# L3 ribbon D1 360 passe pivot

## Difficulty judge

### Start (0.2)

* Dance steps with swings into lunge with turn out

### Element (0.5)

* *Hold shape for entire pivot*
* *Shape precise with knee almost at horizontal and toes pointing to support knee*
* *Ribbon above head level*

### Finish (0.2)

* Finish controlled with both legs together

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Wobbles on finishing
* Free arm
* Ribbon circle plane

## Training Progression

* Always practice balance before turns on the correct leg
* Practice the dance steps before. Remember tight knee and have slight pause while on toe. Good exercise regardless.