

MRG LEVEL C

MRG LEVEL C STICK

The video is the only version of the routine.

MUSIC: Rocky's Theme

SEGMENTS:

- 1- Marching steps in a circle
- 2- Pass stick in large circle, changing hands overhead
- 3- Balance standing on 1 foot (either leg). March forward.
- 4- Lunges
- 5- Marching steps turning. Roll stick on floor.

MRG LEVEL C RINGS

The video is the only version of the routine.

MUSIC: Tonight Tonight

SEGMENTS:

- 1- Dance steps. Remove rings from neck and lower to sides.
- 2- Raise arms forward and open. Balance standing on 1 foot (either leg).
- 3- Marching steps turning, both directions
- 4- Roll ring on floor
- 5- Place 1 ring around neck. Swing ring on arm. Place other ring around neck to ending pose.

MRG LEVEL C ROPE

The video is the only version of the routine.

MUSIC: The Greatest Show

SEGMENTS:

- 1- Swing rope and trap under foot. Marching steps, spinning rope.
- 2- Straight jump
- 3- Frontal rotations with rope to lunges.
- 4- Steps with sail. Jump through rope.
- 5- Lunge. Overhead rotations to wrap on arm.

MRG LEVEL C CLUBS

The video is the only version of the routine.

MUSIC: Who Let the Dogs Out

SEGMENTS :

- 1- Sagittal arm circle. Steps with tapping.

- 2- Large frontal circle. Turn (either direction, flat).
- 3- Sagittal arm swings.
- 4- Straight jump.
- 5- Lunges. Drumming.