

Mass Rope (Fundamental Stage)

Choreographed by: Megan Bialowas Length: 2 minutes

Equipment: Rope - suitable length to fit gymnast, colour does not matter

Outfit: Long Sleeved black bodysuit, black shorts may be added OR Long sleeve black shirt with black shorts (shirt must be long enough to not show skin)

Walk on: Toe walk in line with rope held folded in half, arms down in front.

Starting Pose: Each group is lined up in a straight line, on the back $\frac{1}{2}$ of the gym. Rope folded in half, in right hand. Arms by sides, head down, feet together.

1-4 Wait

5-8 Bring left arm up slowly to end up with hand on hip, bring head up to look straight ahead

(Next 4 counts of 8, gymnasts are numbered 1-8 in line. Each will start 4 counts after the person in front of them)

1-4 Number 1 starts to march forward while rotating rope backwards, hand still on hip. Rotating on the slow beat (one rotation of rope to 2 marches, all rotations should be same down line)

5-8 Number 2 starts

1-4 Number 3 starts

5-8 Number 4 starts

1-4 Number 5 starts

5-8 Number 6 starts

1-4 Number 7 starts

5-8 Number 8 starts

(All gymnasts should continue marching and rotating in spot)

1-2 Grab rope with left hand

3-4 Open rope into U shape

5-6 Flip rope over head

7-8 Pull forward (ready to skip)

1-6 Skip 3 times, 2 counts for each skip

7-8 Stop rope with Right foot forward

1-8 Figure 8 with rope, ending with rope in front of body

1-4 Tie rope in knot at top

5-8 Rotate backwards 2 times, in right hand, left hand on hip

1-4 Toss rope, straight arm

5-8 Catch rope, turn to right side of gym, untie rope

1-4 Odd numbered gymnasts (1,3,5,7) will step to the right to hand rope to the person next to them. Even numbered gymnasts (2,4,6,8) will grab rope in left hand.

5-8 Even numbered gymnasts (2,4,6,8) will step to the left to hand rope to the person next to them. Odd numbered gymnasts (1,3,5,7) will grab rope in left hand.

(Note, there will need to be a switch of the rope to ensure the gymnast has one end of a rope in each hand. The front person will only have a rope in the right hand, the back person will have both ends of their rope in their right hand)

1-8, 1-8 (2 counts of 8) Grape Vine to new formation of circles, starting with behind then open for grapevine. *(Circle should be made by end of 16 counts)*

1-4 Hand rope to partner so now everyone has both ends of their own rope (music is silent for this part)

5-8, 1-4 Exchange rope with person across from you (music is still silent)

5-8 Pull out from circle, will now make a star shape

1-8 Toe walk counter-clockwise around circle right arm up, left arm down

1-8 Turn, and toe walk clockwise around circle, left arm up, right arm down

1-8 Drop partner's end of rope, while pulling own rope out of center, turn over right shoulder, pull rope up to catch, end facing outside circle with one end of rope in each hand

1-4 Put both ends of rope in right hand, rotating outwards

5-8 Front passe balance on toe, while rotating rope (folded in half), left hand on hip

1-4 Finish balance feet together

5-8 Chasse right foot, Catleap *(when catleap bring arms up above head)*

1-4 Hold on toes

5-8 Rope will fall behind body in right hand, while circle arms backwards down to wrap rope around body and exchange in front of body around waist. (left hand grabs while right pulls)

1-4 Pull rope tight in front

5-8 Fold rope again in half and place in right hand, start rotating above head, left hand on hip

1-8, 1-8 Rhythmic Run, rotating hope over head in right hand, left hand on hip to new formation or 2 lines

1-4 Figure 8 in front of body, left hand on hip

5-8 Cross turn, right over left, while bring rope down and wrap around body

1-4 Pull rope tight in front of body, still folded in half

5-8 Grab one end of the rope in each hand and flip rope over head

Music says “1,2,3,4” - 2 skip/or/4 fast skips

1-4 Face partner as tie rope

5-8 Rotate backwards 2 times with left hand on hip

1-4 Toss to partner across

5-8 Catch and untie

1-8 Rotate Forwards, rope folded in half, holding in both hands. Right side 1-2, Left side 3-4, right side 5-6, left side 7-8

1-4 Stop rope with right knee in front passe, arms open wide

5-8 Turn to face front, pull rope tight in front of body folded in half

1-4 Slap rope on right leg, arms go up in V

5-8 End in right leg, slight lunge, as music fades bring arms down and head up

Formations

Formation #1

(Front)

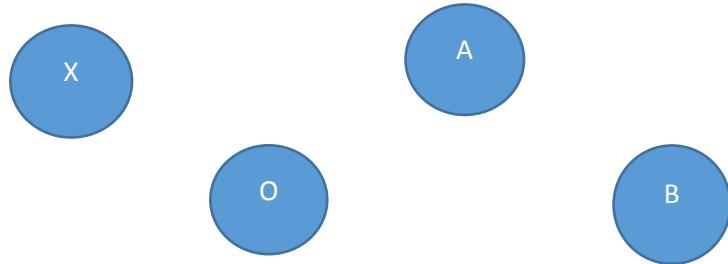
MIDDLE OF FLOOR

X	O	A	B
X	O	A	B
X	O	A	B
X	O	A	B
X	O	A	B
X	O	A	B
X	O	A	B
X	O	A	B

Each group is a line, example X is a group, O is a different one, A, B etc.

Formation #2

(Front)



Formation #3

(Front)

X	X		A	A	
X	X		A	A	
		O	O	B	B
		O	O	B	B

Skill List

Movement Skills:

Locomotion – Marching, Grapevine, Rhythmic Running

Balance – Front Passe

Jump – Catleap

Pivot – Cross Turn

Apparatus Skills:

Rotating rope in one hand backwards, one hand above head, two hands forward

Figure 8 while in both hands, in one hand while rope is folded

Throwing rope while in one hand

“Walk the dog” – Pull rope, while cross turn to catch

Wrapping rope around body while not moving, and while cross turn

Ending pose – slap on leg so rope wraps around leg