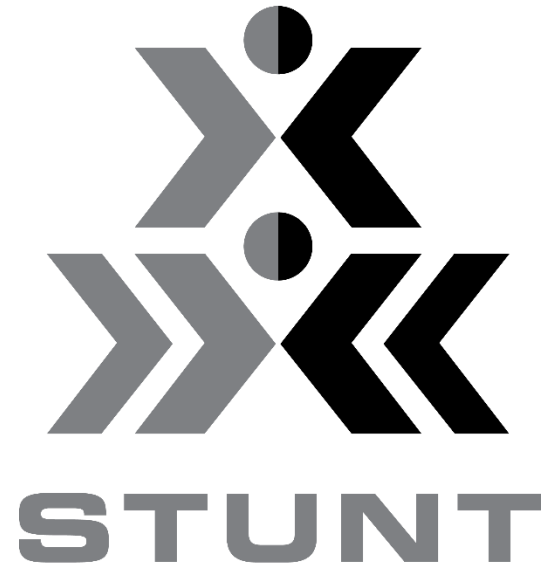


# 2020 STUNT ROUTINES



## 2020 Routines CA & OK 8-count Sheets

# 2020 STUNT ROUTINES

## Reading/Using the 8-count Sheet:

- 8-count sheets are provided for each STUNT routine.
- The 8-count sheet should be used in CONJUNCTION with the video.
- The goal of the 8-count sheet is to give you the main start and stop times of skills so that both teams perform at the same time and that sync is the same.
- The 8-count sheet will also list if there are specific motions to hit, grips to use, etc.
- If it is listed on the 8-count sheet, it is to be officiated, and if it is not listed, then it will not be officiated.
- The 8-count sheet is to be used as a written version of the video. This is to assist the officials on what they should be seeing (the skills column), and to also help them know what team is on count if they see a distinct difference in counts being used by two teams.
- We recommend you mark up your own 8-count sheets with as much detail needed for your own teaching/coaching.
- Tumbling routine filming has been changed for the 2020 season.
  - In general, no skills are shown on the video clips. Only the formations, blocking of the skills, and movement around the floor as the routine happens will be shown.
  - You will use the combination of the 8-count sheet and video clips to add in the actual skills being asked of the teams for each routine.
- How to watch the video clip for the standing/running tumbling skills:
  - When you see arm movement that stays at shoulder level that is a signal for BHS.
  - When the arm movement is above the head it is an aerial skill and the 8-count sheet will specifically list the skill to perform on those counts.
  - The 8-count sheet will let you know if a tumbling pass is to come out of a RO (running into the RO) or a PH (no steps into the hands down movement).
  - Small skills (rolls) or unique skills will be executed on the video.
- How to watch the video clip for the jump skills:
  - Arms straight out in “T” type motion is a Toe Touch or Side Hurdlers and is designated on the 8-count sheet.
  - Arms straight out toward the front of the body is a Pike Jump.
  - Arms straight out toward the front of the body and slightly up is a Front Hurdler.
- USA Cheer has also developed a video library of the skills used in the Jumps & Tumbling routines to show the number of counts a specific skill should take and also what the skill should look like.

