

AR2 Floor routine 2019 ('In The Mood' by Glenn Miller)

Time	Count	Skills/choreography
-	-	Starting position: weight on L leg, R leg across, head down, arms down and back with palms facing backward and fingers stretched
0.0-0.6	1-4 7-8	Full turn on toes, circling arms across body to stop in a 'Y' position Body wave to finish with arms down by sides
0.06-0.11	1-8	3 skill round off tumble: + +
0..11-0.17	1-4 5-6, 7-8	4 pivot turns anti-clockwise on R leg (so you finish facing along the length of the mat) L hand behind back 'waitress arm' with R arm, then left arm
0.17-0.28	1-4 5-8 1-4 5-8	Arabesque Forward roll to straddle sit (or pike for pike fold) Leg flexibility: Close to tuck with hands on floor behind you and toes pointed
0.29-0.34	1-2, 3-4 5-8	R leg cross and back, L leg cross and back Rock to stand straight into stretch ready for
0.34-0.40	1-6 7-8	Handstand forward roll with straight arms R heel tap to the side and close (hands on hips)
0.40-0.45	1-8	Chassé cat leap, step to two feet ½ turning tuck jump
0.46-0.51	1-2, 3-4 5-8	Salsa forward R leg (window washing hands), salsa back L leg (window washing hands) Get ready for your walkover (half turn on toes if you are doing forwards)
0.51-0.56	1-4 5-8	Walkover 4 clicks high to low with R hand (from forward walkover, turn to face the mat as you click)
0.57-	1-4	Handstand
	5-8 1-8	Choice skill + your own choreography and finishing position: