

## Women's Artistic Gymnastics 2017 STEP 1-4 Beam Choreography

### STEP 1 Beam

Height 105cm

1. **Jump to front support showing chest rounded with hips open. Mark position** and lift head to finish. Lift one straight leg over the beam to sit in straddle with straight legs, hands on beam in front of body and head up.
2. Circle right arm forwards and upwards to brush ear and place on the beam behind the hips. Repeat with left hand.
3. Tuck knees to chest to arrive in **tuck sit** keeping arms straight, chest lifted upwards and head up. Toes pointed on the beam. Flex feet to place heels on beam and return to toes pointed on beam.
4. Straddle legs and place hands in front of hips, swing legs downward and upwards past the beam to finish kneeling with both knees on the beam. Show a dish shape with head tucked in with rounded back, followed by arched back position with head up, then return to dish position. (angry cat -happy cat shapes)
5. Point one straight leg behind along the beam establish balance and lift leg and head and arch back to a **kneeling scale (mark position)**. Raised leg minimum horizontal.
6. Bring leg back down to beam and straighten other leg to finish in a front support position, chest in.
7. Squat feet into hands and stand up straightening legs with arms by sides, finish on toes.
8. Take arms up above head and circle to side horizontal and drop heels. Rotate wrists palms upwards then palms downwards.
9. **Place arms bent behind back, step forward to lift knee to forward passé with toe to knee, step forward and repeat on other leg.**
10. Step forward and point one leg behind and take arms to forward horizontal, establish balance then take arms to side horizontal and lift back leg to **arabesque leg minimum 45° - mark position**
11. Bring back leg down and point in front and plie on base leg, bring arms down to finish crossed in front of chest.
12. Take arms to high side oblique. **Step forward kick to minimum 45°, repeat on other leg.**
13. Finish at end of beam with feet flat one in front of other (beam feet). Join hands (link fingers) and rotate hands so palms face forward to press straight arms forward horizontal. Body leans to a forward horizontal position with back straight.
14. Arms continue to move up above head as body returns to vertical hands release and finish by sides, relevé and perform a  $\frac{1}{2}$  **pivot to finish in relevé.**
15. Arms move to side horizontal as gymnast takes **2 steps forward on toes arms move to behind hips and gymnast continues to take 2 further steps on toes.**
16. Gymnast then drops heels taking arms to side horizontal. Gymnast performs a **stretched jump. Arms swing downwards beside hips and forwards upwards to vertical, hips stay open throughout.** Arms finish at side horizontal in plie with legs squeezed together. Straighten legs to finish.
17. Step forward on to toes  $\frac{1}{4}$  turn on two feet to finish sideways, join feet together and cross arms in front of chest.

18. Step to the side and join feet take arms sideways.
19. Perform a **stretched jump dismount off side of beam** arms swing downwards beside hips and forwards upwards to vertical, hips stay open throughout. Land and finish.