# 2020 STUNT ROUTINES

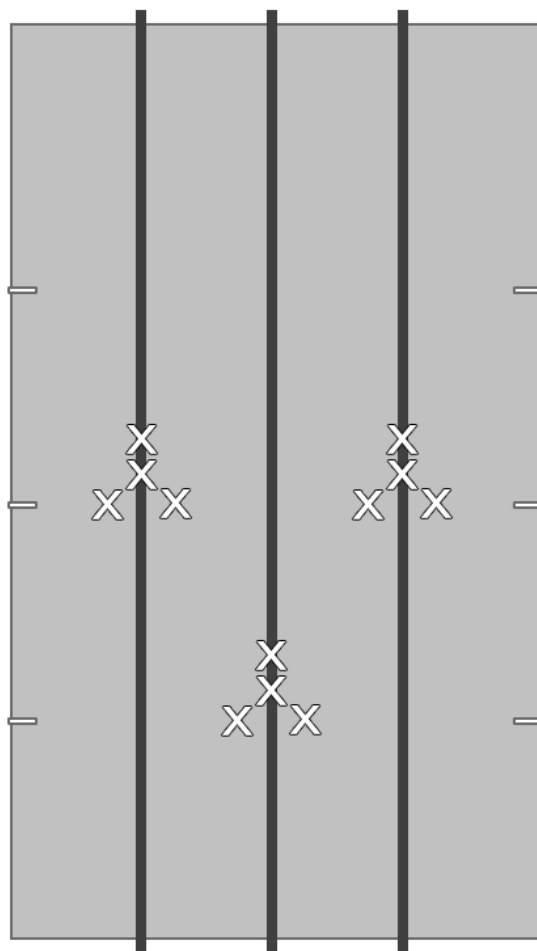
- Pyramid & Tosses filming has been changed for the 2020 season for college routines only (exception is Routine 1 & 2 which were filmed in one continuous clip).
  - Pyramid & Toss routines are filmed in 2 pieces (Clips A and B).
  - Clip A will show the opening part of the routine and depending on the layout of the routine may include 1 side of a pyramid sequence and basket toss set of skills. Skills should be executed as executed in the video.
  - Clip B will start from the beginning with the 1<sup>st</sup> part being “marked” through and the 2<sup>nd</sup> half of the skills being executed.
- The repeat routines were filmed again to fit this structure. Be aware that some small count changes may have been added to the repeat routines to help clean up any issues that may have come up last year.
- This change should make learning routines easier as you will have a distinct 1<sup>st</sup> and 2<sup>nd</sup> part to work on. It will also remove any slight differences in the way 2 sets of the same pyramid may have been executed in the past.

## The ONLY “modifications” allowed are the following:

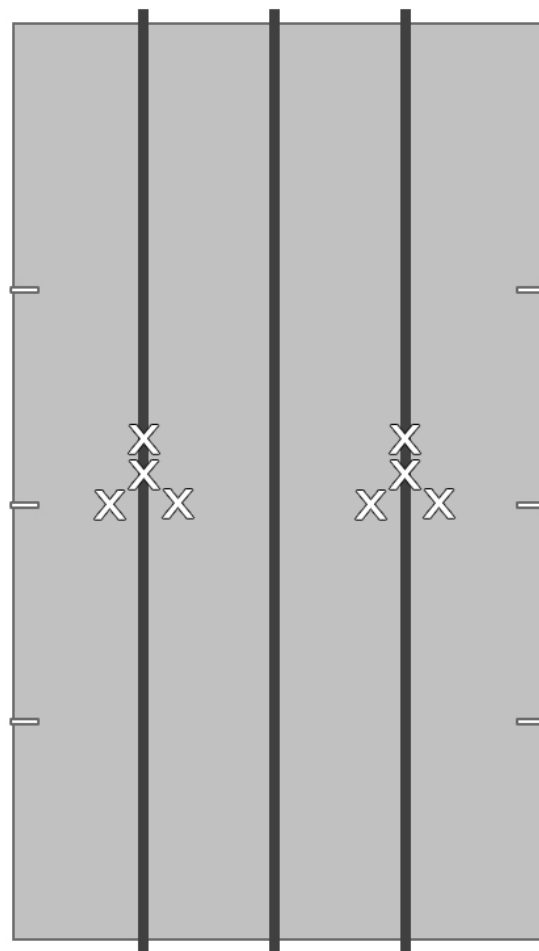
- Specific grips for stunts (unless specifically listed on 8-count sheet/glossary as the way to execute the skill).
  - Hands holding feet or placement on a body part.
  - How hand/arm overlap is done.
  - Hand placement on shoulders in an invert skill.
- 1 foot or 2 foot load in for basket toss skills ONLY. All other type of load techniques must be done as shown in the videos.
- Direction of the spin in TUMBLING ONLY (including cartwheel and roundoff). This also includes tumbling into a stunting skill.
- Moving from skill to skill or formation to formation is not officiated unless specifically listed on the 8-count sheet.

