

Level C Floor Exercise

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: Come to the Morning

Starting position: Standing. Arms down at sides.

Counts

- 1-8 Hold
- 1-4 Raise both arms overhead.
- 5-8 Plié and straighten. Arms wave to the sides.

- 1-4 Step forward with the right foot, plié and straighten finishing with left foot pointed behind. Present with the right arm, forward and open.
- 5-8 Step forward with the left foot, plié and straighten finishing with right foot pointed behind. Present with the left arm, forward and open.

- 1-4 Close feet together. Raise arms overhead.
- 5-8 Forward body wave, finishing with arms overhead.

- 1-8 With hands on hips, heel together (right, left).

- 1-4 Clap hands four times.

- 1-8 With arms to sides, two chassés forward (leading with either foot). Step and close feet together. Plié and lower arms.

- 1-4 Swinging arms overhead, straight jump.
- 5-6 Right arm wave to the side, finishing low.
- 7-8 Left arm wave to the side, finishing low.

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

- 1-4 Alternating arm waves forward.
- 5-8 Clap hands four times.

- 1-8 Alternate lifting knees to march in place (right, left, right, left), clapping on each knee with both hands.

- 1-4 Point right foot to the side. Raise both arms to the left and wave, finishing on a high diagonal.
- 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. As the legs straighten, raise both arms to the right and wave, finishing on a high diagonal.
- 1-4 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. As the legs straighten, raise both arms to the left and wave, finishing on a high diagonal.
- 5-8 Close right foot to left foot and cross arms in front of the body (Indian style). Raise arms overhead in a V for the ending pose.

End Open arms for ending pose – right arm on a high diagonal, left arm on a low diagonal.