Women’s Artistic Gymnastics 2017 Floor Choreography

STEP 1 Floor routine
Music – Polka from Faust (Rob Thaller) available free on Dance Music Database on line https://graddmd.com/track/889405/tendu-1-polka-from-faust

This is for a right leg gymnast – make alterations by changing the whole routine or start on opposite leg after the feet have been together.

1. Stand in first position with hands low oblique, head up.
2. Both arms circle in front of face upwards and down sideways to finish bent behind back, elbows out shoulders down.
3. Point right foot to side and step on to right foot and plié, point left leg to front with heel inwards and leg straight. Repeat stepping to left. Maintain turn out on both legs.
4. Step forward and joint both feet together (parallel) arms raised straight above head.
5. Swing arms forward curling body down in to a dish shape and swing arms backwards and return forwards to vertical. Show rounded body and keeping head tucked in.
6. **Step into a handstand, snap body up and finish with feet together standing smartly**
7. Taking arms and head backward in a body wave type movement run approximately 6 steps forwards on toes to complete the arm circle with arms crossed at wrists over head with body in a dish shape.
8. Continue running steps turning in a ¼ circle to finish standing smartly.
9. **Execute a cartwheel starting and finishing in a sideways position.** (continuing in the direction of the original dance.) no turn of the body should be evident during this cartwheel and very little body bend. Finish cartwheel with feet astride and arms straight above head.
10. Step on to right foot and curtsey, taking right arm to side palm turning up and left arm behind hip. Feet and knees should maintain turn out and ankles together.
11. Repeat the curtsey to the left turning body ¼ turn to finish facing original direction.
12. Take hands behind hips and complete **2 high skips forward.**
13. Step forward to point one foot in front of other and perform 4 **spring points** – gymnast springs off one foot showing extension of the base foot to land on other foot free leg pointing forward (showing turn out of feet and hips and extension of ankles). Hands behind hips
14. Join feet together taking arms out to sideways horizontal and perform a **straight jump,** arms travel down past hips up above head and finish out sideways, knees bent in parallel plie.
15. Right arm comes across body to join left then with Jazz hands circles over head to finish with both arms in high oblique, palms backwards and legs straight.
16. Put right front in front of left in relevé in 5th arms above head perform a **½ turn in relevé** step forwards and perform another **½ turn in relevé.** Finish with feet together and arms above head.
17. **Forward roll** – from a small jump execute a forward roll passing through position with legs extended (not slow – preparation for a dive roll) finish standing with arms above head by ears.
18. Put right foot in front of left in relevé in 5th position, arms above head. Perform a ½ turn in relevé, step forward and perform another ½ turn in relevé. Finish with feet together and arms above head.

19. **Execute backward roll tucked (arms bent or straight)** with push from hands keeping arms by ears continue into **immediate backward roll to candle stand** with arms extended straight behind. Roll forward to finish in L sit arms by ears.

20. With a straight back fold forward as far as possible keeping heels off the floor until chest is past the knees then gymnast rounds back and lowers to show a dish position on floor.

21. Place hands and feet ready for a bridge. **Push up to bridge position.** (Bridge should have high hips and shoulders over wrists showing shoulder flexibility) shoulder flexibility and hip flexibility is more important than showing straight legs. Feet and knees should be together.

22. Lower smartly from bridge and return to L sit heels off floor.

23. Circle right arm backward to the floor and turn body to front support on both hands.

24. Slide into right leg **splits** arms to side horizontal.

25. Turn to right to finish in a straddle sit position arms to side horizontal knees to ceiling and heels off floor.

26. Take both hands behind back and lift chest and head towards ceiling, tuck knees into chest and with only toes on floor knees right, left right to finish smiling at judges.
STEP 2 FLOOR ROUTINE
Music Centre Tendu – Polka (Rob Thaller) cut at 1.23

