

Level A Rope

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Music: We Speak No Americano

Starting position: Sitting. Hold the ends of the rope. Rope is extended on the horizontal plane, touching the legs.

Counts

1-4 Hold

5-8 Bending the arms in toward the body, raise the rope overhead.

1-8 Twist the rope: Raise the right hand and lower the left hand to hold the rope on the vertical plane. Move the hands to hold the rope on the horizontal plane. Then, raise the left hand and lower the right hand to hold the rope on the vertical plane. Move the hands to hold the rope on the horizontal plane.

1-8 Repeat (Twist the rope)

1-8 Bending and extending the arms, circle the rope to the right two times.

1-8 Holding the rope in a U-shape swing right-left-right-left.

1-2 Close the hands together. Separate the hands to extend the rope on the horizontal plane.

3-4 Pause

1-4 Spin the rope forward. Separate the hands to extend the rope on the horizontal plane.

5-8 Touch the right hand to the right shoulder. Extend the arms forward to hold the rope on the horizontal plane.

1-4 Repeat spin.

5-8 Touch the left hand to the left shoulder. Extend the arms forward to hold the rope on the horizontal plane.

1-4 Repeat the previous 16 counts.

End Raise the rope overhead for the ending pose.

Level A Hoop

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Music: Hawaii Five-0

Starting position: Sitting. Hold the hoop with two hands (outside grip) on the horizontal plane, at shoulder level.

Counts

- 1-8 Shake the hoop.
- 1-4 Raise the hoop overhead on the horizontal plane.
Lower to the starting position.
- 5-8 Raise the hoop overhead on the horizontal plane.
Lower the hoop in front on the frontal plane.
- 1-8 On the frontal plane, rotate the hoop four times (left-right-left-right).
- 1-4 Hold the hoop on the frontal plane. Touch the right hand to the right shoulder, and extend the left arm forward, moving the hoop to the vertical plane.
Extend the arms to return the hoop to the frontal plane.
- 5-8 Repeat, touching the left hand to the left shoulder.
- 1-4 Place the lower edge of the hoop on the legs. Slide the hands down one at a time to grasp the hoop with the hands close together.
- 5-8 Tap the hoop on the floor two times to the right and two times to the left.
- 1-end Bending and extending the arms, circle the hoop to the right on the horizontal plane two times.
Raise the hoop overhead to the ending pose.

Level A Ball

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Music: Safety Dance

Starting position: Sitting. Hold the ball with two hands, resting on the legs.

Counts

- 1-4 Hold.
- 5-8 Roll the ball out the legs and in.
- 1-4 Extend the arms to raise the ball overhead. Bend the arms to hold the ball at the chest.
- 5-8 Extend the arms forward. Bend the arms to hold the ball at the chest.
- 1-8 Roll the ball out the arms.
Roll the ball in the arms. Bend the elbows to trap the ball (forearms parallel).
- 1-4 Roll the ball out the arms.
- 5-8 Toss and catch with two hands.
- 1-8 Bend the arms to hold the ball at the chest. Shake the ball. Extend the arms forward.
- 1-8 Touch the ball to the right shoulder. Extend the arms forward.
Touch the ball to the left shoulder. Extend the arms forward.
Bending and extending the arms, circle the ball to the left two times. Continue the circle to place the ball on the legs. Extend the left arm to the ending pose..

Level A Ribbon

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Music: Finding Neverland

Starting position: Sitting. Extend the right arm to the side.

Counts

1-8 Horizontal snakes

1-8 Four overhead swings (left-right-left-right)

1-4 Spirals

5-8 Two overhead circles to the left

1-6 Swing the ribbon up. Horizontal snakes down in front of the body.

1-6 Repeat

1-6 Repeat

1-end Three horizontal swings in front of the body (left-right-left). Grasp the stick near the ribbon connection. Move the arms up to the ending pose.

Level B Rope

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Music: Chicago Shake

Starting position: Sitting. With arms bent, hold the doubled rope (both knots in the right hand) on the horizontal plane.

