

Level 3 Hoop

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: The Incredibles

Starting position: In Corner 4 facing Side 1, kneel on two knees (sitting on feet). Holding the hoop with two hands (mixed grip), on the right side of the body, in the frontal plane with the bottom edge of the hoop touching the floor.

Counts

- 1-2 Lift hips. In the frontal plane, pass the hoop overhead to the left hand. Place the bottom edge of the hoop on the floor.
- 3-4 Keeping the bottom edge of the hoop on the floor, spin the hoop on the vertical axis to change to the right hand.
- 5-6 Sit on the left hip. **Side roll with split**, holding the hoop with two hands. Finish kneeling on two knees.
- 7-12 Stepping up on the right foot, stand, holding the hoop in the horizontal plane. Step forward (left, right), passing the hoop around the waist, finishing on the vertical plane, right hand on top (mixed grip).
- 1-8 Ring kick with the left leg, swinging the hoop upward. Close feet in relevé, turning to face Side 7. Hoop finishes low in the frontal plane. Four marching steps in relevé, starting on the left foot with the right knee raised to a parallel passé. In the frontal plane the hoop passes overhead twice, first clockwise, then counter-clockwise.
- 1-12 Close the feet together. Face Corner 8. Tendu back with the left foot. Hold the hoop in the right hand and place it on the floor.
Arabesque balance in relevé, with an assisted spin on the vertical axis. Turn to face Corner 2, raising the hoop overhead to finish in the vertical plane on a high diagonal.
- Step forward on the left foot, chassé right. Close the feet together and plié, swinging the hoop down.
- 1-14 Relevé, **high toss and catch with the right hand**
Facing Side 1, eight steps walking diagonally backward toward Corner 4. Hoop passes overhead twice in a clockwise direction. Close feet together finishing with the hoop in the right hand to the side.
In relevé, grand battement with the right leg, passing the hoop under the leg and overhead to finish with the hoop in the right hand. Turn in relevé to face Side 3. Finish in plié with the hoop in front, touching the floor, in the vertical plane.

- 1-4 **Free spin to the right on the vertical axis, during a soutenu turn to the right.** Catch the hoop with the right hand.
- 1-8 Facing Side 1, step in the hoop (right, left), and stand with legs apart. Release the hoop to trap with the feet. Pick up the hoop with the right foot and grasp the hoop with the right hand. Tiptoe turn in plié to the left, while unwinding the hoop around the body (hold hoop in two hands and circle it to the left). Finish facing Side 1, holding the hoop in front on the horizontal plane.
Step forward in a left lunge, swinging the hoop to the right.
- 1-8 **360° parallel passé pivot** to the left, holding the hoop in front on the horizontal plane. Close the feet together.
Three steps forward (left, right, left), passing the hoop overhead to the left. Close the feet together, holding the hoop in front on the horizontal plane.
Step into the hoop (right, left).
- 1-8 Travelling toward Side 7, two chaîné turns to the right, raising the hoop overhead on the first turn and lowering the hoop during the second turn.
Step together to face Side 1, raising the hoop overhead to finish on the frontal plane.
- 1-8 Rotations on the right hand in a counter-clockwise direction. **Passé balance (with the right knee lifted and turned out) in relevé.**
Close the feet together, swinging the hoop to the right.
Turn to face Corner 2, grasping the hoop in two hands.
- 1-8 **Jump through the hoop (right, left, together).**
In relevé, flip toss with 360° rotation.
Holding the hoop overhead, step left. Hitch kick/scissors jump (kicking right, left). Close the feet together. **Boomerang roll.** Catch by trapping between the knees.
Open the arms, turning the upper body slightly left to the ending pose.

IDENTIFIED SKILLS

- Side roll with split
- Arabesque balance in relevé
- Toss and catch with one hand
- Free hoop spin with soutenu
- 360° passé pivot
- Passé balance in relevé
- Jump through hoop to flip toss (360° rotation)
- Boomerang roll

Level 3 Ball

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Music: Rolex

Starting position: In Corner 4, facing Side 1, kneel on the right knee, with the left leg extended to the side. Hold the ball with two hands, arms extended to the right.