1. Start standing in first position arms low side oblique. When music starts arms lift to horizontal and gymnast breathes in and lifts chest and head.
2. Folding from the waist with a straight back gymnast bends forwards towards the floor and circles arms down to brush the floor and cross as the body dishes and curls up to vertical arms continue to circle to side finish behind the hips.
3. Point right foot to the side and curtsey taking right arm to side horizontal palm turning up and left arm behind hip, repeat the curtsey to the left. Feet and knees maintain turn out and ankles together.
4. Step onto a flat right foot bending the knee, both arms scoop in front of body and out forwards and for a forward side horizontal palms up whilst gymnast changes on to back left leg on the toe with straight knee (ball change) and again steps forward on to a flat right foot with knee bent Repeat 4 times
5. Step forwards and chasse step hop with free leg forward horizontal – leap onto second leg to land in arabesque position, hop on supporting leg, rear leg above 45°. Leg below 45° (0.1/0.3)
6. Gymnast steps back on to left leg and pliés and points right leg to front, arms circle up around and backwards to finish crossed in front of chest.
7. With arms at low oblique gymnast steps forward onto flat right foot picking left leg up to passé position toe to above base knee and knee pointing forward. Repeat this 3 times. Right, left, right
8. On last step gymnast drops right heel and bends base knee pointing left leg in front arms in diagonal opposition right arm low oblique forward and left arm high oblique back.
9. Step on to left foot and repeat walks 3 times, left, right, left this time with free knee in a sideways passé position, arms held in fifth above head.
10. After third walk gymnast drops heel and bends base knee taking right leg to side to point to the floor right arm low side oblique above leg and left arm high side oblique. Take a small step to the right join feet together with knees bent arm straight in front of body crossed at wrists. Take a small step to the left join feet and bent knees and place hands behind hips, elbows out.
11. Gymnast steps forward to perform a handstand forward roll.
12. On completion of the handstand roll arms are held vertical and palms out gymnast flicks palms in and out. (music allowing this will give gymnasts time to slow down or catch up if they are out of time with music.)
13. Step forward through plié in 4th onto right leg arms travel left across the body to finish with left arm in a first position and right arm to side horizontal. Repeat the step on to left leg with arms swinging down to right and back up so right arm finishes in first in front of body and left arm at side horizontal.
14. Point right leg forward and plie on to right leg in preparation for a turn pull up on to relevé on right leg with left leg in forward passé – toe to knee, half turn on one leg. Place left foot in front to 5th position in relevé and perform a half turn on two feet. Arms carry sideways then above head in turn to fifth position.
15. Step forwards on right leg point left leg to front and plié base knee. Hands travel backwards and sideways to finish behind hips hold pose.
16. Perform 4 spring points followed by 2 straight jumps and a jump with ½ turn (180°) 
arms circling above head out to sides and down to repeat on each jump. After landing 
last jump gymnast relevés on two feet to pose with right arm vertical and left arm side 
horizontal.
17. Cartwheel front to side, cartwheel side to back (¼ turn in) finish with arms by ears and 
hips open.
18. Backward roll to pike stand up through a dish shape with arms finishing vertical above 
head. Bend at the hips towards the left keeping back straight and arms out in front with 
Jazz hands body travels towards the right side and stand up with arms by sides.
19. Step ball change to the left arms in 4th position repeat to left.
20. Chasse join feet together and execute a split jump.
21. Handstand - limber to bridge push through shoulders to stand ups 
22. Step backward and kick behind repeated on other leg, finish kneeling on one leg, slide 
front leg into splits arms held sideways, turn to show splits on other leg show with 
arms held sideways. (The gymnast may have support of one or 2 hands when they are 
changing through the split position)
23. Turn to join feet in a tuck position hands on the floor behind hips, show a straddle with 
high feet finish with right leg bent toe pointed to floor left leg turned out in a side passé 
position with left ankle on right knee. Head lifted towards the judge to finish.
1. Stand in first position arms low side oblique, when music starts arm lift to horizontal and gymnasts breathes in and lifts chest and head.

2. Folding from the waist with a straight back gymnast bends forwards towards the floor and circles arms down brush the floor and cross as the body dishes and curls up to vertical arms continue to circle to side finish behind the hips.

3. Point right foot to the side and curtsey taking right arm to side horizontal palm turning up and left arm behind hip, repeat the curtsey to the left. Feet and knees should maintain turn out and ankles together.

