

Level B Rope

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: After You Mr. Trumpet Man

Starting position: Standing with feet together. Hold the doubled rope. Arms in front of the body at shoulder height.

Counts

1-4 Hold.

5-8 Spin rope forward. On count 8, stretch the rope.

1-16 Bend knees and bring hands together, then straighten knees and bring hands apart to stretch the rope. Repeat 4 times.

1-16 Bring hands slightly closer to hold the rope in a U-shape. Swing rope side to side. Repeat 4 times.

1-4 Stretch rope.

1-8 Bending and extending the arms, circle the rope to the right. Extend arms to stretch the rope and raise overhead.

End Bend the body forward and lower the rope. Slightly bending arms, slide the rope upward along the body. Extend arms to stretch the rope and raise overhead for the ending pose.