

# Level 5 Ribbon Choreography Checklist

## 🌀 Body Difficulty (5 DB; may be placed in any order in the choreography)

- DB #1 Jump/Leap (value 0.1, 0.2, 0.3, or 0.4)
- DB #2 Balance (value 0.1, 0.2, 0.3, or 0.4)
- DB #3 Rotation (value 0.1, 0.2, 0.3, or 0.4)
- DB #4 Additional difficulty (value 0.1, 0.2, 0.3, or 0.4) from any body group (jump/leap, balance, or rotation)
- DB #5 Additional Difficulty (value 0.1, 0.2, 0.3, or 0.4) from different body group than difficulty #4 (no more than two difficulties per body group allowed)

## 🌀 Composition Requirements

- Spirals #1 (4-5 loops), tight and same height in the air or on the floor
- Spirals #2 different (4-5 loops), tight and same height in the air or on the floor
- Spirals #3 different (4-5 loops), tight and same height in the air or on the floor
- Snakes #1 (4-5 waves), tight and same height in the air or on the floor
- Snakes #2 different (4-5 waves), tight and same height in the air or on the floor
- Snakes #3 different (4-5 waves), tight and same height in the air or on the floor
- Spirals #4 executed with non-dominant hand
- Snakes #4 executed with non-dominant hand
- Large circle executed with non-dominant hand
- Small throw or “Echappé” throw
- Dance Steps Combination #1 – choreographed with minimum 8 seconds with apparatus in motion, with character, coordinated with the music expressing a rhythm, including a minimum of 2 different modalities (without pre-acrobatic elements, DB or high/medium throws, not entirely on the floor)
- Dance Steps Combination #2 (see requirements above)

Note: Maximum 4 pre-acrobatic elements allowed per routine

## 🌀 Artistic Execution Considerations (penalties applied if these are not met)

- Sufficient use of the entire floor area is shown
- Presence of character in each of the dance steps combinations
- Changes in speed and/or intensity of the music are represented by contrasts in the body. Minimum 1 change is required
- Logical connections are present throughout the routine with no more than 3 illogical connections present
- Expression - facial and body expression is consistent and predominant throughout the entire routine
- Rhythm - The movements of the body as well as the apparatus correlate precisely with the musical accents, and the musical phrases; both the body and apparatus movements emphasize the tempo/pace of the music