

Level C 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: Lilo & Stitch

Starting position: In the middle of the floor, facing Side 1, stand with feet together, heels on the middle of the rope. Hold one knot in each hand, arms to the sides.

Counts

- 1-4 Hold
- 5-6 Plié, bending slightly forward to bring the hands together.
- 7-8 Straighten legs, stand up straight, and open the arms to the sides.

- 1-4 Step forward right, through plié. Swing the rope overhead in a U-shape.
- 5-8 Shift the weight to the back foot, through plié. Trap the rope under the right foot.

- 1-4 Put both knots in the right hand.
- 5-8 Close feet together. Grasp the rope with the left hand near the right hand and slide to the loop end to double the rope. Spin the rope forward.

- 1-8 Spinning the rope, 3 marching steps forward. Close feet together.

- 1-4 Plié and stretch the rope, lowering arms in front.
- 5-8 Swinging the rope overhead, straight jump, landing in plié. Relevé.

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

- 1-8 Release the loop end of the rope and begin overhead rotations to the left. Heel together right and left.

- 1-8 Crossing the right arm in front of the body, allow the rope to wrap around the waist. Grasp the loop end of the rope with the left hand. Release the knots and grasp the rope with the right hand near the left hand. Slide the right hand to regrasp the knots, with the rope stretched in front of the body.

- 1-2 Plié and bring the hands together in front of the body.
- 3-4 Straighten legs and open the arms to stretch the rope.
- 5-6 Relevé and raise the rope overhead.
- 7-8 Lower the heels and place the middle of the rope behind the neck, hands on hips.

- 1-4 Step right, plié and straighten to shift the weight to the right, finishing with left foot to the side, toes lifted.
- 5-8 Plié and straighten to shift the weight to the left, finishing with right foot to the side, toes lifted.