

Level 1 Ball

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: Lizzy's Rag

Starting position: In the center of the mat, facing Side 1, stand with feet together. With elbows bent, hold the ball with 2 hands in front of the chest.

Counts

- 1-4 **Hold**
- 5-8 Bending forward, extend the arms to circle the ball to the right. Return to starting position.
- 1-4 Bend the supporting leg and extend the right leg diagonally forward, toes lifted. Raise the ball overhead. Return to starting position.
- 5-8 Repeat to left.
- 1-8 Open arms to the sides, holding the ball in the right hand. **Passé balance** (either leg), moving the arms to hold the ball with two hands in front of the body. Close feet together. Pass the ball to the left hand and open arms to the sides, to finish holding the ball in the left hand.
- 1-8 Lower the ball to hold with two hands in front of the body. Three marching steps forward. Roll the ball up the body. Close feet together.
- 1-8 Bend and straighten the knees, rolling the ball out the arms. Raise the ball overhead. Bend and straighten the knees, shake hips, and moving the ball from side to side, lower in front of the body.
- 1-8 **Tiptoe turn** (either direction), bending and straightening the arms to raise the ball overhead.
- 1-4 Turning to face Corner 2, step forward on the right foot, pointing the left foot behind. **Bring the ball to the chest and roll out the arms.**
- 5-8 **Close feet together in plié. Straighten the legs. Toss and catch the ball with two hands.**

- 1-4 Alternating legs, bend the knee and lift the heel, right, left. Rotate ball, right hand on top, then left hand on top. Return to standing position.
- 5-8 Plié and lower the ball in front. **Straight jump**, raising the ball over head and lowering in front. Face Side 1.
- 1-8 **Side chassé right with large counterclockwise frontal circle. Step right, pointing the left foot behind. Hold the ball on a high diagonal to the right. Bend the left knee to a passé position and bend arms to bring the ball to the chest. Extend the left leg and arms to return to position with left leg behind and ball raised on a high diagonal.**
- 1-8 **Repeat to the left.**
- 1-4 Close right foot to the left foot. Bending and straightening the knees, **bounce and catch the ball with two hands.**
- 5-8 **Step forward left and bend arms to bring the ball to the chest. Kick the right leg forward (low) and straighten arms to raise the ball overhead. Step back right and bend arms to bring the ball to the chest. Point left foot behind.**
- 1-8 Close left foot to right foot. Shaking the ball, turn right on toes with knees relaxed. Finish facing Side 1. Plié, bend slightly forward, holding the ball on the chest, and extend the left arm diagonally to the side for the ending pose.

IDENTIFIED SKILLS

- Passé balance (either leg)
- Tiptoe turn (either direction)
- Roll ball out arms to toss
- Straight jump
- Dance steps with chassés
- Bounce ball to dance steps