

## Video zone: How to do a backspin – exercises

Have you ever tried breakdancing? Watch this and impress your friends by learning how to do a cool backspin!

Do the preparation task first. Then watch the video and do the exercises. Remember you can read the transcript at any time.

### Preparation

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

- |        |                           |    |   |
|--------|---------------------------|----|---|
| 1..... | shoulder blades           | a. | having a smooth or wet surface  |
| 2..... | bent                      | b. | two large, flat bones at the top of your back   |
| 3..... | split                     | c. | the opposite of straight  |
| 4..... | slippery                  | d. | moving in a circle  |
| 5..... | to lean                   | e. | to bring your arms or legs towards the centre of your body so they are not sticking out |
| 6..... | circular motion           | f. | to move your body in one direction towards an object or surface                         |
| 7..... | to tuck your arms/legs in | g. | the top surface of a room   |
| 8..... | the ceiling               | h. | pointing in different directions  |

### 1. Check your understanding: reordering

Write a number (1–6) to put these sentences in order.

- |       |   |
|-------|---|
| ..... | Get enough speed to get a little spin.                              |
| ..... | Look super cool with your perfect backspin!                         |
| ..... | Before you start, make sure you've got a smooth floor.              |
| ..... | Pull your knees to your chest and move your feet up to the ceiling. |
| ..... | Start with your legs split.   |
| ..... | Kick your leg around and lean back.                                 |

## 2. Check your grammar: gap fill

Complete the sentences with a word from the box.

in (x2)	on (x2)	into
onto	back	up

1. Start \_\_\_\_\_ the floor.
2. Kick your bent leg \_\_\_\_\_ a circular motion.
3. Lean \_\_\_\_\_.
4. Roll \_\_\_\_\_ your shoulders.
5. Lie \_\_\_\_\_ your side.
6. Pull your knees \_\_\_\_\_ your chest.
7. Move your feet \_\_\_\_\_ to the ceiling.
8. Tuck \_\_\_\_\_ your legs.

### Discussion

Do you have a special skill like dancing or playing an instrument? Was it easy to learn? How might you teach your skill to somebody else?