

## Level 1 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:** Green Acres

**Starting position:** In the center of the mat, slightly closer to Side 7, facing Side 1, stand with feet together with one club in each hand and arms extended down by the sides.

### Counts

- 1-8 Slightly bend knees to lean forward to tap clubs twice on floor to one side and then the other. Stand and point right foot to the side and extend arms to the sides.
- 1-4 **Chainé turn** to the right. Close feet together. Bend arms and place hands on the hips, rest clubs on arms.
- 1-8 **Plié and extend right heel to the side, cross right foot over left pointing foot, extend heel back to the side. Close feet together.**
- 1-8 **Repeat dance steps to the left side.**
- 1-8 Walk forward on relevé toward Side 1 with large backward arm circle.
- 1-8 Bend the arms and cross the clubs (right, left), resting the neck of each club on the opposite shoulder. Plié, straighten, and extend arms overhead.
- 1-8 Plié and bend arms in front of the body. Relevé and extend arms overhead. **Tiptoe turn** (either direction).
- 1-8 Plié, swinging arms down and back, **straight jump** swinging arms forward and overhead.
- 1-8 Bending and straightening the knees, large frontal circles clockwise with the right arm and counterclockwise with the left arm, crossing in front of the body. Continue the circle with the left arm to finish with the arms on a high diagonal to the right, with right arm higher than the left. Point the left foot the slide.
- 1-8 **Chassé left with large clockwise frontal circle to finish with arms on a high diagonal to the left with left arm higher than the right. Point the right foot to the side. Chassé right with large counterclockwise frontal circle to finish with arms on a high diagonal to the right with right arm higher than the left. Point left foot to the side.**

- 1-8 Close feet together. Lower the right arm and trap left club under the right arm. Extend the left arm down. **Passé hop** (either leg), swinging left arm forward and up. Close feet together.
- 1-8 Take the trapped club in the left hand. Small steps backwards on relevé, pointing the clubs upward to slide clubs to hold the neck, arms at shoulder height. Lower heels and close feet together.
- 1-4 **Passé balance** (flat, either leg) with knee turned out, shaking clubs with arms in front at shoulder height.
- 5-end Plié and extend one heel to the side circling the same arm down and around. Finish with feet together, the arms in front, elbows bent. Tap clubs two times at chest height. Repeat on other side. Lower arms down in front, let clubs slide down to hold by the head. Lunge left to the ending pose.

#### **IDENTIFIED SKILLS**

- Chainé turn to dance steps
- Tiptoe turn (either direction)
- Straight jump
- Dance steps to chassés
- Passé hop (either leg)
- Passé balance (either leg)