

Level A 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: Baby Elephant Walk

Starting position: Sitting. Hold the hoop with two hands (undergrip) on the horizontal plane, hoop lowered in front of the legs.

Counts

1-8 Raise hoop overhead on the horizontal plane.

1-4 Bend slightly to the right and straighten.

5-8 Bend slightly to the left and straighten.

1-8 Lower the hoop to the front. Finish with arms at shoulder level.

1-8 Bending and extending the arms, circle the hoop to the left on the horizontal plane.

1-8 Bending and extending the arms, circle the hoop to the right on the horizontal plane.

1-4 Raise hoop overhead.

5-8 Lower the hoop, while moving one hand to hold in an outside grip. Finish with hoop in the frontal plane, arms at shoulder height.

1-4 Touch the left hand to the left shoulder, and extend the right arm forward, moving the hoop to the vertical plane.
Extend the arms to return the hoop to the frontal plane.

5-8 Touch the right hand to the right shoulder, and extend the left arm forward, moving the hoop to the vertical plane.
Extend the arms to return the hoop to the frontal plane.

1-8 Shake hoop.

End Keeping hoop on frontal plane, bend arms. Bend slightly to the right for the ending pose.