

Level 1/2 Floor Exercise

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: Carriage Trade

Starting position: Stand on the left foot, with the right leg crossed in front, toes pointed, knees together. Right arm is extended to the side on a high diagonal. Left hand is on the hip. Note: the starting place on the mat will be determined by the number of athletes on the floor.

Counts

- 1-4 Hold
- 5-8 Relevé, bringing feet together. **Forward body wave.**
- 1-8 **Dance steps - Chainé turn right, arms round in front. Step right and point the left leg to the side, arms open to sides. Close feet together, arms lower to sides. Repeat to left.**
- 1-4 **Passé balance** (flat) with knee turned out, arms round in front. Close feet together, arms open to sides. Point the left leg to the side, arms move to high diagonal on the right.
- 5-8 **Side body wave** left. Close feet together, arms push forward.
- 1-8 Step sideways right, slightly slide left leg as it extends to the side, right arm to the side on a high diagonal, left arm to the side on a low diagonal. Close left foot to right foot to take 3 small steps, knees slightly bent, turning 180° right, arms lower to sides. Repeat stepping left (with turn to right).
- 1-4 Step left in plié, close right foot to left foot, toes pointed on floor, arms close in front. Straighten supporting leg, arms windmill backwards with a slight wave, finishing with left arm forward on a high diagonal and right arm in back on a low diagonal.
- 5-8 Relevé, arms round overhead. Step forward into a lunge preparation. **180° passé pivot**, arms round overhead. Close feet together, arms open to sides.
- 1-4 Small running steps on toes with arm waves to sides. **Passé hop**, toe pointed at the knee, arms to sides. Step forward and close feet together.
- 5-8 Lift left heel, right heel, left heel, right heel, **arms**

- 1-4 Point one foot to the back, lift leg to **arabesque balance** (flat), arms to sides.
- 5-8 Close feet together. Bend and straighten knees, arms circle forward. Relevé, turning 45° left. Plié, hands on hips. Straighten knees.
- 1-8 Travelling backward, with small hops, point forward right, left, right, left. In relevé, 3 marching steps. Close feet together.
- 1-4 Bending and straightening knees, present right arm forward and to side. Repeat with left arm.
- 1-4 Turning 45° right, step forward on right leg. Kneel behind on left knee, lower arms to sides. Close right knee to left knee, arms overhead. Flick wrists to open hands.
- 1-end **On knees, back body wave** to ending pose.

IDENTIFIED SKILLS

- Forward body wave
- Dance steps with chainé turns
- Passé balance (flat)
- Side body wave
- 180° passé pivot
- Passé hop
- Arabesque balance (flat)
- On knees, back body wave