Counts

- 1-8 Bending and extending the arms, circle the ball to the left. Moving the ball to the front, kneel onto two knees, sitting on the feet. Lift the hips.
- 1-8 Bend the arms to move the ball to the chest. Extend the arms, and roll the ball out the arms. Sit on the left hip. **Side roll with split**, holding the ball with two hands. Finish kneeling on two knees, with the ball on the floor in front.
- 1-8 Roll the ball on the floor from the right hand to the left hand. Repeat, rolling left to right.
- 1-8 Stepping up on the left foot, stand. Walk forward six steps (R-L-R-L-R-L). Close the feet together. Holding the ball in the right hand, large arm circle in a clockwise direction on the right side of the body. Travelling toward Side 7, **chainé turn** to the right, passing the ball around the waist. Finish facing Side 7, holding the ball in two hands.
- 1-4 **Straight jump with bounce**, catching the ball by trapping in the arms.
- 5-8 Dance steps: Bend the right knee, while extending the right arm. Finish in the trap position. Bend the left knee, while extending the left arm. Finish in the trap position.
- 1-4 Plié. Extend the arms, rolling the ball out the arms. Relevé.
- 5-8 Holding the ball in the right hand, step with the right foot toward Corner 8. In a curtsy position, bounce the ball two times.
Close the feet together and relevé, holding the ball in the right hand.
- 1-6 Chasse right. Step right. **Vertical jump with the left leg extended to the front**, while passing the ball overhead to the left hand. Close the feet together.
- 7-8 Roll the ball in the left arm. Catch the ball on the chest with the right hand.
- 1-4 Passés in place (R-L-R). On the third passé, bend the left arm to hold the ball on the chest with two hands.
- 5-8 Roll the ball out the right arm, catching in the right hand.
- 1-8 Step forward on the right foot, toward Corner 8, lifting the back leg in arabesque. Holding the ball in the right hand, arm extended to the side, **arabesque promenade** to finish facing Corner 2. Close the feet together.

- 1-8 Step forward on the right foot into a lunge position. Bend both arms to hold the ball in to hands on the back of the neck. **Roll the ball down the back**, catching in two hands.
Holding the ball in the left hand, step forward left and close the feet together in relevé. Plié.
- 1-6 Two small overhead tosses (left to right, right to left). Relevé on each toss. Plié on each catch.
- 7-8 Relevé, presenting the ball to Side 1.
- 1-8 Passing the ball to the right hand, eight to twelve running steps in a large circle to the right. Facing Side 1, close the feet together.
- 1-4 Relevé, **toss and catch with the right hand**. Relevé
Travelling toward Corner 2, grapevine step to the right, bending the arm to circle the ball toward the body, then, extending the arm back to the side.
- 5-8 Tendu front with the right foot, rolling the ball in the right arm to catch on the chest with the left hand. Circle the right arm backwards. Lunge forward onto the right foot.
- 1-4 **360° parallel passé pivot** to the right, holding the ball on the chest with the left hand, right arm extended overhead.
- 5-8 Free bounce. Catch with two hands, kneeling on the left knee. Close the right knee to kneel on two knees.
- 1-end Place the chest on the ball. Extend the legs to roll on the ball to the ending pose.

IDENTIFIED SKILLS

- Side roll with split
- Chainé turn
- Straight jump with bounce
- Vertical jump with leg extended to front
- Arabesque promenade
- Ball roll down back
- Toss and catch with one hand
- 360° passé pivot

Level 3 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: Le Jazz Hot

Starting position: In Corner 6, facing Side 1, stand on the left foot, right leg crossed in front. Hold one club in each hand, with the right club resting on the floor and the left extended overhead.

