It does indeed make them face the spot, this allows you to make them strafe without attacking targets, or just look at the spot. However, it wouldn't fix the turn bug unless you plan on making them face the spot first, then shoot, if you gave it adequate time it could work for that I suppose, but it'll make your AI move less fluid.

I would have to assume the real root cause of the rotation bug is that the client is never truly synced with the server on the AI.
*Server sends the message to the client that the bot is going to face this direction, at the same time the server starts rotating the bot.
*Client gets the message and starts rotating the bot, this is of course delayed due to latency etc.
*Server a generic update to the client that updates the bots current rotation to the server's current rotation.
*Client gets the message, of course it's been delayed so that rotation is now old and behind where the server's rotation is. However, client snaps the bots rotation to it anyways and resumes rotating.
*Last Two steps repeat until the sever finished rotating the bot its side.

That is what I imagine is going on anyways.