

## LEVEL 2 - 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.

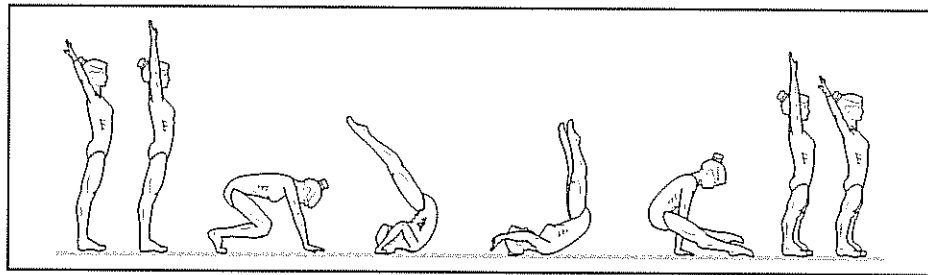
Whenever the text states to "step," the proper dance technique is to step through the foot (toe, ball, heel) with the feet turned out slightly.

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 refers 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 TO STRADDLE STAND (0.40)

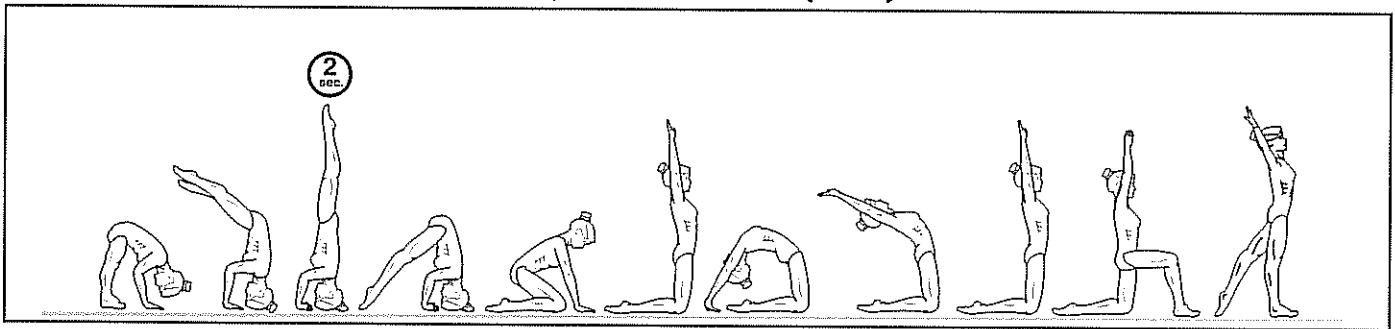


(1, 2, 3, 4)

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. As the roll continues, straddle the legs, reaching between the legs with both hands to push down against the floor. Keep the legs straight as the hips rise to arrive in a straddle stand.

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

### 2. HEADSTAND TO KNEEL (0.40); ARCH BACK (0.40)



(5, 6, 7, 8)

Place the hands and head on the floor (with the head in front of the hands in a triangular formation). Lift the feet off the floor in a straddle position as the hips move directly in line over the head. The legs move sideward-upward to join at vertical in a HEADSTAND with the body in an extended vertical position.

(1, 2, 3, 4) Hold two seconds.

(5, 6, 7, 8)

Pike the hips to lower the legs. Keep the legs together and straight until the toes touch the floor, then bend the legs to place the knees on the floor with the ankles extended. (Knees may be slightly separated in the kneeling position.) Lift the torso to finish in an upright kneeling position with the hips extended.

**ARMS:** Lift forward-upward to high position as the torso lifts.

(1, 2, 3, 4)

Push the hips and thighs forward. Simultaneously reach the arms backward overhead, stretching in the upper back, to lightly touch the hands on the floor behind the feet. Lift the torso back to a straight kneeling position.

**ARMS:** Maintain high position.

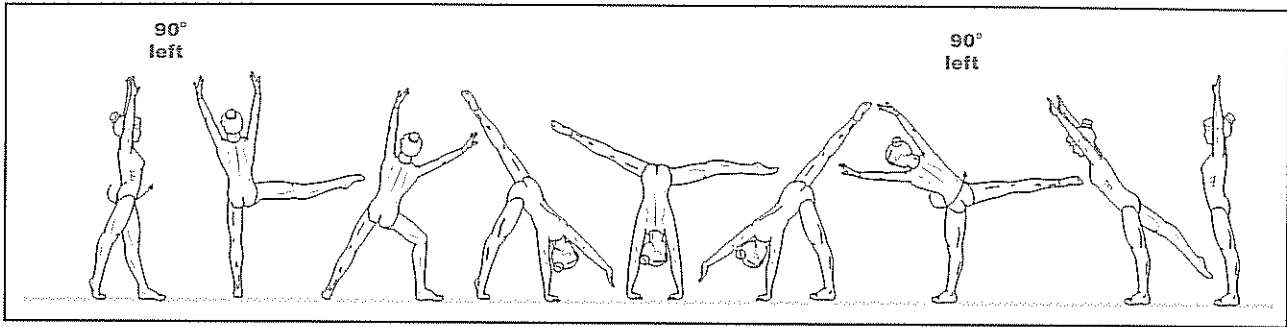
**Focus:** Maintain focus on the hands throughout.

