

Level 2 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: Little Bitty

Starting position: In the center of the mat, closer to Side 5, facing Side 3, stand on the right leg, left leg bent with toes by the right foot. Arms extended forward with rope wrapped around the right wrist. Left hand holds the loop of the rope.

Counts

Intro Hold

- 1-8 In relevé, 4 marching steps forward, unwrapping the rope from the wrist (counterclockwise). Turning 45° left to face Side 1, step and close feet together, straightening the arm to swing the rope overhead. Grasp one knot in each hand to open the rope to a U-Shape. Bend and straighten knees.
- 1-2 Shift weight to the right, through plié. Point left foot to the side. Swing rope in a U-shape to the right.
- 1-8 Shift weight to the left, through plié. Point right foot to the side. Swing rope in a U-shape to the left. Chainé turn right, circling rope on the frontal plane in a U-shape. Closing feet together, swing the rope right, releasing the knot from the left hand. Bend and straighten knees. Facing corner 8, take 2-3 steps forward, heel first. Note: To do the release with the left hand, pass the knot behind the back after releasing the end.
- 1-8 **Catleap** (may be performed with either leg). Step and close feet together. Swing the rope forward and upward to catch the knot. Slightly bending the knees, hold the rope in a U-shape. Straightening knees, swing the rope overhead in a U-shape, finishing with the rope resting on the legs. Bend the knees, cross rope in front of the body. Straighten knees, open arms.
- 1-4 Jump over rope one foot at a time. Swing the rope overhead in a U-shape, lifting toes to trap the rope under the feet.
- 5-8 Bend the knees, crossing the left arm in front of the body and the right arm behind. Straighten knees and open the arms to the sides. Repeat, crossing the right arm in front.

- 1-4 Step backwards off the rope and close feet together. Slightly bending the knees, swing the rope in a U-shape to the right. **Wrapping the rope around the waist (right arm high, left arm low), step left and cross right foot in front. Step left and cross right foot behind (grapevine). To face Side 7, step left. Step forward right into a lunge.**
- 5-8 **180° passé pivot** to the right, unwrapping the rope. Put 2 knots in right hand and swing to the back on the sagittal plane. Note: Refer to Coaching Hints for instructions how to reverse this section and do the passé pivot to the left.
- 1-4 Relevé, begin clockwise rotations on the sagittal plane. Step, chassé, 1-2 steps to **passé hop** (may be performed with either leg), toe to knee, continuing rotations (may be performed with either leg). Close feet together.
- 5-8 Bend and straighten knees, moving heels and toes, travelling to the right toward Side 5, continuing rotations. Repeat.
- 1-8 With the left hand, grasp the rope near the right hand. Slide the left hand to the end of the doubled rope to stretch the rope in front. Begin backward circles with doubled rope. Lift one leg to the back in **arabesque balance** (may be performed with either leg). Close feet together and relevé, raising the arms overhead. Bend the arms to lower the rope behind the neck.
- 1-4 **Chainé** turn right. With the rope behind the neck, open arms on the first step and close arms in front on the second step. Repeat with $\frac{3}{4}$ **chainé** turn. Finish with feet together, facing Side 1.
- 5-8 Open arms to the sides. Keeping the rope taut, lift arms to raise the rope overhead and to the front. Release the rope with the left hand. Begin counterclockwise rotations on the frontal plane.
- 1-4 **Passé balance in relevé** (may be performed with either leg), toe to knee, continuing rotations with the rope. Close feet together. Turn left to face Side 7, extending the arms to swing the rope overhead. Put one knot in each hand to finish with the rope in a U-shape, resting on the legs, knees bent.
- 5-end Swing rope forward in a U-shape and release the knots. Catch the middle of the rope in an undergrip, hands shoulder width apart. Bend the arms and lift the rope overhead to place behind the neck. Facing Side 1, step right in plié, extend the left leg to the side, on the heel with toes lifted. Slide hands to the ending pose.

IDENTIFIED SKILLS

- Catleap (either leg) with rope swing (either hand) & catch
- Jump over rope

- Dance steps to 180° passé pivot (either direction)
- Passé hop (either leg)
- Back arabesque balance (either leg)
- Chainé turns (one & $\frac{3}{4}$)
- Passé balance in relevé (either leg)