**LEVEL A ROUTINES**

**Level A 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:** 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-O

**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.