# L3 Ribbon D4 180 passe hop

## Difficulty judge

### Start (0.2)

* Chasse spirals

### Element (0.5)

* *Overhead circle during the jump and turn*
* *Shape must be precise in passé, thigh close to horizontal and foot pointed and tucked*
* *Must land on take-off leg*

### Finish (0.2)

* Cross the front leg and turn around

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Spirals should stay off the floor
* Wobble during the landing or during the finishing turn
* Cannot keep passé shape while in the air

## Training Progression

* Practice one leg take-off and landing on same leg. Get enough height for bottom leg to be pointed and confidence to have body extended while arms are nice and relaxed. Then add quarter turn. Then make it ½ turn when easy
* Passe hop without turn around