

Level 1 Hoop

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: Crazy Little Thing Called Love

Starting position: In the center of the mat, facing Side 1, stand with feet together. With elbows bent, hold the hoop on the frontal plane in front of the body.

Counts

- 1-8 Hold
- 1-4 Extend the right leg diagonally forward, with the right foot on the heel, toes lifted. Plié on the supporting leg. Straighten arms to push the hoop forward. Close the right foot to the left foot. Bend arms to return to starting position.
- 5-8 Repeat with the left leg.
- 1-4 **Tiptoe turn** (either direction). Raise the hoop overhead and shake.
- 5-8 Lower the hoop around the body so the back edge is resting on the floor. Step backwards out of the hoop (right, left)
- 1-4 **Step left and point the right foot to the side. Swing the hoop left to a high diagonal.**
- 5-6 **Repeat to the right.**
- 7-8 **Repeat to the left.**
- 1-4 **Step right and close the left foot to the right foot. Swing the hoop to a large counterclockwise frontal circle, passing the hoop from the right to the left hand and finishing in front of the body.**
- 5-6 **Step sideways to the right in plié and close the left foot to the right foot. Assisted roll to the right, finishing with the hoop in front of the body.**
- 7-8 Resting the hoop on the stomach, bow forward, arms to the sides. Return to starting position.
- 1-4 **Passé balance** (either leg, turned out). Close feet together.

- 5-8 Step into the hoop (right, left). **Chainé turn right, raising the hoop overhead on the horizontal plane.**
- 1-2 **Step right and touch the left foot on the floor by the right ankle. Bend to the right.**
- 3-4 **Repeat to the left.**
- 5-6 **Shake hips.** Lower the hoop, shaking.
- 7-8 **Straight jump,** raising the hoop overhead on the horizontal plane.
- 1-2 Spin the hoop around the horizontal axis to lower in front of the body.
- 3-4 Step diagonally right in plié, extending the left leg back. Swing the hoop right to a high diagonal.
- 5-8 Facing Corner 2, close feet together. Hold the hoop in the left hand on a high diagonal.
- 1-2 Swing the hoop down and up on the sagittal plane.
- 3-4 Swing the hoop down. Change hands behind the back. Swing the hoop up on the sagittal plane to finish on a high diagonal.
- 1-end Place the bottom edge of the hoop on the floor. **Assisted spin,** walking around the hoop in relevé (in the direction the hoop is spinning). Facing Side 7, kneel. Circle the hoop to the right to rest on the legs in back. Sit on the hoop. Extend the right arm and then the left arm forward to the ending pose.

IDENTIFIED SKILLS

- Tiptoe turn (either direction)
- 3 swings, pass hoop overhead, assisted roll
- Passé balance (either leg)
- Chainé turn to dance steps
- Straight jump
- Assisted spin