Beginning: Walk backwards with small steps in relevé. Circle the right arm backwards, then the left. Finish standing on the right foot with the left foot in tendu back, the right arm front and the left arm side.
Arabesque balance in relevé with small inward horizontal club circle. Close the feet together.
Step right and close the feet together. Side body wave, tapping the right club on the floor, then left. Relevé, swinging the clubs low.

Counts

- 1-8 **Five running steps forward, with small vertical club circles on the outside of the arms, as the arms travel upward in front to finish overhead.**
Close the feet together in relevé, as the clubs slide to grasp the body of the clubs.
- 1-4 Dance steps: Four small jumps, side to side with a slight twist, bending the arms to move the clubs close to the shoulders and extend.
- 5-8 Toward Corner 2, walk forward with six character steps, tapping the clubs, moving the arms upward. Circle the arms backwards, sliding the clubs to grasp the head of the clubs.
- 1-8 Facing Side 3, plié, bending the arms in to hold both ends of the clubs. Small slide backwards as the arms extend.
Step back with the left foot to a right lunge. **360° parallel passé pivot** to the right, holding the clubs overhead.
- 1-8 Travelling toward Corner 4, grapevine steps to the right, holding the clubs by the head, with the neck of the clubs under the arms.
Chasse right. Step right, left to a **180° parallel passé hop** turn to the left, swinging clubs overhead. Close the feet together.
- 1-2 Facing Side 1, move the right foot to the side, onto the ball of the foot.
- 1-8 Small club toss with the right hand (180° rotation). With the left hand on hip, shake hips and tap the clubs four times.
Step right in relevé and close the feet together in plié. Small club toss with the

right hand (180° rotation).

Step left and close the feet together, crossing the arms in front of the body. Shake hips.

- 1-8 Turning to face Side 7, relevé. Arms swing overhead and circle backwards. Chasse right. **Vertical jump with the left leg extended to front.** The right arm circles backwards.
Step forward left and cross the right foot in front to soutenu turn left, with windmill arms. Finish facing Side 1, with elbows bent out to the sides, clubs hanging down in front.
- 1-8 Travelling sideways toward Side 7, twist the feet four times (heels-toes-heels-toes), extending one club down on each twist (left-right-left-right)
Turning to face Corner 8, tendu front with the right foot, right arm extended to the side, left arm bent in front. **Front arabesque balance in relevé** with small horizontal club circle over the right arm. Close the feet together.
- 1-8 Travelling toward Side 7, side chasse left. Arms circle on the frontal plane, crossing in front of the body. Finish facing Corner 8, hands on waist, clubs resting on the upper arms.
Travelling toward Corner 8, six running steps, circling clubs. Close feet together, arms extended to the sides.
- 1-4 Step forward on the left foot and touch the right foot to the side, while doing small forward horizontal club circle over the arms. Repeat stepping on the right foot.
- 5-8 Small hop to a left side lunge, tapping the right club on the floor. Repeat to a right side lunge.
- 1-16 Travelling toward Side 3, step left. **Step right into a lunge.**
Asymmetrical handling: Small vertical circle with the right club as the left arm circles backwards. Finish with both arms extended forward toward Side 3, the right arm on a high diagonal and the left arm straight forward.
Step forward left and close the feet together. Arms circle backward during a back body wave. Relevé.
Step forward right and close the feet together in plié. Relevé, **high club toss ((360° rotation),** with the right hand.
Step right, putting both clubs in the right hand. Kneeling on the left knee, circle the right arm overhead and seat spin, passing the clubs behind the back to the left hand, to the ending pose.

IDENTIFIED SKILLS

- Arabesques balance in relevé
- Small vertical circles with running steps
- 360° passé pivot
- 180° passé hop
- Vertical jump with leg extended to front
- Front arabesque balance in relevé
- Lunge with asymmetrical handling
- Toss ((360° rotation) and catch

Level 3 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: New York, New York

Starting position: In Corner 6, facing Side 1, stand on the left foot with the right foot crossed in front. The right hand holds the ribbon on a high diagonal to the side. The left arm is straight forward.

