

COUNTER-ROLL

Meaning: Counter-roll: a gymnastic or dance movement involving a backward roll or rotation, often executed with agility and control.

1. The gymnast executed a perfect counter-roll, showcasing her agility and control.
2. During the dance routine, the performer added a dramatic counter-roll that captivated the audience.
3. In the wrestling match, the athlete used a counter-roll to escape from a difficult position.
4. The instructor emphasized the importance of the counter-roll in mastering advanced tumbling techniques.
5. With a swift counter-roll, the acrobat transitioned seamlessly into the next part of her routine.

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