

Level 2 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: Razzle Dazzle

Starting position: In the center of the mat, slightly closer to Side 2, facing Side 1, stand on the left leg, right leg bent with toes by the left foot. Stand inside the hoop, arms extended down holding the hoop with an overgrip.

Counts

- 1-2 Hold
- 3-4 Step right to stand with feet apart. Drop the hoop so the edge is resting on the right foot. Bend the right leg to lift the hoop. Grasp the hoop with the right hand.
- 5-8 Tiptoe turn left, rotating the hoop around the vertical axis, finishing with the hoop held in an undergrip in front of the body.
- 1-8 Three **jumps through the hoop**. At the end of each jump, close the feet together and raise the hoop overhead. In relevé, turn to face Side 1.
- 1-8 **180° flip toss**. Raise the hoop overhead. Lift the leg to **passé balance in relevé** (leg parallel – either leg). Close feet together and lower the hoop to hold in an undergrip in front of the body.
- 1-8 Passing the hoop around the body, chainé turn left to finish facing Side 3, holding the hoop in the right hand. The hoop will finish in the frontal plane with the bottom edge resting on the floor. Step inside the hoop, right, left, and close feet together. Grasp the hoop with the left hand in an outside grip. Step forward into a lunge. Raising the hoop overhead, **180° passé pivot** (either direction). Close feet together.
- 1-4 Roll the hoop around the horizontal axis down in front of the body. Lean forward over the hoop. Release with the right hand and hold the top of the hoop in an overgrip with the left hand. Turn to face Side 1, finishing with the hoop on the left side of the body in a sagittal plane.
- 5-8 **Jump in the hoop, left, right. Grasp with the right hand in an overgrip. Release with the left hand and jump out of the hoop, left, right.**

- 1-4 **Spin** the hoop around the vertical axis to pass to the left hand. Step left and point the right foot to the side. Place the hoop on the floor to the left on the frontal plane.
- 5-8 **Free roll** on the floor in front of the body, shifting the weight to the right with a small pli . Catch the hoop with the right hand in an undergrip. Turning to face Corner 2, close feet together. Grasp the hoop with the left hand in an undergrip. Rotate the hoop to the left around the body on the vertical axis. Finish holding the hoop in front of the body on the horizontal plane.
- 1-8 Traveling toward Corner 2, step left, touch right foot by the left foot, swing the hoop on the horizontal plane to the right. Repeat stepping right, swinging the hoop to the left. Close feet together and pli  while passing the hoop around the knees on horizontal plane. Finish with the hoop in the right hand on a high diagonal. Step forward and swing the hoop down on the sagittal plane
- 1-8 **Pass  hop** (either leg) swinging the hoop upward to a high diagonal. Step and close feet together swing the hoop down on the sagittal plane. **Toss & catch** (toss with either hand and catch with two hands, right hand higher than the left). Note: To do the toss in the left hand, change hands on the downward swing after the pass  hop. The hoop must be caught with the right hand higher and the left hand low in order to transition to the dance steps that follow. Turning to face Side 1,
step left and close feet together releasing the hoop with the left hand. Pass the hoop around the body on the vertical axis putting the left arm and then the right arm into the hoop. Finish with the arms to the sides, hoop resting on the neck.
- 1-end Step left, kick the right foot, step right, kick the left foot. Tiptoe turn left with slightly bent knees. Bend the right arm to grasp the hoop inside with the right hand. Taking the left arm out of the hoop, swing the hoop around to catch the hoop with the left hand. Finish with feet apart holding the hoop with both hands in front of the body on the frontal plane, arms slightly bent. Lean forward and straighten the arms to the ending pose.

IDENTIFIED SKILLS

- Jumps through hoop (either leg)
- 180  flip toss to pass  balance in relev  (either leg)
- 180  pass  pivot (either direction)
- Jumps in & out of the hoop. Spin
- Free roll to dance steps
- Pass  hop (either leg)
- Toss (either hand) & catch

