

## Level B Clubs

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:** Rockin' Robin

**Starting position:** Standing. With arms extended LOW – RAISE ARMS to the front, hold the head of the clubs with one club in each hand. CORRECT LEVEL A

### Counts

1-4 Roll the clubs forward.

5-8 Two knee bends while rolling clubs forward.

1-4 Extend arms forward.

5-8 Tap clubs, pause, tap clubs, pause, tap, tap.

1-4 Raise arms overhead.

5-8 Lower right arm to side.

1-4 Raise right arm overhead.

5-8 Lower left arm to side.

1-4 Open right arm to side (both arms will be to the side).

5-6 Swing left arm overhead.

7-8 On the right side of the body, tap clubs two times.

1-4 Swing left arm overhead to open on the side.

5-6 Swing left arm overhead.

7-8 On the left side of the body, tap clubs two times.

1-4 Drumming with clubs, move arms across in front of the body, finishing on the right.

5 Extend left arm forward.

6 Extend right arm forward, crossing club and tapping.

7-8 Bends arms in front of body for ending pose.