Counts

Intro Hold

1-8 Extend the arms to the right, and circle the rope to the left.
Tilt the head right-left.

1-8 Repeat

1-8 Spin the rope forward. Extend the rope.
Twist the rope, raising the left arm and lowering the right arm to hold the rope on the vertical plane. Raise the right arm and lower the left arm to hold the rope on the vertical plane.

1-8 Repeat

1-8 Release the looped end of the rope. Figure 8s (left-right-left). Swing the rope on the right side of the body.

1-8 Overhead rotations to the left.
Lower the right arm and grasp the rope with the left hand (in an overgrip), near the right hand. Slide the left hand to hold near the looped end of the rope. Raise arms overhead to the ending pose.

Level B Ball

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Music: Another One Bites The Dust

Starting position: Sitting. Hold the ball with two hands on the right hip.

Counts

- 1-4 Hold
- 5-8 Touch the ball to the right hip, then the left hip.
- 1-8 Holding the ball with two hands, counter-clockwise frontal circle.
- 1-8 With arms extended in front, twist the ball four times (left hand on top–right-left-right).
- 1-4 Roll the ball in the arms, bending the elbows to trap the ball by the chest (forearms parallel).
- 5-8 Roll the ball out the arms and catch with two hands.
- 1-4 Touch the ball to the right shoulder. Extend the arms forward.
- 5-8 Touch the ball to the left shoulder. Extend the arms forward.
- 1-4 Toss the ball with two hands. Keeping the elbows lifted and the arms parallel, bend the elbows to trap the ball in the arms by the chest.
- 5-8 Extend the arms to roll the ball out and catch with two hands.
- 1-16 Repeat the previous 16 counts. Raise the ball overhead to the ending pose.

Level B Clubs

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Music: Boogie Shoes

Starting position: Sitting. With arms extended to the front, hold the neck of the clubs with one club in each hand. The clubs are parallel, on the vertical plane.

Counts

- 1-8 Shake the clubs.
- 1-8 Bend the elbows and extend the arms to the right. Circle the clubs to the left two times.
- 1-4 Place the head of the clubs on the legs and slide the hands down to grasp the clubs by the head.
- 1-12 Roll the clubs forward.
- 1-4 Extend the arms forward,
- 5-8 Open the arms to the sides. Swing the arms to the front.
- 1-4 Tap the clubs. Raise the arms overhead.
- 5-8 Lower the right arm to the side.
- 1-4 At the same time, raise the right arm overhead and lower the left arm to the side.
- 5-8 Raise the left arm overhead.
Lower the arms in front of the body. Place the body of the clubs on the legs. Extend the arms and push the head of the clubs forward for the ending pose.

Level B Ribbon

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Music: Say Hey

Starting position: Sitting. Extend the right arm to the side.

Counts

- 1-8 Spirals on the side
- 1-4 Swing the ribbon up. Horizontal snakes down in front of the body.
- 1-4 Repeat.
- 1-8 Holding the ribbon stick with both hands, swing the ribbon over the shoulders 4 times (right-left-right-left)
- 1-8 Four overhead circles to the left
- 1-end Four overhead swings (left-right-left-right). Counterclockwise circle to the ending pose

Level C Rope

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Music: Chicago Shake

Starting position: Facing Side 1, stand on the center of the rope with feet together. With one knot in each hand, hold the rope by the shoulders with elbows extended to the sides.

Counts

Intro Hold

- 1-8 Extend the arms to the right, and circle the rope to the left. Return to the starting position. Twist hips.
- 1-4 Extend the arms to the right, and circle the rope to the left. Return to the starting position.
- 5-8 Lifting the knees, step backwards (left-right) off the rope, extending the arms to hold the rope in a U-shape.
- 1-8 Swing the rope in a U-shape (right-left-right-left)
- 1-6 Put both knots in the right hand. Grasp the rope with the left hand (in an overgrip), near the right hand. Slide the left hand to hold near the looped end of the rope, (on the horizontal plane).
- 7-8 Straight jump, raising the arms overhead.
- 1-6 Tiptoe turn to the right, holding the arms overhead.
- 7-8 Lower the arms in front of the body to quadruple the rope, holding the knots and looped end of the rope in the right hand.
- 1-8 Counter-clockwise rotations on the frontal plane. Extend the right leg to the side for the ending pose.

