## L3 Ribbon D3 steps over frontal circles

## Difficulty judge

### Start (0.2)

* Big arm circles in the frontal plane with feet together

### Element (0.5)

* *Step over and through forward with big arm circles in front*

### Finish (0.2)

* Legs together with arms in front spirals

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Imprecise plane of frontal circles
* Imprecise shape of each step
* Stepped on or tangled the ribbon during step

## Training Progression

* Learn the steps first as in coaching video.
* Do the step with ribbon. Timing: Tuck knee up when ribbon circling down. Timing is to prepare to step forward when arms up and put foot down as the tail has passed (or almost) the front.