

Level 2 Ball

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: Let It Go

Starting position: Facing Side 3, stand on the right foot, left leg pointed behind. With arms bent and crossed, hold the ball against the chest with the forearms.

Counts

- 1-4 Hold
- 5-8 Close left foot to right foot. Plié, straighten arms to roll the ball out the arms. Straighten legs and catch the ball in two hands.
- 1-8 **Waltz step (step left in plié, two steps in relevé), rolling the ball in on both arms. Repeat waltz step (stepping right in plié), rolling the ball out the arms. Step and close feet together.**
- 1-4 Holding the ball in two hands, **figure 8/spiral**.
- 5-8 Holding the ball in one hand, open arms to the sides. **Bounce the ball in a V from the left hand to the right hand. Note: If the passé pivot will turn left, bounce from right hand to left hand. Step forward toward Corner 4 into a small lunge.**
- 1-2 **Holding the ball in two hands, passé pivot** (either direction). Close feet together.
- 3-8 Rolling the ball forward between the hands, chassé, two-three steps **catleap**. Close feet together and turn to face Side 1, extending the arms forward, holding the ball in two hands.
- 1-8 **Shift weight to the left, through plié. Point right foot to the side. Swing the ball to the left, finishing on a high diagonal. Shift weight to the right, through plié. Point left foot to the side. Swing the ball to the right, finishing on a high diagonal. Side chassé left with a large clockwise frontal circle. Step left and point right foot to the side. Swing the ball to the left, finishing on a high diagonal.**
- 1-4 Close right foot to the left foot. Rolling the ball in the hands (right hand on top), tiptoe turn left (slightly bent legs). Straighten legs. Hold the ball in the right hand and extend the arm forward.

5-8 Kicking feet behind, run toward Corner 2. Step and close feet together.

1-end Balancing the ball on the hand, lift leg in a **back arabesque balance**. Close feet together. Plié. **Relevé, tossing the ball (either hand) and catching with two hands**. Step back with the left leg to kneel. Close the right knee to the left knee and place the ball behind the neck. Roll the ball down the back and catch with two hands. Place the ball on the floor with the right hand. Roll the ball on the floor in front of the body to the left hand. Roll the ball to the right hand for the ending pose.

IDENTIFIED SKILLS

- Dance steps with rolls
- Figure 8/spiral
- Bounce & catch to 180° passé pivot (either direction)
- Catleap (either leg)
- Swings to side chassé
- Back arabesque balance (either leg)
- Toss (either hand) & catch