4. Gymnast then steps on to a flat right foot bending the knee, right arm scoops in front of body and out forwards and for a forward side horizontal palms up whilst gymnast changes on to back left leg on the toe with straight knee (ball change) and again steps forward with ⅛ turn on to a flat right foot with knee bent Repeat 4 times for complete circle on the spot

5. Step forward and join feet together and perform from two feet a hurdle round off rebound.

6. Gymnast steps back on to left leg and pliés and points right leg to front, arms circle up around and backwards to finish crossed in front of chest.

7. Step forward and perform a chasse - split leap immediate step hop with front leg forward minimum horizontal.

8. With arms at low oblique gymnast steps forward onto toe of right foot flat picking left leg up to passé position, toe to above base knee and knee pointing forward. Repeat this 3 times. Right, left, right, these walks should be snappy and very limited travel.

9. On last step gymnast drops right heel and bends base knee pointing left leg in front arms in diagonal opposition right arm low oblique forward and left arm high oblique back.

10. Step on to left foot and repeat walks 3 times, left, right, left this time with free knee in a sideways passé position, arms held in fifth above head, these walks should be snappy and very limited travel.

11. After third walk gymnast drops heel and bends base knee taking right leg to side to point to the floor right arm low side oblique above leg and left arm high side oblique. Take a small step to the right join feet together with knees bent arm straight in front of body crossed at wrists. Take a small step to the left join feet and bent knees and place hands behind hips, elbows out.

12. Step into a handstand prop forward roll.

13. Step through 4th position in plié arms circle backwards to finish parallel in front of shoulders, arms lift above head as gymnast performs a half turn backward to finish with arms ready for a turn in 3rd position

14. Execute a full turn (360°) on 1 foot.

15. From turn take an immediate step forward to plié on one foot with other leg pointed to front, arms bent behind hips.

16. Step onto one-foot swing free leg forward and execute a ⅛ turn on toes with free leg finishing in arabesque (fouetté turn) step forward and repeat on other leg. Leg below 45° (0.1/0.3)
17. Step forward to join feet together bend knees, arms held at a wide forward horizontal position fingers pointing down towards the floor.

18. **Cartwheel front to side, cartwheel side to back** (¼ turn in) to finish with hips and shoulders open

19. **Backward roll to front support** (passing through handstand is acceptable) arms straight.

20. Pull feet pointed into half tuck position keeping hips high and head tucked in with rounded back. Jump feet to a wolf turn preparation position arms at horizontal in opposition to bent base knee. Gymnast turns body towards bent base leg with opposite hand coming to the floor roll to a straddle position with feet in air, continue to roll and bend one leg to finish in a high kneeling position and stand up.

21. Step ball change to the left arms in 4th position repeat to left.

22. **Chassé**, join feet together and execute **straight jump connected to a split jump**.
   Lift one leg and perform a small assemblé to the side to finish with feet parallel, knees bent both hands on knees head up, repeat assemblé to the other side to finish with one arm to vertical and other to side horizontal, relevé to finish.

23. **Step forward lift leg high into a back walkover to lunge position**, step back to finish with feet in coupé position arms circle behind back to finish bent behind hips

24. Perform 4 jette coups each finishing in coupé, step forward and skip with high knees x 2 arms in opposition – opposite arm forward to raised leg

25. Step forward and execute ½ turn joining feet together and continue with another ½ turn on both feet (chainé turn) to complete 360° turn using head to spot direction on last step join feet together bend knees and cross arms over chest head lifted to finish.
2017 Step 4
Floor Choreography – 1.29 Debiles Mazurka from Coppelia – cut at 1.29
https://open.spotify.com/track/3hMUcrXwJWYsTbd0wz80s

(Left foot dance) Legs can be changed either totally for the routine or whenever feet join together prior to skill eg turn.

