

## Level 1 Rope

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

**Music:** Hoedown Throwdown

**Starting position:** In Corner 6, facing Side 1, stand with feet together. Hold the doubled rope on the horizontal plane in front of the body (knots in the right hand).

### Counts

- 1-4 **Rhythmic steps** (counts 1-16): Bend the right knee, lifting the right heel. Close the arms together, bringing the rope to a U-shape. Straighten the knee, lowering the heel. Open the arms to the stretch the rope.
- 5-8 Repeat, bending the left knee.
- 9-16 Travelling to the right, bending and straightening the knees, twist the feet (heels-toes-heels-toes). Spin the rope forward.
- 1-4 Stretching the rope, plié. Bend forward to trap the rope against the waist. Return to an upright position and relevé. Raise the rope overhead.
- 5-8 **Chainé turn** to the right. Step right and close feet together.
- 1-4 Step sideways to the right and extend the left leg to the side. Release the rope with the left hand and **swing** the rope to the right. Grasp one knot in each hand.
- 5-8 With a plié, shift the weight to the left. **Swing** the rope to the left in a U-shape. Step right and **swing** the rope to the right in a U-shape. Turning to face Side 3, close feet together in relevé. Continue to **swing** the rope overhead in a U-shape.
- 1-4 Lower the heels as the rope swings behind the body.
- 5-8 Plié and cross the arms in front of the body (elbows slightly bent). Straighten the legs and open the arms.
- 1-4 **Passé balance** (right knee is lifted in a parallel passé position). Close feet together.
- 5-8 Two steps backwards (right-left). Swing the rope forward and overhead in a U-shape. Extend the right leg forward and lift the toes to trap the rope under the right foot.

- 1-4 Turning to face Corner 2, close the right foot to the left foot. With the right hand, grasp the middle of the rope to make a short loop on the right side of the body. Begin forward rotations.
- 5-8 Two right chassés forward toward Corner 2.
- 1-8 Step right and close feet together. Swing the rope forward, releasing the middle of the rope to grasp one knot in each hand.  
Cross the right foot over the left foot (left hand on hip). Relevé and turn to face Corner 8. Begin **overhead rotations**. Lower the heels.
- 1-8 Travelling toward Corner 8, two steps forward in relevé (right-left) with **overhead rotations**. Close feet together.  
Plié. Lower the right arm to allow the rope to wrap around the legs. Straighten the knees and move the arms to the front and grasp one knot in each hand.
- 1-4 Cross the hands to wrap the rope around the arms.
- 5-8 Plié. **Straight jump**, swinging the arms overhead. Step sideways on the left foot and lift the toes of the right foot in the ending pose.

#### IDENTIFIED SKILLS

- Rhythmic steps
- Chainé turn
- Swings
- Passé balance
- Overhead rotations
- Straight jump

## Level 1 Hoop

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Music: Lewis Boogie

**Starting position:** Near Corner 6, facing Side 1, stand on the left foot with the right leg extended to the side. In an undergrip, hold the hoop to the left on the frontal plane.

### Counts

- 1-4 Plié to shift the weight to the right. Swing the hoop to the right on the frontal plane. Repeat to the left.
- 5-8 **Side chassé** to the right, circling the hoop on the frontal plane in a clockwise direction, changing hands overhead. Finish standing on the right foot with the left leg extended to the side. Hold the hoop to the right on a high diagonal.
- 1-4 Plié on the right leg (side lunge) and tap the hoop on the floor to the right. Small jump to change to a left side lunge. Tap the hoop on the floor to the left.
- 5-8 **Tiptoe turn** to the right. Hold the hoop on the vertical plane in front of the body (right hand high, left hand low).
- 1-4 Moving the hoop to the frontal plane with the left hand high, travel to the right, twisting the feet (alternating heels and toes) with pliés. Twist the hoop on the frontal plane.
- 5-8 Pose, bending the arms and leaning the torso to look forward through the center of the hoop.
- 1-12 Holding the hoop in the right hand, lower to the floor on the right side of the body. Assisted **hoop spin** (with the right hand) to the right. Walk around the hoop in relevé. Close feet together, facing Side 1.  
**Assisted roll** (right to left) while stepping left in plié to shift the weight to the left. Holding the hoop with the left hand on the frontal plane, and the right arm extended overhead, **passé balance** (right knee lifted in a turned out position).
- 1-8 Close feet together. In an undergrip, hold the hoop with two hands in front of the body. Through the turning hoop, two small jumps (right-left). On the second jump, finish inside the hoop, with the hands in an outside grip. Bending and straightening the knees, twist.
- 1-4 **Chainé turn** right, raising the hoop overhead. Touch the left foot by the right foot.

5-8 **Chainé turn** left, lowering the hoop. Touch the right foot by the left foot.

