

MRG LEVEL 1

MRG LEVEL 1 STICK

The video is the only version of the routine.

MUSIC: Superman

IDENTIFIED SKILLS:

1. Pass stick overhead
2. Steps with frontal circle & swing
3. Marching steps
4. Passé balance (either leg)
5. Roll stick in & out arms
6. Pass stick behind back

MRG LEVEL 1 RINGS

The video is the only version of the routine.

MUSIC: Two Worlds

IDENTIFIED SKILLS:

1. Overhead swings
2. Steps with 180° turn marching
3. Roll ring on floor
4. March, passing ring in large circle
5. Rotation on arm
6. Steps with handling

MRG LEVEL 1 ROPE

The video is the only version of the routine.

MUSIC: Raiders of the Lost Ark

IDENTIFIED SKILLS:

1. Wrap & unwrap rope on arm
2. Marching steps
3. Straight jump
4. Steps with sail
5. Jump over rope
6. Overhead rotations, pass rope around to spin

MRG LEVEL 1 CLUBS

The video is the only version of the routine.

MUSIC: We Will Rock You

IDENTIFIED SKILLS:

1. Turn to lunges
2. Marching steps
3. Straight jump
4. Lunges with frontal circles
5. Passé hop (either leg)
6. Passé balance (either leg)