(5, 6, 7, 8)

Lift the Right leg forward, bending the Right knee to place the Right foot slightly turned out flat on the floor. Straighten both legs to arrive in a stand on the Right leg, with the Left leg extended backward and the Left foot pointed on the floor.

**ARMS:** Open to diagonally-sideward-upward.

### 3. \*CARTWHEEL, ¼ (90°) TURN INWARD (0.60)



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

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

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 slightly turned out. 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 turn 90° inward (to the Left) to close the Right foot next to the Left foot.

ARMS: High position, shoulder angle open throughout.

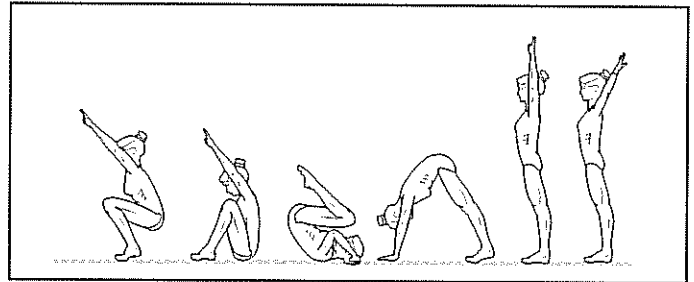
HEAD: Remains neutral between the arms throughout.

### 4. BACKWARD ROLL TO PIKE STAND (0.40)

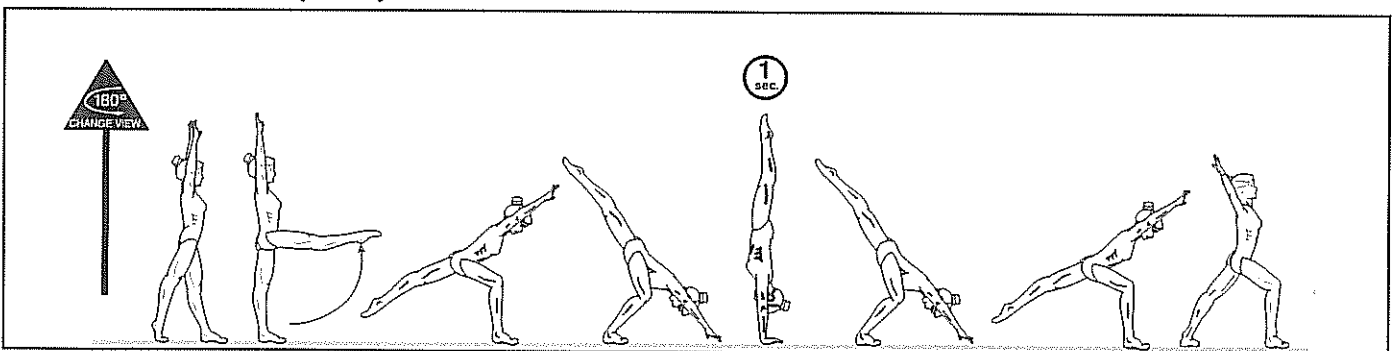
(1, 2, 3, 4)

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 toward the shoulders. As the hips roll backward through vertical, push down against the floor and extend the arms, taking weight off the head and neck. As the body rolls over the head, extend the legs into a pike position to finish in a straight stand.

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



### \*5. HANDSTAND (0.60)



(If reversing the handstand, step Right and kick Left.)

(1, 2)

Step forward onto a straight Left leg. Kick the Right leg forward to horizontal or above.

ARMS: High position.

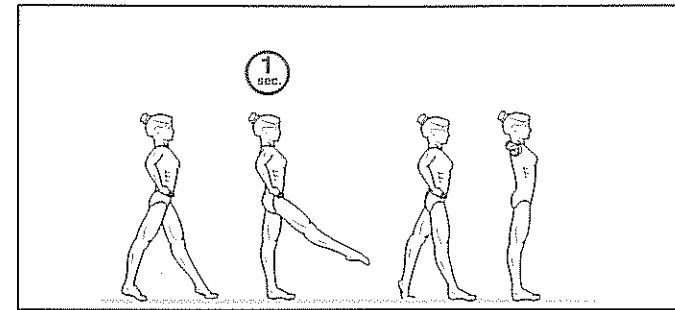
(3, 4, 5, 6, 7, 8)

Step forward through the ball of the Right foot and execute a Right lunge (straight leg entrance is also acceptable). Lift the Left leg backward-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 backward-upward as the torso lowers. Place the hands shoulder-width apart on the floor while pushing off with the Right leg to arrive in a HANDSTAND with legs together, head neutral, with a straight, tight, body position. **Hold for one second.** Step down using the levering action to finish in a Right lunge, pressing the Right knee and both hips forward.