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## STEP 2 Beam

- 1. Jump to squat one foot on the beam head up.**
2.  $\frac{1}{4}$  turn and place hands on beam and pass through a straddle hold position (mark position) to sit on beam with straight legs.
3. Both arms circle up and brush ears to place hands on beam behind hips. Gymnast tucks knees to chest with toes pointed on beam. Right leg straightens with knees together left foot pointed on beam. Change to straighten left leg with right foot pointed on beam then change to right leg straightened with left foot pointed on beam. Leg changes to show tempo. Left leg then joins right to a **V sit – mark support position**. Gymnast straddles legs and transfers hands to in front of hips to perform a cast to front support on the beam mark shape then squat feet to hands.
- 4. Bunny hop to a tucked handstand position and return to beam in tuck shape.**
5. Straighten both legs keeping hands on the beam to show straight legs – pike stand. Gymnast curls up the body showing a rounded back shape to finish in stand with arms extended to high side oblique.
- 6. Step forward kick leg to minimum 90°, repeat on other leg, step forward kick leg backwards to minimum 45° repeat on other leg.** Arms travel down past waist to vertical on first forward kick and to high side oblique on second kick. Arm position for back kicks optional.
7. Step forward and bend base knee placing heel of front foot on the beam, arms open forwards horizontal position fingers pointing to ceiling. Gymnast points front foot and points fingers down to the floor at the same time then returns to the flexed foot and wrist position.
- 8. Join feet and relevé in 5<sup>th</sup> position moving arms to vertical. Execute  $\frac{1}{2}$  turn on two feet, bring back leg to front staying in relevé and perform a second  $\frac{1}{2}$  turn on two feet to finish in relevé.**
9. Walk forwards two or three steps on toes to the end of the beam. Point one leg behind and take arms to forward horizontal, establish balance then take arms to side horizontal and lift back leg to **arabesque leg minimum 45° - hold 2 seconds**. As leg lowers chest 'snaps up' to return body to vertical position in relevé.
- 10.** Walk 2 or 3 steps backwards on toes and  $\frac{1}{4}$  turn towards back leg.
- 11.** Bend the leg nearest the end of the beam gymnast just travelled from and put arms in opposition front and side horizontal. Push from bent leg to change legs and arms and repeat shape on other leg. Step back foot forward to continue moving in the same direction, arms at side horizontal.
- 12. Step hop with free leg in forward passe position toe to knee arm by sides, repeat on other leg.**
- 13. Perform 2 connected stretched jumps. Arms swing from beside hips forwards and upwards to vertical, returning to position beside hips after first jump. Hips open throughout.**
14. Gymnast steps forward with feet together and knees bent body dishes and arms fold over head one at a time to show round back and head in. Straighten legs to stand sharply.
- 15. Two or three running steps, 2 foot rebound take off (hurdle) to stretched jump dismount from end of beam.**

## STEP 3 Beam

### 1. Jump to squat two feet on beam

2. Take one leg out sideways to a wolf turn preparation position – with same arm as sideways leg sideways horizontal and same arm as supporting leg forward horizontal
3. **Place hands and beam, bring sideways leg forwards to momentary rear support position, lift body to show a clear 'L sit' lever - mark position. Lower to beam with extended hips.**
4. Lift one leg over the beam to straddle position, lift legs to a high straddle and cast with feet joining above the beam before squatting feet on to beam. Straighten both legs to pike stand and curl body upwards to vertical raising arms above head.
5. Relevé  $\frac{1}{4}$  turn and drop arms to sides. Step sideways towards the end of the beam joining feet together. Step sideways to a half lunge position bending leg nearest the end of the beam, other leg extended sideways. Take the same arm as leg out to the side and look towards the hand. Take the other arm across the body towards the extended arm so that both hands are together and then move this hand back across the body with elbow bent and lifted high and hand in front of chest. Turn palm up and continue to open arm to side horizontal. Execute  $\frac{1}{4}$  turn towards the supporting leg.
6. **Step forward, hop with free leg at 45° to land on feet land at the same time (assemble) and execute 2 connected straight jumps showing height and extension through feet and hips. Arms swing from beside hips forwards and upwards to vertical, returning to beside hips after each jump.**
7. Spring forward onto one foot with back leg to a coupé position. Body dishes and arms push towards the beam one at a time. Feet and arms move quickly. Gymnast stands up straight with arms above head and points one foot behind.
8. **Arms open to side horizontal and back leg lifts to arabesque 90° (hold 2 seconds)**
9. Lower back leg and step forwards to bend both knees together, back foot pointed to beam one arm bends in front of chest parallel to floor other elbow rests on free hand and flic hand in.
10. **Point right leg forward and plie on to right leg in preparation for a turn, place toe at side of knee (side passé) mark position,  $\frac{1}{2}$  turn on supporting leg, place free foot forward on beam half turn on two feet to finish in relevé (passé turn - half turn on 2 feet)**
11. Step backwards or forwards to curtsey position take one hand behind back and the other out to the side
12. **Arms lift to vertical and gymnast performs a  $\frac{3}{4}$  handstand on the end of the beam. (One leg must achieve vertical the other at horizontal.) OR full handstand.**  
As back leg lowers chest 'snaps up' to return body to vertical position in relevé.
13. Walk 2 or 3 steps backwards on toes immediately to a curtsey - hands behind hips.
14. **Join feet together and roll backwards to shoulder stand mark support position, roll forwards to stand on one or both feet**
15. Step forwards and  $\frac{1}{4}$  turn to side to a half lunge position – opposite arm as supporting leg extended forward horizontal, other arm to sideways horizontal. Bring bent free leg in to join supporting leg so toe comes to a forward passé position and straighten leg  $\frac{1}{4}$  turn on one foot to face other direction join feet together. Execute a **split jump**
16. Spring on to one foot bring other foot in front with toe turned under both knees bent and cross arms at wrist.
17. **2 or 3 steps into Round off with repulsion from hands to land on 2 feet.** Gymnast may step backwards after pose so that she can take the steps into the roundoff.