# 2020 STUNT ROUTINES

**Partner Stunts Routines 1 & 2**

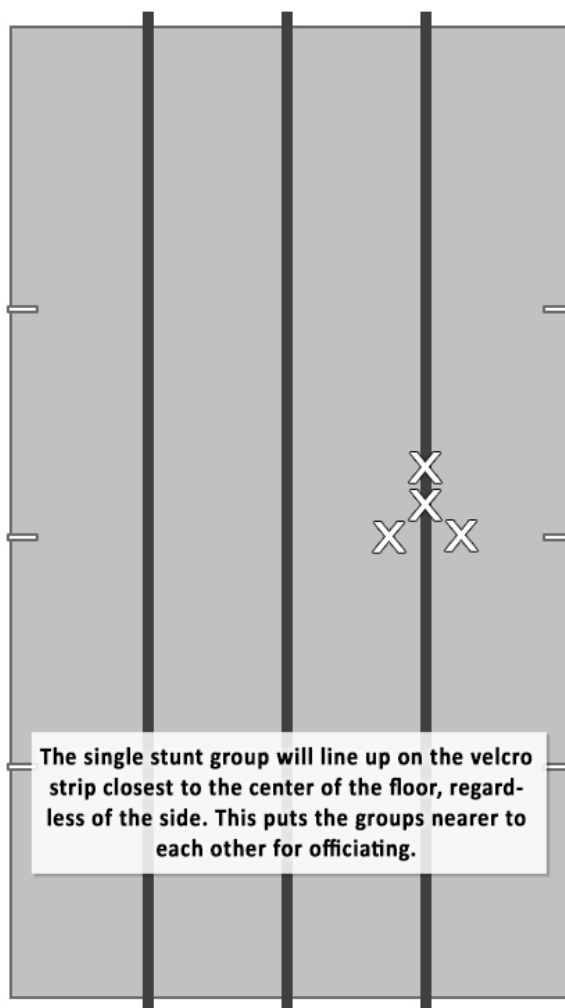


**Partner Stunts Routines 3 & 4**

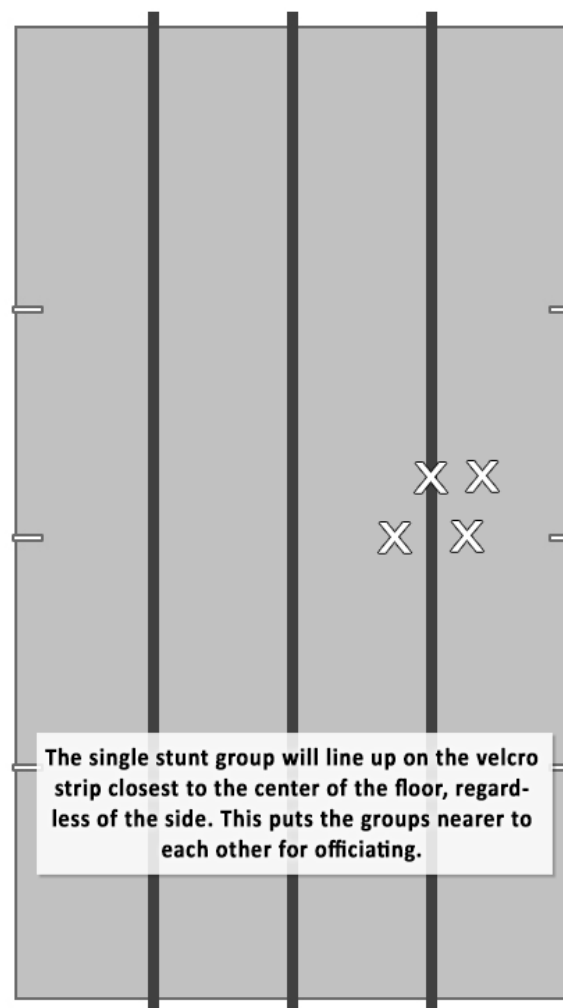


# 2020 STUNT ROUTINES

## Partner Stunts Routine 5



## Partner Stunts Routine 6



# 2020 STUNT ROUTINES

High School		Partner Stunts						Routine: 1	
	Skill	1	2	3	4	5	6	7	8
1				Set		Dip			
2	Quick Toss P&G Extension	P&G		Extension		High V		Dip	Top: Cleans Arms
3				Clean		Top: Step		Top: Turn to Back	
4		Bases: Set		Top: Set		Dip		Load	
5	Basket Toss ½ Up to Prep			Prep		High V		Dip	Top: Clean Arms
6	Forward Suspend Roll from Load	Load		Initiate Grab		Dip		Throw	
7				Clean		Top: Step		Top: Turn to Back	
8	Round Off to Load P&G to Extension	Bases Set		Top: High V & Step Back		Reach			
9		Throw		Load & Dip		Extension		Clasp	
End		High V							

