**LEVEL C ROUTINES**

**Level C 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:** 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 plié. 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.