**LEVEL B ROUTINES**

**Level B 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:** Chicago Shake

**Starting position:** Sitting. With arms bent, hold the doubled rope (both knots in the right hand) on the horizontal plane.

**Counts**

Intro Hold

1-8 Extend the arms to the right, and circle the rope to the left.

Tilt the head right-left.

1-8 Repeat

1-8 Spin the rope forward. Extend the rope.

Twist the rope, raising the left arm and lowering the right arm to hold the rope on the vertical plane. Raise the right arm and lower the left arm to hold the rope on the vertical plane.

1-8 Repeat

1-8 Release the looped end of the rope. Figure 8s (left-right-left). Swing the rope on the right side of the body.

1-8 Overhead rotations to the left.

Lower the right arm and grasp the rope with the left hand (in an overgrip), near the right hand. Slide the left hand to hold near the looped end of the rope. Raise arms overhead to the ending pose.

**Level B Ball**

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**Music:** Another One Bites The Dust

**Starting position:** Sitting. Hold the ball with two hands on the right hip.

**Counts**

1-4 Hold

5-8 Touch the ball to the right hip, then the left hip.

1-8 Holding the ball with two hands, counter-clockwise frontal circle.

1-8 With arms extended in front, twist the ball four times (left hand on top–right-left-right).

1-4 Roll the ball in the arms, bending the elbows to trap the ball by the chest (forearms parallel).

5-8 Roll the ball out the arms and catch with two hands.

1-4 Touch the ball to the right shoulder. Extend the arms forward.

5-8 Touch the ball to the left shoulder. Extend the arms forward.

1-4 Toss the ball with two hands. Keeping the elbows lifted and the arms parallel, bend the elbows to trap the ball in the arms by the chest.

5-8 Extend the arms to roll the ball out and catch with two hands.

1-16 Repeat the previous 16 counts. Raise the ball overhead to the ending pose.

**Level B Clubs**

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**Music:** Boogie Shoes

**Starting position:** Sitting. With arms extended to the front, hold the neck of the clubs with one club in each hand. The clubs are parallel, on the vertical plane.

**Counts**

1-8 Shake the clubs.

1-8 Bend the elbows and extend the arms to the right. Circle the clubs to the left two times.

1-4 Place the head of the clubs on the legs and slide the hands down to grasp the clubs by the head.

1-12 Roll the clubs forward.

1-4 Extend the arms forward,

5-8 Open the arms to the sides. Swing the arms to the front.

1-4 Tap the clubs. Raise the arms overhead.

5-8 Lower the right arm to the side.

1-4 At the same time, raise the right arm overhead and lower the left arm to the side.

5-8 Raise the left arm overhead.

Lower the arms in front of the body. Place the body of the clubs on the legs. Extend the arms and push the head of the clubs forward for the ending pose.

**Level B Ribbon**

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**Music:** Say Hey

**Starting position:** Sitting. Extend the right arm to the side.

**Counts**

1-8 Spirals on the side

1-4 Swing the ribbon up. Horizontal snakes down in front of the body.

1-4 Repeat.

1-8 Holding the ribbon stick with both hands, swing the ribbon over the shoulders 4 times (right-left-right-left)

1-8 Four overhead circles to the left

1-end Four overhead swings (left-right-left-right).

Counterclockwise circle to the ending pose