Official Use Only: 2A - 2019

Last updated on 2/3/2020 by Jessica Chatto

# 2020 STUNT ROUTINES

High School		Partner Stunts				Routine: 2 (Carryover)			
	Skill	1	2	3	4	5	6	7	8
1				Set & Dip		Load		Pass Through Extended Level	
2	Left Leg Stag	Prep Stag		Punch & Hand on Hip		Dip		Stall at Target Tops: Clean Arms	
3	FG: Dbl Base Extension BG: Faux Single Base Prep	Load				Dip		FG: Extension BG: Pass Through Extended Level	
4	Pop Off Dismount	High V BG: Prep				Dip		Tops: Clean Arms	
5	P&G to Prone			Stand & Clean		Set & Dip		Load	
6		Turn w/ Tops Hitting High V at Extended Level		P&G to Prone		Tops: T Motion			
7	FR Dismount & Top Switches Group	Reach		Continue Out of Forward Roll		Move		Set & Low V	
8	Ball Back to Load	Dip				Ball Back & Grab Feet & Dip to Load			
9	1 Extension & 2 Prep Level Stunts			Dip		All in Extended Position		BG: Drop to Prep for P&G	
End	2 Extension & 1 Prep Level Stunts	BG: Extension & High V FG: Drop to Prep & High V							

Official Use Only: 2D – 2018 (carryover)

Last updated on 2/3/2020 by Jessica Chatto

# 2020 STUNT ROUTINES

High School		Partner Stunt					Routine: 3		
	Skill	1	2	3	4	5	6	7	8
1						Back Spot: Turn to Back Bases: Set Top: High V & Step Back		Back Spot: Bends Top: Reach	
2	<b>FWO to Prep</b>	Bases: Grab Feet		Bases: Throw w/ Back Arm		Prep		High V	
3	<b>Prep Level Full Around to Load</b>	Main Base: Switch Grip		Dip		Top: Clean Arms		Load	
4	<b>Double Base Extension out of Load</b>	Dip to Extension		Extension		High V			
5	<b>Prep Release to ½ Around Prep (faces back)</b>	Dip		Top: Clean Arms at Extended Level		P&G to ½ Around Prep (Bases Rotate)		Throw	
6		Prep						Dip	
7	<b>Drop to Flatback at Cradle Level w/ BWO</b>	Bases: Throw Top: T Motion		Flatback in T Motion		Reach	Top: Step Out	Bases: Clean	Top: Clean
8		Top: Step		Top: Turn to Front		Set		Dip	
9	<b>P&amp;G Extension</b>	Load		Pass Through Extended Level		P&G to Extension		Extension	
End		High V							

Official Use Only: 4A – 2019

Last updated on 2/3/2020 by Jessica Chatto



# 2020 STUNT ROUTINES

High School		Partner Stunts				Routine: 4 (Carryover L5)			
	Skill	1	2	3	4	5	6	7	8
1				Bases: Set		Top: Step		Lift Up	
2	Faux Single Base Extension	Tap		Faux Single Base Extension		High V			
3	Multi Based Heel Stretch	Dip		P&G to Heel Stretch Top: Clean Arms		Heel Stretch			
4	Drop to P&G Baja	Dip		Target w/ High V		Load & Grab Hands		Throw	
5				Set Out		Clean			
6	360 to Load Position	Set		Dip		Load			
7	Double Base Target Position	Load & Dip		Target		High V			
8	Corkscrew Down from Extended	Dip		Top: Clean Arms		J Toss Position		Clean	
9		Move		Set		Dip		Liberty w/ Clean Arms	
End	High Torch	High Torch Position w/ High V							

Official Use Only: 5B - 2017 (carryover routine)

# 2020 STUNT ROUTINES

High School		Partner Stunts					Routine: 5 (New)		
	Skill	1	2	3	4	5	6	7	8
1				Set		Dip		Load	
2	360 to Target			High V					
3	P&G Kick Full Dismount	Dip		Extended Level Top: Clean Arms		P&G to Kick Full			
4				Set Out		Clean		Top: Step	
5	RO Release to Target	Top: Turn to Back		Bases: Set Top: Step Back & High V		Reach			
6		Throw		High V				Dip	
7	Release from Top Ball Up to Load	Throw Top: Clean Arms		Load		Single Foot Tap			
8	¼ Turn Switch Up Arabesque 1 ¼ Full Down Dismount			Arabesque & Look to Front		Dip		Throw	
9	Cradle Reload			Dip to Load		Load		Dip to Target	
End	Target	Target & High V							

Official Use Only:

