

Level 2 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: What Makes You Beautiful

Starting position: In Corner 6, facing Side 1, stand on the left leg in plié with the right leg extended to the side (on heel, with toes lifted). Bend the torso slightly to the right. With the rope doubled, hold the knots in the right hand (low) and the looped end in the left hand (high).

Counts

- 1-4 Shift the weight to the right leg in plié and extend the left leg to the side (on heel with toes lifted). Move the arms to hold the right hand high and the left hand low. Reverse, shifting the weight to the left.
- 5-8 Turning to face Side 3, close the left foot to the right foot. Release one knot to extend the rope toward Side 3. Pose bending forward.
- 1-4 Run three steps (right-left-right). Close feet together.
- 5-8 With the right hand, pick up the end of the rope. Stand and begin backward rotations on the sagittal plane.
- 1-8 **Forward chassé right with rotations.** Walk three steps (right-left-right). Close feet together to face Side 1. Bend the arms and place the middle of the doubled rope on the back of the neck.
- 1-4 Step right in plié and extend the left leg to the side. Put hands on hips and slightly twist shoulders to the right.
- 5-8 Reverse, moving through plié to shift the weight left.
- 1-8 **Tiptoe turn** left, with arms overhead, rope extended. Finish facing Corner 8. Standing in relevé, swing the rope on the left side of the body. Release the looped end of the rope and allow the rope to swing forward. Grasp one knot in each hand.
- 1-4 Run forward three steps (right-left-right), wrapping the rope around the right arm (rope rotates forward). Close feet together.
- 1-8 Two steps backwards (left-right) with a plié on the supporting leg and tendu in front, unwrapping the rope (rope rotates backwards). Close feet together. Swing the rope overhead in a U-shape to trap under the heels.

- 1-4 Plié and open the left arm, twisting the torso to the left. Close the arm and face Corner 2.
- 5-16 Relevé and swing the rope overhead in a U-shape. Step left. Travelling toward Corner 2, three **jumps over the rope** (each time: jump over with the right foot, step left) Swing the rope overhead in a U-shape to trap under the right foot.
- 1-4 Close the right foot to the left foot. Grasp both knots in the right hand. With the left hand, grasp the rope in an overgrip near the right hand and slide the left hand to grasp the rope near the looped end.
Tendu the right foot forward and raise the rope overhead.
- 5-8 Lift the right leg in a **front arabesque balance**. Close feet together.
- 1-8 Turning to face Side 1, one **overhead rotation** to the left. **Pass the rope around the body** to the left.
Turning to face Side 7, finish with the knots in the right hand. Catch the looped end of the rope in the left hand. Kneel backwards on the left knee.
- 1-8 Close the knees together. Spin the rope forward and arch back. Return to an upright position.
- 1-8 Lower the hips to sit on the feet. Bend forward to trap the rope. Return to an upright position. Move the left knee to the side, turning to face Side 1. Swing the doubled rope overhead in a U-shape and catch on the neck behind the head. Put hands on hips.
- 1-8 Twist the shoulders four times (left-right-left-right). Step up on the right foot to stand. Tendu back with the left foot. Raise the rope overhead.
- 1-8 Lower the left heel in a lunge. Lower the arms in front and swing left. **180° passé pivot** to the right.
- 1-end Cross the left foot over the right foot and turn in relevé to face Side 1. Lower the right arm and raise the left arm to hold the rope on the vertical plane. Alternate lifting the heels (left-right-left). **Figure 8s** (right-left-right-left). Circle the rope on the left side of the body to **wrap around the left arm** and raise the right arm overhead to the ending pose.

IDENTIFIED SKILLS

- Forward chassé with rotations
- Tiptoe turn
- Jumps over the rope
- Front arabesque balance

- Overhead rotations and pass around
- 180° passé pivot
- Figure 8 to wrap on arm

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Level 2 Hoop

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Music: Fire on Ice

Starting position: In Corner 6, facing Side 1, stand on the left foot, with the right foot to the side on the toes. Left hand on hip. With the right hand, hold the hoop on the frontal plane behind the right leg.

Counts

- 1-6 Walk in relevé around the hoop with an assisted spin (right hand on hoop) on the vertical axis. Close feet together facing Side 2.
- 7-8 Free spin to the right on a vertical axis.
- 1-4 Relevé, presenting arms. Catch the hoop with the right hand.
- 5-8 Raise the hoop forward on a high diagonal, grasping the hoop with the left hand in a mixed grip.
- 1-6 Step forward on the right foot, swinging the hoop down on the left side of the body. Step forward into a **passé hop** swinging the hoop forward on a high diagonal.
Repeat: Step forward on the right foot, swinging the hoop down on the left side of the body. Step forward into a **passé hop** swinging the hoop forward on a high diagonal.
- 7-8 Step right-left, swinging the hoop down on the left side of the body.
- 1-4 Step forward onto the right foot into an **arabesque balance**. With the right hand, swing the hoop forward on a high diagonal.
- 5-8 Close feet together, grasping the hoop with the left hand in a mixed grip.
Tiptoe turn in plié to the left, swinging the hoop down and then overhead. Finish facing Side 1.
- 1-8 Tap the hoop on the floor in front of the body.
- 1-8 **Passé balance in relevé** (right leg lifted in a turned out position). Holding the hoop with the left hand, on the frontal plane, circle in a clockwise direction to change hands overhead. Close feet together. Grasp the hoop with the left hand.

