

Level A 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: When the Saints

Starting position: Sitting. Hands rest on thighs.

Counts

Intro Hold

1-4 Raise right arm to side, finishing on a high diagonal
5-8 Salute.

1-4 Open right arm to a high diagonal.
5-8 Lower arm to side.

1-8 Move arms side to side (eight times) in front of body (windshield wipers).

1-4 Clap on left knee with both hands.
5-8 Open right arm to a high diagonal.

1-4 Clap on right knee with left hand.
5-8 Open left arm to a high diagonal.

1-8 Wave arms overhead (eight times).

1-2 Touch right hand to left shoulder.
3-4 Extend right arm to a low diagonal.
5-6 Touch left hand to right shoulder.
7-8 Extend left arm to a low diagonal.

1-4 Arm wave to the right side with right arm.
5-8 Arm wave to the left side with left arm.

1-4 Alternating arm waves forward.
5-12 Alternating hands, clap on knees.

1-2 Bend arms, hands by right shoulder. Extend arms to right on a high diagonal.
3-4 Bend arms, hands by left shoulder. Extend arms to left on a high diagonal.
5-6 Bend arms, hands by right shoulder. Extend arms to right on a high diagonal.
7-8 Bend arms, hands by left shoulder. Extend arms to left on a high diagonal.

1-4 Clap four times.
5-8 With elbows close to sides, shake hands.

End Open arms for ending pose – right arm on a high diagonal, left arm on a low diagonal.