

# LEVEL 1 - FLOOR EXERCISE

Note:

Whenever high position arms are indicated, arms may be curved (crown) or straight.

Whenever sideward-diagonally upward arms are indicated, arms may be pressed slightly backward.

Whenever the text states to "step," the proper dance technique is to step through the foot (toe, ball, heel) with the feet turned out slightly.

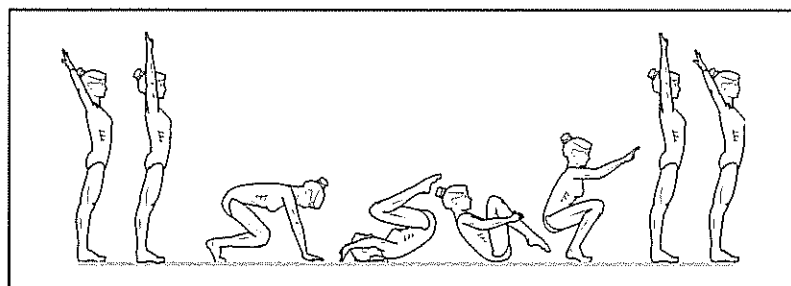
**The routine may be reversed in its entirety; however, no single element may be reversed unless indicated by an asterisk. (\*)**

The choreography was developed in counts of 8. The numbers in parenthesis following the title of the elements/connections refer to the counts in the musical phrase.

**SP:** Start in a corner or near the side of the Floor Exercise mat. The gymnast may perform the exercise in a straight pattern across the mat, or on the diagonal. Begin in a straight stand with the arms extended sideward-diagonally-upward.

## 1. FORWARD ROLL TUCKED (0.40)

(1, 2, 3, 4, 5, 6, 7, 8)



Bend the knees and reach forward to place the hands on the floor. Lower the head by tucking the chin to the chest and keeping the back rounded. Lift the hips to place the back of the head and shoulders on the floor. Push off both feet to initiate the FORWARD ROLL. During the roll, tuck the legs, and with or without the use of the hands on the shins, pull the knees close to the chest and heels close to the buttocks. Maintain this tight tuck position throughout the forward roll.

Place the feet on the floor and lean forward to arrive in a tuck stand. Immediately straighten the legs to finish in a straight stand.

**ARMS:** Lift to high position. At the completion of the roll, lift arms to high position; then open to diagonally-sideward-upward.

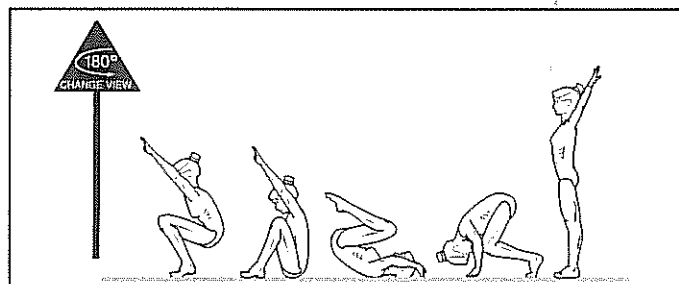
## 2. BACKWARD ROLL TUCKED (0.40)

(1, 2, 3, 4, 5, 6, 7, 8)

Bend the knees to arrive in a tuck sit, keeping the feet on the floor. Begin rolling backward with the head tucked, chin to chest. Immediately place the hands on the floor by the shoulders, palms down, fingers pointing towards shoulders. As the hips roll backward over the head, push down against the floor and extend the arms, taking weight off the head and neck. Maintain the tuck position throughout the roll to finish in a tuck stand.

