# L3

## Side body wave (clubs)

### Execution judge

Common execution errors to look for:

* Look for stiff arms and wrists
* Look for stiff body

### Training Progression

* Practice arm motion of wave – shoulder, elbow, wrist, fingers
  + one arm
  + both arms synchronized
  + alternating arms
* Practice body motion, emphasize sequenced motion of shoulder, body and hip (without arms, so simply put arms on waist)
  + With legs apart
  + With legs together
* Integrate both without apparatus and then with apparatus

## Grapevine steps (ribbon and clubs)

### Execution judge

Common execution errors to look for:

* Look for stiff arms and wrists
* Look for stiff body

### Training Progression

* Practice sideways travel with back leg crossing over the leading leg in front
* Practice sideways travel with back leg crossing over the leading leg from behind
* Practice alternating the back leg crossing front and then back
* Add a slight body sway or shoulder movements to add to expression as in routine