Counts

- 1-4 Blow a kiss with the left hand. Begin spirals.
- 5-8 Travelling toward Side 3, continuing spirals, dance steps: step forward on the right foot, touching the left foot on the floor. Repeat, stepping on the left foot.
- 1-8 Turning to face Side 1, relevé. Swing the ribbon overhead and to the left. Beginning with the right foot, eight steps toward Corner 2, turning to the right on the last four steps. Vertical snakes on the left side of the body. Close feet together and swing the ribbon to the right.
- 1-8 Dance steps: Plié, swinging the ribbon to the right. Kick the left leg forward, swinging the ribbon overhead to the left. Repeat. Step forward in plié on the left foot and kick the right leg forward, circling the ribbon overhead to the right. Lunge on the right foot, holding the ribbon on the left side of the body.
- 1-8 **360° passé pivot** to the right, with overhead circle. Facing Corner 2, step together left-right. Turn to face Side 1.
- 1-8 Two side steps to the left with overhead swings.
- 1-8 Tendu the right foot to the front. **Front arabesque balance in relevé** with spirals. Close feet together.
- 1-8 Toward Side 1, four **passé steps over large counter-clockwise circles on the frontal plane**.
- 1-8 Facing Side 3, close feet together. Begin spirals. Dance steps: Plié. Slide backwards in relevé. Repeat.
- 1-8 Chassé right, with spirals on the side. Step right-left. **180° passé hop** turning to the left, with a large overhead circle to the left. Cross the right foot in front to soutenu left. Finish facing Side 1.
- 1-4 Travelling backwards, four steps in relevé (right-left-right-left) with horizontal snakes.
- 5-6 While closing feet together, **échappé toss** to the left hand.
- 1-8 Tendu the left foot to the side. Plié to shift the weight, changing the ribbon to the right hand in a small circling motion. Repeat with a tendu to the right.

- 1-8 Facing Side 3, walk backwards five steps in relevé (left-right-left-right-left). Close feet together. Ribbon does two large clockwise circles on the sagittal plane. Change the ribbon to the right hand and begin spirals. Tendu the left foot to the back.
- 1-4 **Arabesque balance in relevé** with spirals. Close feet together.
- 5-16 Turning to face Side 1, small jumps left-right-left with figure 8s. Relevé and begin spirals low in front. Tiptoe turn to the right, continuing the low spirals
- 1-8 Travelling to the left toward Side 7, grapevine steps, with spirals on the right side of the body. Close feet together in relevé and swing the ribbon to the left.
- 1-8 With the left hand, grasp the ribbon near the end. Soutenu turn to the right. Circling the ribbon overhead to the left, step sideways to the left, and tendu the right foot to the side.
- 1-8 Close feet together. **Horizontal figure 8s.** Swing the ribbon to the left.
- 1-8 Turning to the right, small dance steps, with vertical snakes.
- 1-8 Relevé. Release the end of the ribbon and swing the ribbon overhead. Chassé right with horizontal snakes behind. Step right-left. **Vertical jump with the right leg extended to the front.**
- 1-6 Close feet together, with horizontal snakes down in front of the body. Turning to face Side 5, relevé and begin spirals diagonally to the back.
- 1-8 Dance steps forward (two slow and three quick) with spirals on the right side of the body: step forward on the left foot, touching the right foot on the floor. Repeat, stepping right-left-right-left. Facing Side 1, finish in a lunge with the left foot forward on toe.
- 1-8 Large counter-clockwise circles on the sagittal plane to the ending pose.

IDENTIFIED SKILLS

- 360° passé pivot
- Front arabesque balance in relevé
- Steps over frontal circles
- 180° passé hop
- Echappé toss
- Arabesque balance in relevé
- Horizontal figure 8s
- Vertical jump with leg extended to front