

Level C 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: Mambo

Starting position: In the middle of the floor, facing Side 1, stand with feet together. Hold the ball with two hands, in front of the chest, elbows wide.

Counts

- 1-8 Hold
- 1-4 Roll the ball in the hands. Bend and straighten the knees, rolling the hips.
- 1-4 Continue rolling the ball. Step to the side - right, left, together, rolling hips.
- 5-8 Step to the side - left, right, together, rolling hips.

- 1-4 Heel together right. Extend the ball forward and bring ball back to chest.
- 5-8 Heel together left. Extend the ball forward and bring ball back to chest.
- 1-2 Relevé. Extend the ball forward.

- 1-4 Rolling the ball in and out the arms, walk forward on tiptoes, three steps and close feet together.
- 5-6 Plié and bounce the ball with two hands. Straighten and catch the ball with two hands.
- 7-8 Straight jump, swinging the ball overhead.

- 1-8 Holding the ball overhead, tiptoe turn (either direction).

- 1-4 Step right, plié and straighten to shift the weight to the right, finishing with left foot pointed to the side. Lower arms in front of the body during the plié. Raise both arms to the right on a high diagonal as the legs straighten.
- 5-6 Plié and straighten to shift the weight to the left, finishing with right foot pointed to the side. Lower arms in front of the body during the plié. Raise both arms to the left on a high diagonal as the legs straighten.
- 7-8 Close the right foot to the left foot. Lower the ball in front to chest level.

- 1-end Plié and swing the ball down. Straighten and toss the ball with two hands. Plié and catch the ball with two hands.
Step back in plié on the right foot. Lift the toes on the left foot. Hold the ball in the left hand and swing the right arm to the ending pose.

