

## Level C 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:** Dinosaur Bones

**Starting position:** Standing with feet together. Arms are extended downward, with one club in each hand.

### Counts

1-4 Hold

5-8 Lift one heel. Change feet to lift the other heel.

1-4 Lower heel and extend the right arm forward and upward.

5-8 Continue the sagittal circle, moving the arm back and down.

1-4 Step forward right and extend both arms forward (parallel). Touch the left foot to the side and tap clubs.

5-8 Step forward left with both arms forward (parallel). Touch the right foot to the side and tap clubs.

1-2 Close right foot to left foot and raise arms overhead.

3-8 Keeping arms parallel, large clockwise frontal circle, finishing with arms overhead. Plié as clubs pass through lowest position. Straighten legs as arms finish the circle.

1-8 With arms extended overhead, tiptoe turn (either direction).

1-4 Swing right arm down and back. Plié and straighten legs during the swing.

5-8 Swing right arm forward and up. Plié and straighten legs during the swing.

1-4 Swing left arm down and back. Plié and straighten legs during the swing.

5-8 Swing left arm forward and up. Plié and straighten legs during the swing.

1-4 Plié and swing both arms forward and down.

5-8 Straight jump, swinging both arms forward and up, finishing overhead.

1-4 Bend elbows to place the neck of the clubs on the shoulders. Elbows are wide. Plié and straighten legs as arms wave right and left.

5-8 Relevé and then lower heels.

1-4 Extend both arms to the right on a high diagonal. Point left foot to the side.

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.

5-8 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.

1-4 Close left foot to right. Drum close to the floor.

5-8 Put both clubs in the right hand and extend the arm on a forward low diagonal. Raise the left arm to the ending pose.