

Level 1 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: Jungle Swingers

Starting position: In the center of the floor, facing Side 1, stand with feet together. Hold one knot in each hand, with the right arm extended to the side and the left hand by the right shoulder. Rope will be in a U-shape.

Counts

- 1-4 **Hold**
- 5-8 **Alternate bending knees 4 times. Swing the rope to wrap forward around the right arm.**
- 1-4 **Unwrapping the rope, walk backwards in relevé.**
- 5-8 Swing the rope overhead and backward in a U-shape to finish behind the knees.
- 1-4 **Passé balance** (either leg, parallel)
- 5-8 Close feet together. Swing rope overhead and forward in a U-shape. Step backward to extend the right leg forward to trap the rope under the foot. Close feet together to stand on the rope.
- 1-2 Bend the right knee, toes on the floor. Lean slightly forward and close the hands together. Open arms and return to starting position.
- 3-4 Repeat, bending the left knee.
- 5-8 Turning to face Corner 8, relevé and circle the left arm backward and overhead. Plié. Grasp the rope with the right hand and slide to the center to form a small loop. Straighten legs.
- 1-2 Begin forward sagittal rotations with the loop of the rope.
- 3-8 **2 marching steps** forward toward Corner 8. Step and close feet together.

- 1-4 Release the center of the rope and swing in a U-shape on the right side of the body. Cross the hands to wrap the rope around the arms. Note: Refer to Coaching Hints for instructions on how to use either hand to wrap the rope.
- 5-8 **Straight jump**, swinging arms overhead. Turning to face Side 1, step sideways to the right in pli  and extend the left leg to the side, on the heel with toes lifted. Swing arms to the right.
- 1-8 Close left foot to the right. Release rope from the arms and swing to the right in a U-shape. **Chain  turn** left, swinging the rope around the body to the left in a U-shape (sail). Step left and close the right foot to the left foot. Finish with the rope in a U-shape on the left.
- 1-4 Turning to face Side 3, step forward on the right foot and close feet together. **Swing the rope forward in a U-shape.**
- 5-6 **Swing the rope back to jump through** (either leg).
- 7-8 As the rope swings overhead in a U-shape, close the hands together (one knot in each hand). Continue the swing to a figure-8 (left, right).
- 1-4 Put both knots in the right hand. Slide the left hand to grasp the end of the doubled rope. Turning to face Side 1, diagonally backward to the left in pli  and extend the right leg to the side, on the heel with toes lifted. Swing the doubled rope to the left.
- 5-8 Tiptoe turn left (relaxed knees). Circle the doubled rope around the body to the left in a U-shape (sail). Close feet together, stretch rope, and bend forward to the ending pose.

IDENTIFIED SKILLS

- Dance steps with wrap
- Pass  balance (either leg)
- Dance steps, marching steps
- Straight jump
- Chain  turn
- Swing to jump through (either leg)