- 1-8 **Rhythmic steps with rotations:** With counter-clockwise rotations on the right hand, plié and tendu the right foot to the side. Close feet together. Repeat, with tendu to the left. Close feet together.
Grasp the hoop with the left hand in an undergrip. Lower the hoop on the frontal plane in front of the body. Change the right hand to an undergrip.
- 1-4 With plié, step to the side on the left foot. Free roll from the right hand to the left hand.
- 5-8 Repeat to the right.
- 1-4 Two side chassés to the left. Holding the hoop with the right hand on the frontal plane, circle in a counter-clockwise direction to change hands overhead. Close feet together. Grasp the hoop with the right hand in an outside grip.
- 5-8 Grapevine steps to the left, twisting the hoop on the frontal plane.
- 1-8 Close feet together. Lower the hoop to touch the floor. Pose with the right leg through the hoop. Right arm does a forward arm wave.
Close the right foot to the left foot. Grasp the hoop with the right hand in an undergrip. Raising the hoop overhead, turn left to face Side 5.
- 1-4 Step left. **Jump right-left through the hoop.** Close feet together and raise the hoop overhead.
- 5-8 Repeat: Step left. **Jump right-left through the hoop.** Close feet together and raise the hoop overhead.
- 1-4 Repeat: Step left. **Jump right-left through the hoop.** Close feet together and raise the hoop overhead.
- 5-8 Turning to face Side 3, lower the hoop in front. **Flip toss (180° rotation).**
- 1-16 **Catch the hoop. Step left. Cat leap right-left,** holding the hoop in an undergrip on the horizontal plane in front of the body.
Walk five steps (right-left-right-left-right), passing the hoop around the body to the right. Close feet together to face Side 1, holding the hoop with the right hand in an overgrip.
Jump sideways into the hoop (right-left), catching the hoop with the left hand in an overgrip. Releasing the right hand, jump sideways (right-left) out of the hoop.
- 1-end Spin the hoop to the right to change hands. Turn slightly to the right to face on a diagonal. With the right hand, **toss the hoop** by swinging forward and up on the sagittal plane. Lunge forward with the right foot on toes, **catch the hoop with two hands** (right arm high, left arm low).
Swing the hoop down on the left side of the body. Swing the hoop forward and up to the ending pose.

IDENTIFIED SKILLS

- Passé hops
- Arabesque balance
- Passé balance in relevé
- Rhythmic dance steps with rotations
- Jumps through hoop
- Flip toss (180° rotation) to cat leap
- Toss and catch with two hands

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Level 2 Clubs

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: Somebody That I Used To Know

Starting position: In Corner 6, facing Corner 2, stand in plié with the feet together. Hold the neck of the clubs (one club in each hand) with the body of the clubs touching the torso.

Counts

- 1-8 Twist the feet, alternating heels and toes, moving sideways to the right toward Side 3. Roll the clubs forward on a right high diagonal.
- 1-4 Step sideways on the right foot, pointing the left foot to the side. Tap the clubs on a high right diagonal.
- 5-8 Repeat to the left, with a plié to shift the weight.
- 1-6 **Chainé turn** right with the arms extended to the sides. Turning to face Side 3, step left and close feet together. Lower arms to the sides.
- 7-8 Plié. Small vertical circle with the left club.
- 1-8 Walk seven steps (starting with the right foot) in relevé. Two large backwards arm circles on the sagittal plane (right arm, then left arm).
- 1-4 In relevé, cross the left foot in front of the right foot. Raise arms overhead. Turn right to face Corner 8. Plié and tap clubs on the floor in front of the body.
- 5-8 Walk backward four steps (left-right-left-right), in plié, on toes, alternating tapping the clubs on the floor.
- 1-2 Close feet together in plié. Bend the arms to grasp the clubs with two hands by the head and body. Straighten the legs and extend the arms to push forward.
- 3-8 Holding the body of the clubs with arms extended forward, chasse forward right. Step right. **Hitchkick/scissor jump** (kicking left-right). Arms raise overhead. Step right.
- 1-8 Close feet together in plié. With the right arm, large backwards arm circle on the sagittal plane to **small club toss** (180° rotation). Plié. With the left arm, large backwards arm circle on the sagittal plane to **small club toss** (180° rotation).