ARMS: Finish the step down with arms in high position; then open to diagonally-sideward-upward.

## 6. FRONT LEG BALANCE (0.20)



(If the step-down from the handstand was reversed, continue with the following text, as written.)

(1, 2)

Step forward onto a straight Left leg with the Left foot slightly turned out (not in relevé). Lift the Right leg (turned out slightly) forward-upward to a minimum of 45° below horizontal to execute a FRONT LEG BALANCE. **Hold for 1 second.**

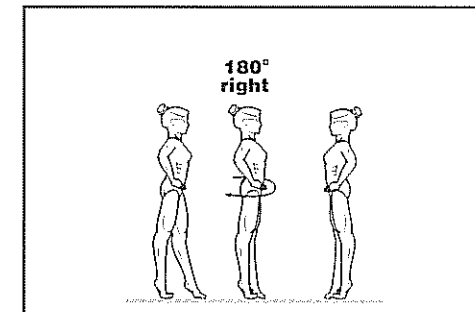
ARMS: Hands on hips.

(3)

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

ARMS: Lift to side-middle.

## 8. ½ (180°) PIVOT TURN (0.20)



(5, 6, 7, 8)

Step forward Left, then close the Right foot behind the Left in relevé lock position.

ARMS: Hands on hips.

Execute a quick ½ (180°) PIVOT TURN to the Right in relevé lock position. Maintain straight body alignment and high relevé throughout.

ARMS: Remain on hips.

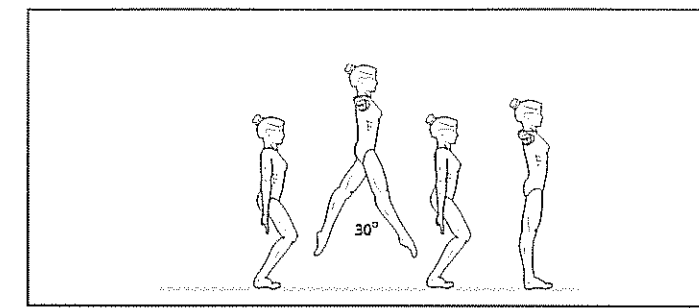
## 10. POSE

(3, 4)

Step forward onto a slightly turned out bent Right leg, "rocking the legs" through 4<sup>th</sup> position demi-plié with both heels on the floor to 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: Lower sideward-downward to low position; then lift forward-upward to crown, and continue open sideward, supplely bending and straightening the arms to finish diagonally-sideward-upward.

## 7. SPLIT JUMP (30°) (0.40)



4)

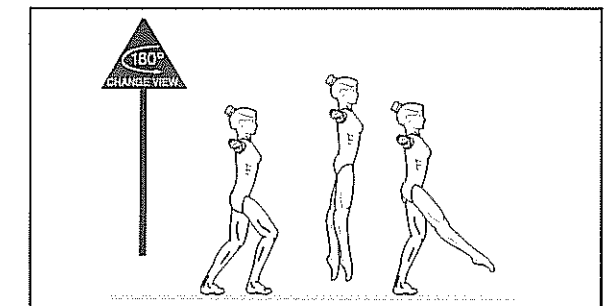
Demi-plié both legs. Push off the floor, extending the legs through the hips, knees, ankles, and toes to execute a SPLIT JUMP with a minimum of 30° even leg separation with the Right leg forward, Left leg behind. Land on both feet side-by-side in demi-plié, pressing through the balls of the feet to lower the heels onto the floor.

ARMS: During the plié, lower the arms to low position. During the jump, lift sideward-upward to side-middle; lower sideward-downward to low position on landing.

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

ARMS: Lift sideward-upward to side-middle.

## 9. FORWARD CHASSÉ RIGHT (0.40)



(1, 2)

Lower the Left heel onto the floor and demi-plié the Left leg while stepping forward onto the Right foot (turned out slightly) through 4<sup>th</sup> position demi-plié with the heels on the floor. Push off the floor with both feet to execute a FORWARD CHASSÉ RIGHT, closing the Left foot behind the Right foot in the air. Land in demi-plié on the Left leg with the Left foot turned out slightly. The Right leg is pointing down toward the floor.

ARMS: Open to side-middle.

