

Level 1 Ribbon

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: Fairytale Creatures

Starting position: In the center of the floor, near Corner 6, facing Side 1, stand with feet together, right arm extended down by the side, holding the ribbon stick. Left hand is on the hip.

Counts

- 1-4 Hold
- 5-8 Clockwise sagittal circle on the right. Swing ribbon forward and up, finishing with the ribbon behind the back, arm extended by the ear.
- 1-2 Begin horizontal snakes behind the back.
- 3-8 2 marching steps forward with the toe pointed at the knee. Step forward and close feet together.
- 1-4 Snakes down in front of the body. Begin spirals.
- 5-8 **Passé balance** (either leg) with spirals
- 1-8 **Dance steps** with spirals. Step right, cross left foot in front, step right, cross left foot behind (grapevine), step right and extend the left leg to the side with foot flexed, toes lifted.
- 1-8 Repeat **dance steps** to the left.
- 1-2 Step right and close feet together. Large overhead circle to the right with the ribbon.
- 3-8 **Chainé turn** right continuing large overhead circle. Step right and close feet together with large overhead circle.
- 1-4 **Dance steps.** Hold the ribbon stick in 2 hands. Bend the left knee, lifting the left heel, swinging the ribbon over the left shoulder. Lower the heel, swinging the ribbon down in front. Repeat to the right.
- 5-8 Clockwise sagittal circle on the right. **Straight jump**, swinging the ribbon forward and up, finishing with the ribbon behind the back, arm extended by the ear. Finish in plié.
- 1-2 Relevé, continuing snakes behind the back.

- 3-8 2 **skipping steps** forward with the toe pointed at the knee. Step forward and close feet together, continuing snakes behind the back.
- 1-4 Snakes down in front of the body. Step left and point the right foot to the side. Swing ribbon to the left.
- 5-8 Side chassé right with large counterclockwise frontal circle. Step right and point the left foot to the side, foot flexed, toes lifted. Continue frontal circle.
- 1-2 Step left and close feet together. Swing ribbon overhead to grasp the ribbon near the end.
- 3-8 Tiptoe turn right, holding near the end of the ribbon, vertical snakes.
- 1-8 Holding near the end of the ribbon, 4 figure 8s. Bend knees on each downward swing and straighten knees on each upward swing.
- 1-2 Release the end of the ribbon and begin horizontal snakes in front of the body.
- 3-6 Heel together, right, left.
- 7-8 Bend the arms and grasp the end of the ribbon stick near the ribbon. Bend slightly forward and push the ribbon stick to the ending pose.

IDENTIFIED SKILLS

- Passé balance
- Dance steps
- Chainé turn
- Dance steps to straight jump
- Dance steps, skipping steps, side chassé
- Figure 8s