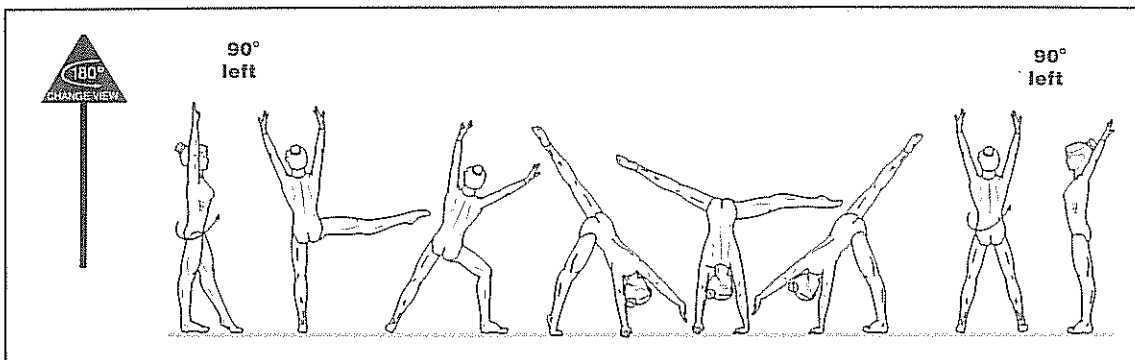
Immediately extend the legs to finish in a straight stand.

**ARMS:** High position at the start of the roll. Finish with the arms in high position; then open to diagonally-sideward-upward.



### \*3. CARTWHEEL RIGHT (0.60)

(1, 2, 3, 4, 5, 6, 7, 8)



*(If reversing the cartwheel, step Right and kick Left; continue reversing until the feet are joined after the 90° turn.)*

Step onto a straight Left leg. Kick the straight Right leg forward-upward while simultaneously turning 90° to the Left. Take a long step sideways onto the Right leg into a deep side Right lunge with the Right foot turned out slightly. Lift the Left leg sideward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the floor. Continue this levering action and lift the Left leg sideward-upward as the torso lowers. Place the Right hand sideways on the floor as the Right leg pushes off the floor. Place the Left hand on the floor sideways (hands shoulder-width apart) to execute a CARTWHEEL RIGHT. The head remains in alignment, with the shoulder and hip angle open. Step down on the Left foot using the levering action, then step down onto a straight Right leg.

The rhythm is a 4-count (hand-hand-foot-foot) to arrive in a side straddle stand with feet flat. Execute a 90° turn to the Left while joining the Left foot next to the Right foot.

ARMS: High position with the shoulders open throughout, then open to sideward-diagonally-upward.

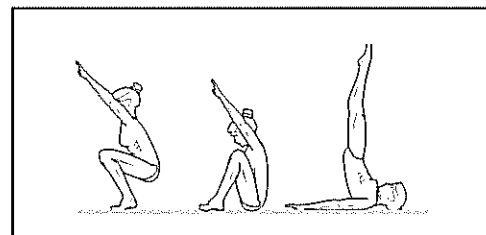
HEAD: Remains neutral between the arms throughout.

### 4. CANDLESTICK (0.40)

(1, 2, 3, 4)

Bend the knees to arrive in a tuck sit with the feet on the floor. Begin rolling backward to extend the body into a CANDLESTICK position (high on the shoulders, toes pointed to the ceiling, hip angle straight).

ARMS: Lower forward-downward to finish with palms resting on the floor in front of the buttocks.

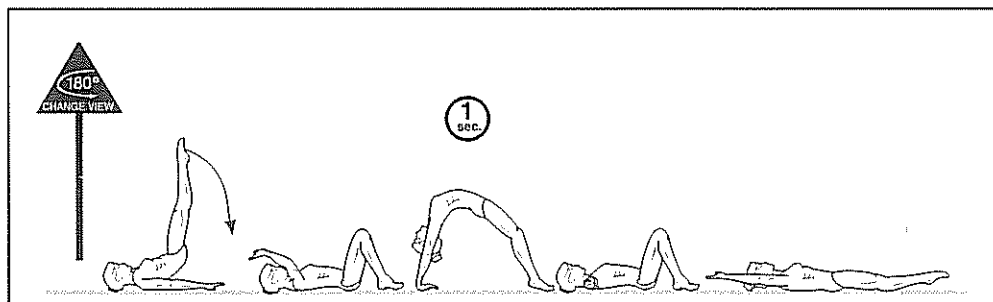


### 5. BRIDGE (0.60)

(5, 6, 7, 8)

Roll out of the Candlestick to a back lying position with the knees bent and the feet flat on the floor, shoulder-width apart.

ARMS: Reach backward to place the hands on the floor, by the shoulders, with the palms down and the fingertips pointing toward the shoulders.

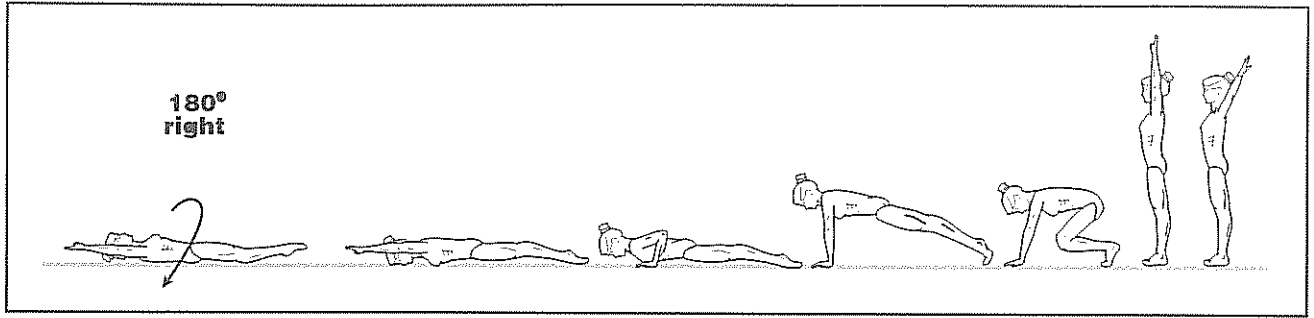


(1, 2, 3, 4, 5, 6, 7, 8)

Push down against the floor, extending the arms and legs as the back arches, to arrive in a BRIDGE position with arms straight, shoulder-width apart or closer and the legs straight or bent. **Hold one second.** Bend the arms and legs, lowering the body to return to a straight back lying position on the floor, with the arms extended overhead.

Focus: Head remains neutral; eyes focus on hands during the bridge.

## 6. 1/2 (180°) SIDE ROLL



(1, 2, 3, 4)

Execute a 1/2 (180°) straight body SIDE ROLL to the Right to finish in a straight lying prone position.

ARMS: Remain high during the roll.

At the completion of the roll, place the hands on the floor under the chest. Extend the arms to push up to a straight body prone support with the legs together, balls of the feet on the floor.

(5, 6, 7, 8)

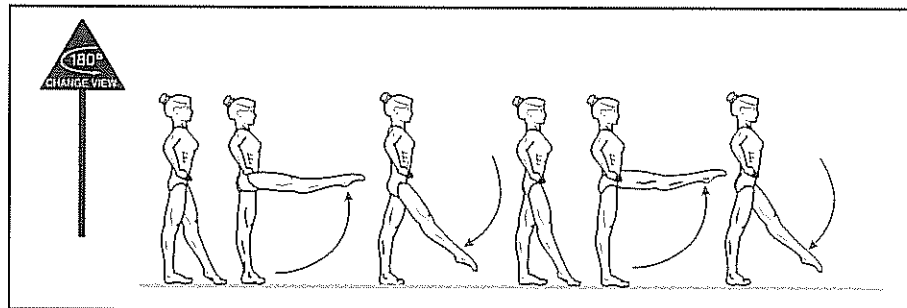
Jump the feet forward toward the hands and bend the knees to arrive in a tuck stand in relevé. Extend the legs and lower the heels to the floor to finish in a straight stand.

ARMS: Lift to high position on the stand, then open to sideward-diagonally-upward.

## 7. LEG SWINGS (0.40 EACH)

R- (1, 2)

L- (3, 4)



Step forward onto a straight Left leg with the Left foot turned out slightly (not in relevé). Swing the turned out Right leg forward to horizontal or above. When the LEG SWING reaches its highest point, pull the leg down quickly and step forward onto a straight Right leg with the Right foot turned out slightly (not in relevé).

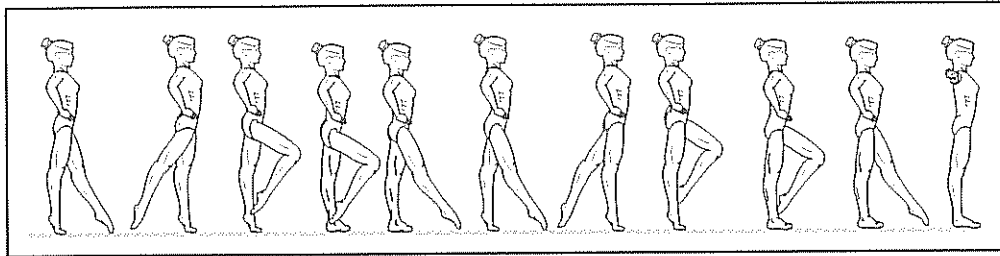
Repeat the LEG SWING with the Left leg. Both legs remain straight with hips squared throughout.

