# L2 hoop passé hops

## Difficulty judge

### Start (0.2)

* Raise hoop and extend arms
* Look down at hoop when hoop swings down

### Element (0.5)

* *Should have enough lift to straighten out bottom leg and point toes*
* *Hoop and arms must be on correct side plane*
* *Hoop and arms on swing down must pass the body substantially*
* *Passe shape must be evident with thigh close to parallel and toes pointed towards support knee*
* *Hoop should be high up on the hop and step on swing down*

### Finish (0.2)

* Controlled landing for each of the hop landing

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Coil / hunch of the body because of lack of flexibility
* Bottom leg bent because of lack of height
* Improper grabbing of the hoop
* Arms not fully extended

## Training Progression

* The element requires crossover flexibility of hip/waist. One example of a possible stretch. Watch out for bottom leg bending. Emphasize on body, shoulder, hip and chest opening/extension. (Practice also with both arms crossed over as well).
* Practice step hop so that there is enough power to lift entire body up. Emphasize on ‘speed change’ to give power and not tensing up more or just say ‘higher’.