

## Level B 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:** Goofing Around

**Starting position:** Standing. Hold the ball with two hands, arms extended down in front of the body.

### Counts

1-12 Extend the arms forward, then bring the ball to the chest. Shake ball.

1-4 Extend the arms forward.

1-16 Bending the knees, touch the ball to the right shoulder. Straightening the knees, extend the arms forward.

Bending the knees, touch the ball to the left shoulder. Straightening the knees, extend the arms forward.

Bending the knees, touch the ball to the right shoulder. Straightening the knees, extend the arms forward.

Bending the knees, touch the ball to the left shoulder. Straightening the knees, extend the arms forward.

1-4 Holding the ball in the right hand, open arms to the sides.

5-8 Bring the arms together to hold the ball in two hands.

1-4 Holding the ball in the left hand, open arms to the sides.

5-8 Bring the arms together to hold the ball in two hands.

1-4 Bends the arms to bring the ball to the right shoulder for the ending pose.