ARMS: Hands on hips.

### 8. COUPÉ WALKS FORWARD (NOT IN RELEVÉ) (0.20 EACH)

R-(1, 2, 3, 4)

L-(5, 6, 7, 8)



Begin the forward step by pushing off the Right foot while simultaneously reaching forward onto the Left foot (relevé to flat). Point the Right foot behind SLIGHTLY off the floor as the weight transfers to the Left foot. *(Do not perform a kick or arabesque here.)* Immediately bend the Right knee forward and pull the pointed Right foot forward to touch the Left ankle (forward coupé). The COUPÉ WALK rhythm is "Point, Push, Step, Pull." Extend the Right leg forward, pointing the Right foot on the floor. Repeat the COUPÉ WALK on the Right leg.

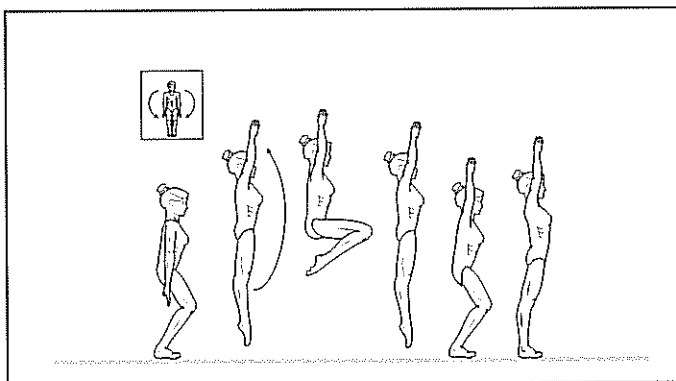
ARMS: Hands on hips.

Step Left, closing the Right foot beside the Left foot (not in relevé).

ARMS: Open both arms to side-middle.

### 9. TUCK JUMP (0.40)

(1, 2, 3, 4)



Demi-plié both legs. Push off the floor, extending both legs through the hips, knees, ankles, and toes with the legs together, then quickly bend both knees forward-upward achieving a minimum of 90° hip and knee angle to execute a TUCK JUMP. Dynamically open the legs in the air to a stretched position before landing. Land on both feet side-by-side in demi-plié, pressing through the balls of the feet to lower the heels to the floor.

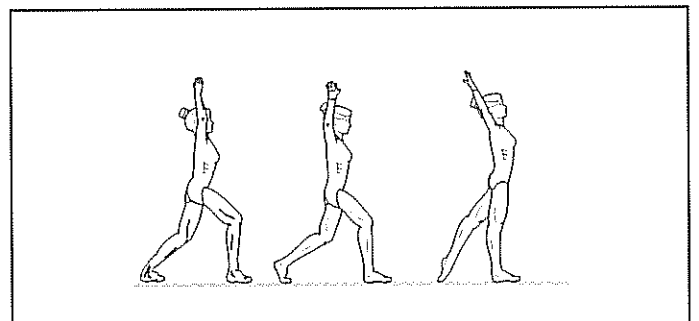
ARMS: During the demi-plié, lower the arms sideward-downward to low position. During the jump, lift forward-upward to crown. Remain in crown upon landing.

Extend both legs to finish in a straight stand (not in relevé).

ARMS: Remain in crown.

### 10. POSE

(5, 6, 7, 8)



Demi-plié the Left leg and step forward onto a bent Right leg, turned out slightly. Showing a rocking motion through the use of the legs through 4<sup>th</sup> position demi-plié with both heels on the floor, perform a weight transfer onto the Right leg.

Extend both legs to finish with the Left leg extended backward, turned out slightly, with the Left foot pointed on the floor.

ARMS: Open sideward, supplely bending and straightening the arms to finish diagonally-sideward-upward.