# L3 Ball D5 arabesque promenade

## Difficulty judge

### Start (0.2)

* Ball balanced on hand and in arabesque position

### Element (0.5)

* *Promenade while ball balanced on hand*
* *Shape must be kept during entire element*

### Finish (0.2)

* Controlled finish with legs together

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Wobbles
* Grab of the ball
* Free arm
* Back leg

## Training Progression

* The heel toe moves during warm up will help
* Start with assisted one leg promenade simply on one leg or practice with passé if stable
* Practice arabesque on flat on go on toe, repeat back and forth assisted and being able to keep the shape
* Practice with heel shift assisted in arabesque position. Try to initiate using hip and then follow by heel shift.