- 1-8 Plie, bow slightly forward, crossing arms in front of the body. To pose, step backwards into plié on the left foot, raising the toes of the right foot. Open arms to the sides. Turning to face Side 1, close feet together. Plie and lower arms to the sides. At the same time, cross arms in front of the body to perform large frontal circles. Straighten legs and finish with arms at the sides.
- 1-8 Travelling on a slight diagonal toward Side 3, two side chassés to the right with a large counter-clockwise frontal circle. Step right and close feet together in plié. Bend the arms to the right to pose.
- 1-8 Straighten the legs and extend the arms. Tendu back with the left foot. Raise the left leg in **arabesque balance** (right arm extended front and left arm extended side).
- 1-8 Close feet together. On a curved line toward Side 7, walk seven steps in relevé (starting with the left foot). Roll clubs forward.
- 1-6 Toward Side 1, step forward into a right lunge (right arm extended forward and left arm extended side). **180° passé pivot** to the right (arms bent, holding the left club in front of the body and the right club in back). Close feet together.
- 7-16 Step sideways to the right, pointing the left foot to the side. Open arms to the sides. Plié to shift the weight to the left. Cross arms behind the back. Plié to shift the weight to the right. Open arms to the sides. Close feet together. Lower the right arm to the side. Tendu the left foot in front, and raise the right arm in front.
- 1-16 Travelling toward Corner 6, **chassés alternating legs** (left-right) with the opposite arm extended forward. Step right-left to a passé hop (right leg lifted in passé). Swing arms overhead. Close feet together. Cross the left foot over the right foot. Turn right to face Corner 2. Plié and tap the clubs on the floor in front of the body.
- 1-8 Kneel back on the left knee. Opening the arms to the sides, small club circle outward over the arms. Moving the arms in front, small club circle inward over the arms. Tap clubs.
- 1-8 Close knees together. Put both clubs in the right hand. Large overhead arm circle to the right with the right arm. Seat spin right to the ending pose.

IDENTIFIED SKILLS

- Chainé turn
- Hitch kick/scissor jump
- Club tosses (180° rotation)
- Arabesque balance
- 180° passé pivot

- Chassés alternating legs
- Small horizontal circles

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Level 2 Ribbon

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Music: Taniec Eleny

Starting position: In Corner 6, facing Side 1, stand with feet together. Hold the ribbon on the left side of the body. Left hand on hip.

Counts

- 1-8 With plies, two large Figure 8s.
- 1-8 Continuing **figure 8s, step over the ribbon** to the right. Close feet together in plié. Repeat.
- 1-8 Relevé. Begin horizontal snakes in front of the body. Grapevine steps to the right. Close feet together.
- 1-8 **Passé balance in relevé** (standing on the left foot, right leg in passé).
- 1-12 Figure 8s with body waves.
Walk backwards five steps in relevé. (right-left-right-left-right), with horizontal snakes Turning to face Corner 8, close feet together in relevé. Begin spirals on the right side of the body.
- 1-8 Continuing spirals, step left. Chassé right. Step right-left. **Passé hop** (right leg in passé) with a large clockwise circle on the sagittal plane.
- 1-8 Walk forward, heel first, three steps (right-left-right), continuing large clockwise circles on the sagittal plane.
Turn left in relevé to face Corner 4. Finish with the ribbon in front.
- 1-8 With spirals, walk backwards three steps in relevé (right-left-right) . Close feet together, turning to face Side 3.
- 1-8 Tendu the left foot to the back. Lift the leg to **arabesque balance**. Close feet together.
- 1-8 **Horizontal figure 8** to tiptoe turn right. Finish facing Side 1.
- 1-8 Plié, swinging the ribbon back and down.
- 1-16 Straight jump, swinging the ribbon forward and up. Plié with a contraction, swinging the ribbon down.
Straighten legs and begin spirals on the right side of the body.

- 1-8 Dance steps: With the right foot to the side, toe, heel, cross in front. **Chainé turn** right with a large overhead circle to the right.
- 1-8 Repeat to the left: With the left foot to the side, toe, heel, cross in front. **Chainé turn** left with a large overhead circle to the left.
- 1-8 Travelling in a curved line to finish facing Corner 6, four running steps and four walking steps, with spirals on the left side of the body.
- 1-6 Lunge forward on the right foot. **180° passé pivot** right, with a large overhead circle to the right.
- 7-end 360° tiptoe turn to the right. With the left hand, grasp near the end of the ribbon. Walk three steps (right-left-right), with large overhead circles to the right, wrapping the ribbon around the body. Pose with feet together, arms extended to the sides.

IDENTIFIED SKILLS

- Figure 8s stepping over ribbon
- Passé balance in relevé
- Passé hop
- Arabesque balance
- Horizontal figure 8
- Chainé turns
- 180° passé pivot