1. Stand with left foot in front in 3rd position arms by sides
2. Place hands with fists on hips with shoulders turned right shoulder forwards
3. Step on to left foot and heel dig right foot with flexed foot hop on left foot, shoulders twist in towards right leg
4. Repeat heel dig on left foot with arms coming behind head with elbows out. Shoulders turn towards left leg
5. Step on to left leg and hop with right leg in an arabesque position arms side horizontal
6. Step on to right leg and swing left forwards and bent hop on right leg and join heels together with both knees bent and turned out. Land on right leg.
7. Step onto left leg having turned a ¼ turn to right and ball change right arm in 5th and left in bras bas, repeat ball change to right arms changing with legs.
8. Step on to left foot and ¼ turn to face diagonally to the opposite corner of the floor right foot placed next to left on toe. Bend both knees and half body wave to the floor taking arms down towards the floor and scoop with fingers pointing down to floor dish body up to finish with knees bent back arched with shoulders down and head up and arms wide forward horizontal fingers pointing to floor.
9. **Step forwards join feet together and execute a two foot takeoff hurdle into round off flic flac rebound.**
10. Place left hand on hip and right arm out across front of chest palm up and carry it out sideways towards the right, repeat with left arm – body leans towards the direction of the arm held out. Whilst doing this perform a step ball change on right leg turning half a turn, then a step ball change on left turning ½ a turn.
11. **Join feet together and perform a backward roll to handstand. Finish with feet together.**
12. **Chasse into split leap - split leap** (steps may be added if needed before or after chasse). Travel towards corner parallel to side of floor.
13. Step on to right leg passing through plie in 4th position arms lower to sides and finish with straight arms at forwards horizontal crossed at the wrists.
14. Step on to left leg and spring onto right leg to a side lunge left hand on hip, right arm to high diagonal oblique. Right knee bent, left leg straight to side knees pointing upwards.
15. Bring left leg in and stamp foot on toe next to right foot. Then stamp 4 stamps right, left, right, left. On the last stamp the right arm comes across the chest, elbow tucked into body and fist at left shoulder.
16. **Point left leg forwards step into lunge position, pull up onto toe and execute a full turn with right leg at passe above the knee. Arms overhead - 5th position.**
17. Step forward on right leg and hop, left leg swings up to 45° then bends in to passé position hands behind hips, step forward to join feet together.
18. Spring off both feet raising left leg behind to land on one foot travelling towards the right, step join feet together spring off both feet raising right leg behind to land on one foot travelling towards the left - arms in sideways opposition horizontal.
19. Step forwards on right leg heel dig with left leg small hop on right, bring left knee turned in across right toes turned under both knees bent. Join feet with knees bent hands behind hips rise on toes and take heels out to a duck toe position (toe facing together and heels turned outwards) and ‘click’ heels together and straighten knees.

20. Take a large step forwards onto right leg on a bent knee bring left leg in to side of right both knees bent. Arms travel past hips to forward horizontal head in and rounded back. Take a large step onto left leg arms scoop across chest and present towards second position with the arms palms up.

21. Run forwards 4 steps on toes bringing arms down past waist and right to vertical and left to side horizontal finish on relevé.

22. Step forward into forward walkover to finish with free leg elevated. Step forward onto left leg bent and turned out, right leg to side and with flexed foot arms folded right on top of left parallel to floor body bent towards right. Step on to right leg turning back to originally direction.

23. Step onto right leg arms come past waist and point to floor, back rounded, head in arms and body circle to a vertical position to finish with left leg lifted, continue into a backward walkover, showing 180° split finish in lunge.

24. Step back onto right leg on relevé with left leg lifted to 45° arms press forwards to a wide forward horizontal position with fingers down.

25. Take arms backwards circling behind back to finish elbows out with feet in a coupe position right behind left.

26. Step back onto (pas de buree) step behind side and across to return to coupe.

27. Step onto left leg and perform hop with ½ turn (fouetté hop), step forward and perform a second fouetté hop turn on right leg.

28. Chasse forwards, join feet together and execute a jump with 360° turn.

29. Step forwards on left leg arms raise to vertical, point right leg to side and lower to a wolf turn position, left leg arm forwards perform a half spin on supporting leg.

30. Place both hands on floor and kick left leg behind change legs so right leg tucks under body on front of foot, left leg pulls back straight behind hip. Right arm pulled back to high oblique, mark position.

31. Place both hands on floor behind and bring legs to a high straddle position cross right leg over left and pass through kneeling to stand on right leg with left leg pointed to back, left arm forwards horizontal and right arm in side horizontal, facing towards the corner.

32. Half turn backwards on the right leg to face diagonal.

33. Short run into a high dive roll

34. Step forwards on left leg through plie in 4th and finish with right arm to vertical, left arm to side horizontal – head up.