

Junior/Senior Skipping Solo
Song: Castles – Freya Ridings

Opening		
	Start back left on the diagonal, L knee bent and Right leg extended out, toe pointed. Both arms on RHS of body, low diagonal and head looking at hands. Rope halved hanging over shoulders	
1-8	Hold position	Smooth and soft beginning
9-16	L arm moves window plane, down, around, over face and finishing both arms out at shoulder level. Head follows, turn head on 16, sharp, to the front	SHARP
17-24	Grapevine, starting RF behind travelling to RBC on the diagonal.	Arms at shoulder level, relaxed.
25-26	Step forward on RF to face the front 'sway' transfer weight to R foot, hands pull in to hold rope handles and end	
27-28	Sway back transferring weight to LF, RF pointed lifting rope over head to horseshoe position at shoulder level.	
29-32	Close RF into third position. Drop rope end, holding handles prepare to skip	
33-40	In rope, grapevine to the R for 8 counts	Turn head to the right
41-48	Pas de bas R, Pas de bas L, Step R, bring LF over RF and turn, bring rope handles together up and over head, finishing feet together.	
49-52	Rope swing twice on the R stepping R, L, R	Use rope swings to move to the center of the room.
53-56	Repeat count 49-52 on L side	Control rope at end to prepare for horseshoe
57-64	Rope swing once on the R, L, R, L, stepping R, L, R, feet together.	
1-4	Step back on R foot, look R and horseshoe on the right. Bring feet together, turn to face the back up on toes, bring rope up and over head.	
5-8	Step back on L foot look L and horseshoe on the Left. Bring feet together, turn to face the front up on toes, bring rope up and over head.	Use head on horseshoe
9-12	Step back on R foot, look R and horseshoe on the right. Bring feet together, up on toes, arms at should height	
13-16	Step back on L foot, look L and horseshoe on the left. Bring feet together, up on toes, arms at should height	
17-24	Sway R, stepping on R foot, Sway left transferring weight to L leg. Step R, L foot across, R pointing L toe circling rope on window plane.	Travel, relaxed arms, head follows
25-32	Circle rope around body: bring R arm across body, transferring weight to L foot. Bring L arm from L to R bringing rope around the back of body, transferring weight to R and finish with rope in front of body	Broad movement, bending knees, stretch arms
33 – 48	Repeat to the left but finishing with feet in third position arms out at shoulder level preparing to skip.	continuous movement
Skipping		
1- 8	4 bob jumps, feet together and toes pointed	Skipping looking for
9-16	Knee raise L and R (slow), L, R, L, R (quick), ensure you finish last knee raise	impeccable neat footwork with pointer toes
17-20	Coupe on the R foot kicking L foot, controlled and foot pointed	throughout, good elevation,
21-24	Repeat Coupe on the L, licking R foot, toe pointed.	good 'U' shape on the rope,
25-30	6 runs travelling forward, starting on R foot. Neat and turned out.	lifted arms and relaxed
31-32	1 bob jump, feet together and toes pointed	shoulders.
1-8	Grapevine to the R for 8, head facing R. Finishing on 8 feet together (jumping out of rope)	

9-12	Rope swing two to the R, bending knees	Move on grapevine within reason of course. Doesn't need to be high, would rather low and neat Fairy rushed runs
13-16	Rope swing two to the L, bending knees. Preparing to jump back into rope	
17-32	Repeat Grapevine and rope swing to the L (1-16)	
33-40	Pas de bas R, Pas de bas L, R, L	
41-48	Fouette to the back: Jump on R leg swing L, jump on L leg, leg swing R and check the rope. Step over rope with R foot swing L leg turning to the back, poise on toes feet together bring rope overhead and swing up to begin rope swings	
49-52	Facing back Rope swing twice on the R stepping R, L, R	
53-56	Repeat count 49-52 on L side	
57-64	Run (rush) to back left corner (LBC) turning by the right to face on the diagonal to the Front right corner (RFC). Swing rope out in front to prepare to leap.	
Leap on the Diagonal		
1-8	4 leaps on R or L leg (whatever the skipper prefers I'm no fussy on this at all!) travelling from LBC to RFC. Rope moving backwards	Move across the floor! Neat footwork
9-16	Two bob jumps with rope swinging backwards, check the rope and then continuously, 2 more bob jumps bring rope forward.	
17-24	8 snatches backwards on the diagonal, travelling to the centre of the room. Finish facing the front.	
25-32	Two slow toe points L foot then R, two fast toe point L and R and check the rope feet together poised. Both arms extended out to sides on table plane at shoulder level.	
Closing – We're at the end!		
1-2	Step R foot over L to RFC extending L leg pointed behind. Arms move with body so R arm extends to RFC and L arm to LBC	Keep the energy up here but nice and smooth. Head follows Head follows, continuous movement until the end Slow and controlled Head follows
3-4	Push of R leg to return to feet together, poised, facing front and with both arms extended out to sides on table plane at shoulder level.	
5-6	Repeat to the L	
7-8	Return to starting position (counts 3-4)	
9-16	4 slow walks backwards starting on the R foot, R,L,R bring feet together. Arms move down to meet in front of body, to pray position, up above head and continues circles until extended at shoulder level. This is on continuous motion	
17-24	Repeat Counts 1-8	
25-32	8 small walks, on toes, around to the R, walking around in own circle to face the front again. Ropes moves around head twice circle to the R. Finish on 32 with feet in 3 rd position R foot in front.	
1-8	Bend knees, bring arms down to in front of body and meet each other, draw up in front of body and stretch towards ceiling.	
9-16	Step R foot forward, brings arms to arabesque position and lift back left leg, extended straight knee and pointed toe.	
17-24	Step L foot into second position in plie Circle rope around body: bring R arm across body, transferring weight to L foot. Bring L arm from L to R bringing rope around the back of body, transferring weight to R and finish with rope to R of body. Transfer both rope handles into R hand.	
25-32	Step to BRC with L foot and bent knee, so on diagonal. R legs extends to RLC with pointed toe. Circle left hand on table plane to BRC, up and across body and finish again in BRC. R arm stays on low diagonal towards FLC.	

Hi All,

Thanks for having me this year to write the Junior/Senior skipping solo. J/S skipping was and still is my favorite competition in Girl's Brigade so I was delighted to be asked to write this set. The music is a little modern but I think is perfect for skipping so I hope you enjoy it.

What I am really looking for is:

- Controlled ropes, when in and out of the rope.
- Neat, beautiful footwork in and out of the rope
- A good shape on the rope when skipping, good elevation
- Good use of the floor
- Nice continuous broad movements out of the rope, bend and use the music.
- Most importantly smiles and a performance!

I hope the girls enjoy the set and the music. Whatever COVID brings this year I am so thankful to write the set and hopefully see beautiful performances at the end of the year. I hope you enjoy teaching it also!

Jennifer Kelly