

Level B Ribbon

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: Happy Song

Starting position: Standing. Hold the arm down on the side, with the stick pointing to the floor. Free arm, hand on hip.

Counts

1-4 Raise the arm forward to hold the stick at shoulder height.

1-8 Four knee bends with spirals

1-8 Open the arm to the right side and then swing the ribbon left across in front of the body. Swing the ribbon right across in front of the body to open the arm.
Repeat swings left and right.

9-16 Two overhead circles to the left, finishing with the arm extended to the right.

1-8 Swing the ribbon left across in front of the body. Swing the ribbon right across in front of the body to open the arm.
Repeat swings left and right.

9-16 Two overhead circles to the left, finishing with the arm extended to the right.

1-8 Four overhead swings (left-right-left-right).

1-8 Horizontal snakes in front of the body.

1-8 Four overhead swings (left-right-left-right).

1-4 Horizontal snakes in front of the body.

5-8 Swing the ribbon left to loop over the left arm for the ending pose.