.
- This pair of muscles helps turn out the thigh when the hip is flexed.
- This makes it perfect for supporting the leg in a retiré and will also help turn out the supporting leg in a penché.
- It is very hard to distinguish each individual muscle in most exercises.
- **Exercise:** Turnout Endurance in 4 Point.

Hip To Bead Hip To Series

Ying Liu



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Hip To Bead Hip To Series Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Hip To Bead Hip To Series**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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