Level C Hoop

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Music: Boogie Shoes

Starting position: Facing Side 1, stand with feet together. Hold the hoop in an overgrip, on the frontal plane, with the bottom edge of the hoop on the floor.

Counts

- 1-8 Assisted spin (using two hands) to the right on the vertical axis. Catch the hoop with two hands in an undergrip.
- 1-8 Walk forward four steps in relevé (right-left-right-left), raising the hoop overhead.
- 1-4 Tiptoe turn to the right.
- 1-4 Holding the hoop overhead, plié and bend the torso sideways to the right.
- 5-8 Holding the hoop overhead, plié and bend the torso sideways to the left.
- 1-4 Holding the hoop overhead, plié and bend the torso sideways to the right.
- 5-8 Lower the hoop in front of the body.
- 1-2 Swinging the hoop overhead, straight jump.
- 3-4 Lower the hoop in front of the body.
- 1-4 Step sideways to the right, extending the left leg to the side. Swing the hoop to the right.
- 5-8 Plié to shift the weight left, extending the right leg to the side. Swing the hoop to the left.
- 1-4 Plié to shift the weight right, extending the left leg to the side. Swing the hoop to the right.
- 5-8 With the right hand, lower the hoop to the floor and extend the left arm on a high side diagonal to the ending pose.

Level C Ball

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Music: Another One Bites The Dust

Starting position: Facing Side 1, stand on the right foot with the left knee bent and the left foot on toes by the right foot. With two hands, hold the ball on the right hip.

Counts

- 1-8 Shake hips
- 1-8 Lower the right heel to stand on two feet. Holding the ball with two hands, counter-clockwise frontal circle.
- 1-8 Raising the ball overhead, tiptoe turn to the right. Lower the arms to hold the ball in front of the body.
- 1-4 Roll the ball in the arms, bending the elbows to trap the ball by the chest (forearms parallel).
- 5-8 Roll the ball out the arms and catch with two hands.
- 1-4 While bending the knees, bend the elbows and touch the ball to the right shoulder. While straightening the knees, extend the arms forward.
- 5-8 Repeat, touching the ball to the left shoulder.
- 1-4 With two hands, bounce and catch the ball.
- 5-8 Straight jump. Swing the ball overhead on the jump and lower in front on the landing.
- 1-8 Holding the ball in front of the body, four marching steps (stepping on the left foot and raising the right knee first).
- 1-4 Close feet together in pli . Toss and catch the ball with two hands.
- 5-8 Bend the arms, elbows to the sides, and hold the ball against the chest. Extend the right leg to the side (toes lifted) to the ending pose.

Level C Ribbon

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Music: Say Hey

Starting position: In the middle of the floor, facing Side 1, stand with feet together. Left hand on the hip. Right arm extended forward.

Counts

- 1-4 Spirals
- 5-8 Two knee bends with spirals
- 1-4 Swing the ribbon up. Horizontal snakes down in front of the body.
- 5-8 Straight jump, swinging the ribbon up. Horizontal snakes down in front of the body.
- 1-8 Holding the ribbon stick with both hands, four knee bends, swinging the ribbon over the shoulders (right-left-right-left)
- 1-4 Overhead circle to the left. Plié, swinging the ribbon to the left, in front of the body.
- 5-8 Tiptoe turn to the right with arms extended to the sides.
- 1-end Five steps forward in relevé (left-right-left-right-left) with overhead swings. Lunge right, with a large counter-clockwise frontal circle. Swing ribbon to the right to the ending pose.