1-end Travelling toward Side 1, two **forward chassés** right, flutter the hoop. Step forward on the right foot. Kneel behind on the left knee. Place the right knee on the floor (knees hip distance apart). Release the hoop. Sit on the hoop to flip the hoop backwards over the head (use arms to assist).

Raise the hips, extending the right arm forward and the left arm high in the ending pose.

#### **IDENTIFIED SKILLS**

- Side chassé
- Tiptoe turn
- Hoop spin
- Assisted roll to passé balance
- Chainé turns
- Forward chassés

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## Level 1 Ball

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**Music:** One World

**Starting position:** In Corner 6, facing Side 7, stand in plié with the feet together. Bend forward to hold the ball with the palms of the hands against the legs.

### Counts

- 1-8 Three times, plié deeper, rolling the ball slightly down the legs, and return to the starting position, rolling the ball up the legs. Straighten the knees and extend the arms to hold the ball with two hands in front of the body.
- 1-8 Holding the ball in the right hand, sagittal swing on the right side of the body, bending and straightening the knees.  
Holding with two hands, place the ball on the right hip.  
Turning to face Side 1, step right and point the left foot to the side. Shake hips two times.
- 1-4 Close the left foot to the right foot in plié. Bend the arms to bring the ball to the chest.  
Relevé and extend the arms to hold the ball overhead.
- 5-8 **Tiptoe turn** to the right. Bend the arms and bring the ball to the chest.
- 1-4 Shake hips. Bending and extending the arms, circle the ball to the left.
- 1-4 Step forward left in plié, holding the ball near the chest. Straighten the left leg and point the toes of the right foot by the left foot, extending the arms forward.
- 5-8 Repeat, stepping on the right foot.  
Close feet together and lower the ball in front of the body.
- 1-8 Roll the ball up the body and raise overhead. **Passé balance** (right leg lifted in a turned out position).  
Close feet together and turn to face Corner 2. Lower the ball in front.
- 1-4 Plié and swing the ball down. Straighten the legs. **Toss and catch with two hands.**
- 5-8 Bend the knees and touch the ball to the right shoulder. Straighten the legs and extend the arms to hold the ball in front.  
Repeat, touching the ball to the left shoulder.
- 1-4 **Bounce and catch with two hands.**

- 1-10 In relevé, walk forward seven steps (starting with the left foot) toward Corner 2, rolling the ball up the body and out the arms.  
Raising the ball overhead, kick the right leg forward in **grand battement**.  
Step forward right. Close feet together. Lower the ball to the front.
- 1-4 Turning to face Side 1, plié. Bend the arms to bring the ball to the chest. Straighten the legs and tendu the right foot to the side, extending the arms on a high left diagonal.
- 1-8 Two **side chassés** to the right with two large counter-clockwise frontal circles.  
Facing Corner 2, finish standing on the right foot with the left leg extended.
- 1-end Bend the arms to bring the ball to the chest. Extend the right arm to the ending pose.

#### **IDENTIFIED SKILLS**

- Tiptoe turn
- Passé balance
- Toss and catch with two hands
- Bounce and catch with two hands
- Grand battement
- Side chassés

## Level 1 Ribbon

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

**Music:** Crystallize

**Starting position:** In Corner 6, facing Side 1, stand with feet together, arms extended to the sides, holding the ribbon stick in the right hand and the end of the ribbon in the left hand.

### Counts

- 1-4 Walk forward four steps in relevé (left-right-left-right), with **figure-8s**.
- 1-8 Close the feet together, releasing the end of the ribbon. Crossing the right arm in front of the body, swing the ribbon to the left and begin spirals.  
**Tiptoe turn** right with spirals.
- 1-4 Step left toward Side 7, swinging the ribbon overhead to the left.  
Two side chassés to the right with large counter-clockwise circles on the frontal plane.
- 5-8 Step right and close feet together facing Corner 2. Swing the ribbon up. Horizontal snakes down in front of the body. Plié.
- 1-8 **Straight jump**, swinging the ribbon up. Relevé and begin horizontal snakes behind the back. Continuing snakes, four **skipping steps** (left-right-left-right). Close feet together, swinging the ribbon down in front.  
Turn to face Side 1 and begin spirals.
- 1-8 **Rhythmic steps** travelling toward Side 5: Circling the left arm, step left, close feet together in plié. Circling the left arm, step left, cross the right foot over the left. 270° soutenu turn left with windmill arms.  
Facing Side 1, **passé balance** (standing on the left foot, right leg in passé) with horizontal snakes.
- 1-4 With an overhead swing, step left and point the right foot to the side. Plié to shift the weight, with vertical snakes from left to right in front of the body.
- 1-end Step forward left in relevé, with a large overhead circle to the left. Close feet together. Plié and swing the ribbon to the left.  
Chainé turn right with vertical snakes.  
Overhead circle to the ending pose.

### IDENTIFIED SKILLS

- Figure 8s
- Tiptoe turn
- Straight jump
- Skipping steps
- Rhythmic steps with spirals
- Passé balance

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