

## Level C Hoop

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:** Steam Heat

**Starting position:** In the middle of the floor, facing Side 1, stand inside the hoop with feet together. Hold the hoop with two hands, in an overgrip.

### Counts

1-2 Hold

3-4 Shake hoop.

5-8 Shaking hoop, 3 marching steps forward. Close feet together.

1-2 Plié.

3-4 Raising the hoop overhead, straight jump.

5-6 Relevé.

7-10 Holding the hoop overhead, tiptoe turn (either direction).

11-12 Lower the hoop. Release with the left hand, allowing the edge of the hoop to lower to hold on the sagittal plane.

1-2 Step sideways out of the hoop (left-right-together). Place the left hand on the hip.

3-4 Bending slightly forward, roll the hoop forward and back.

1-4 Assisted spin. Walk around the hoop.

5-6 Close feet together.

7-8 Assisted roll to the right. Finish holding the hoop with the right hand, left arm on a high diagonal to the left. Stand on the right foot and point the left foot to the side.

1-4 Plié and straighten to shift the weight to the left, finishing with right foot pointed to the side. Keeping the hoop on the frontal plane, 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. Keeping the hoop on the frontal plane, 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 Lowering the hoop in front, step left and close the feet together.  
Raising the hoop overhead, relevé.

5-end Lower the hoop in front to tap on the floor. Step back to kneel on one knee. Close the other knee. Pass the hoop around to rest on the legs. Sit back on the legs. Present arms and open to the ending pose.