## STEP 4 Beam

1. **Facing along the beam jump to straddle lever – mark support position**
2. Lower bottom to beam and immediately swing legs downwards, backwards and upwards above beam (cast) with feet joining above the beam before squatting feet onto beam with toes turned under with hips high, back rounded and head tucked under.
3. Step forwards and bring left foot to passé knee forwards, roll right shoulder back followed by left shoulder back, leading with hips, step forward on to left leg take arms to forward horizontal back rounded knees bent together right leg pointed behind left.
4. Step backwards onto right leg point left foot forwards arms up perform a **cartwheel with ¼ turn inwards to land.**
5. Step backwards circling arms above head behind back to finish with arms in forward horizontal left leg bent in front of right and pose.
6. Lift left straight leg to forward horizontal carry the leg to the side and back to **scale balance 180° (DV credited at 135°) (hold 2 seconds)**. Arms held sideways horizontal
7. Lower leg to curtsey position, arms low side oblique.
8. Relevé on both feet, step backwards right, left, right. ¼ turn to left standing on left leg in a half lunge with right leg pointed sideways. Arms in opposition to front leg, bend both arms in front of chest elbows together straighten arms above head to take the right arm to high side oblique and left to low side oblique – at the same time step together and step to lunge on left leg right foot pointed to side.
9. ¼ turn to right on left foot, right foot pointed forwards.
10. **Take two or three steps into a split leap, step forwards to finish.** Take another step forward and cross hands at wrists with straight arms in front of body at low horizontal one at a time carry one arm to side and circle the other above head to vertical.
11. **From a lunge position perform a ½ turn on one foot in high relevé, remaining in relevé place free foot in front and execute a half turn on two feet.**
12. Take one or two steps forward and swing free leg to front of body and perform a ½ turn to finish with free leg extended behind.
13. Step forward, place free leg with knee bent and **toes tucked under on beam,** in front of supporting leg, twist hips slightly towards supporting leg so that free leg crosses over straight supporting leg, placed both hands on the hip of the front/free leg.
14. **Step forwards into a handstand (mark support position – hold not required) step down to lunge showing ‘snap up’ of chest**
15. Take two or three fast steps forwards to a lunge with back foot pointed behind to the beam arms straight above head, body, arms, head and legs should be in a straight line. Drop back heel to secure lunge, place same hand as front leg on hip and the other arm drops forward and scoops by side to high back oblique, as arm reaches top flic fingers and lift head (demonstrated in the videos)
16. **Join feet together and perform a straight jump connected to a split jump.**
17. Walk forwards or backwards to a dance pose then **2 or 3 steps into Round off with repulsion from hands to land on 2 feet.**