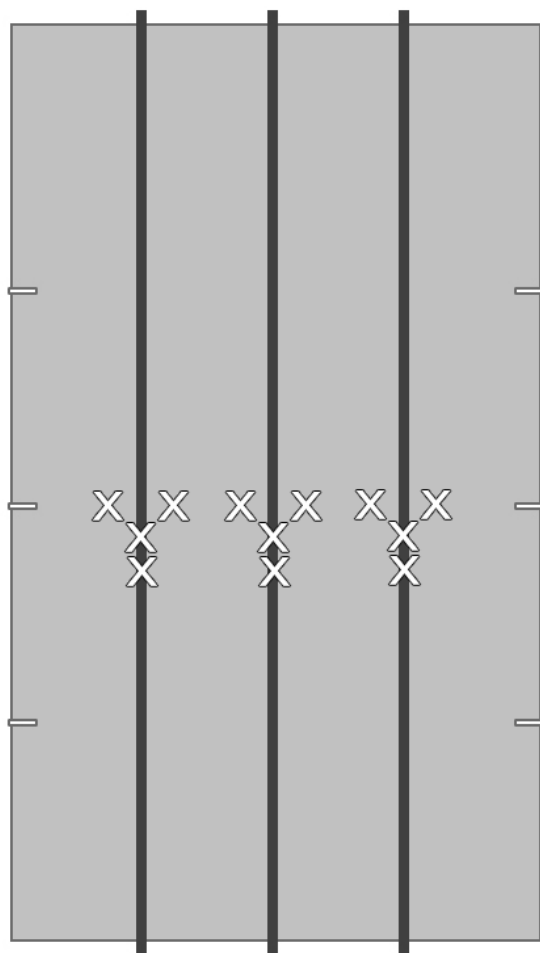
# 2020 STUNT ROUTINES

High School		Partner Stunts						Routine: 6	
	Skill	1	2	3	4	5	6	7	8
1				Bases: Set		Top: Steps		Lift Up Back Spot: Steps behind Group	
2	Walk in Single Base Extension	Tap		Single Base Extension		High V			
3	Corkscrew to Single Foot Load	Dip		Top: Clean Arms		Single Foot Load Top: Grab Wrists		Clean Back Spot: Move	
4				Set		Dip		Load	
5	P&G Full Around to Target	Pass Through Extended Level		P&G to Full Around Target			Target		
6		Main: Switch Grip		Top: Pull Opposite Liberty w/ Clean Arms				Dip	
7	High to High Liberty to Heel Stretch	Switch to Heel Stretch & Half High V							
8	Full Twist Cradle Dismount from Stretch	Dip		Throw				Dip Top: T Motion	
9	Log Roll P&G to Load	Throw		Cradle & Dip Top: T Motion		Load		Dip to Target	
End	Target	Target & High V							

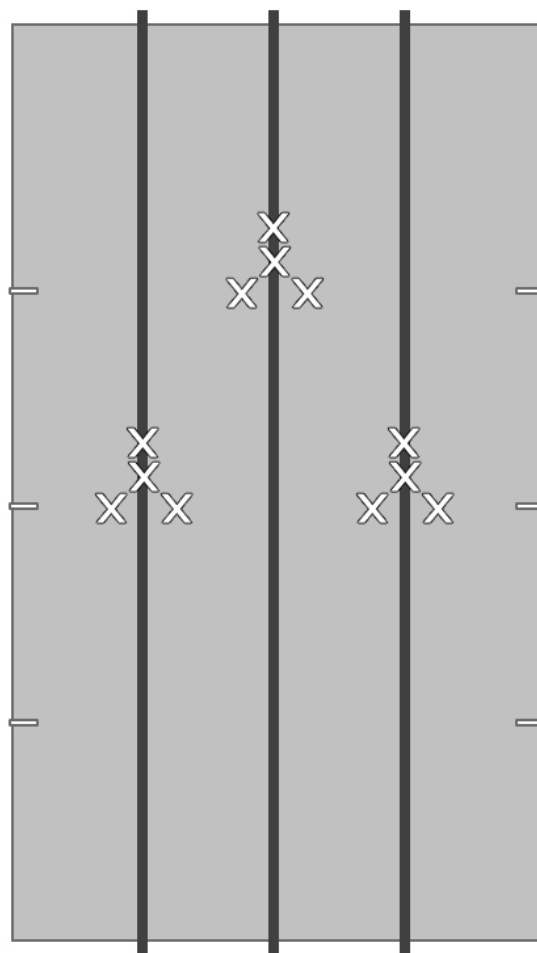
Official Use Only: 6B – 2019

# 2020 STUNT ROUTINES

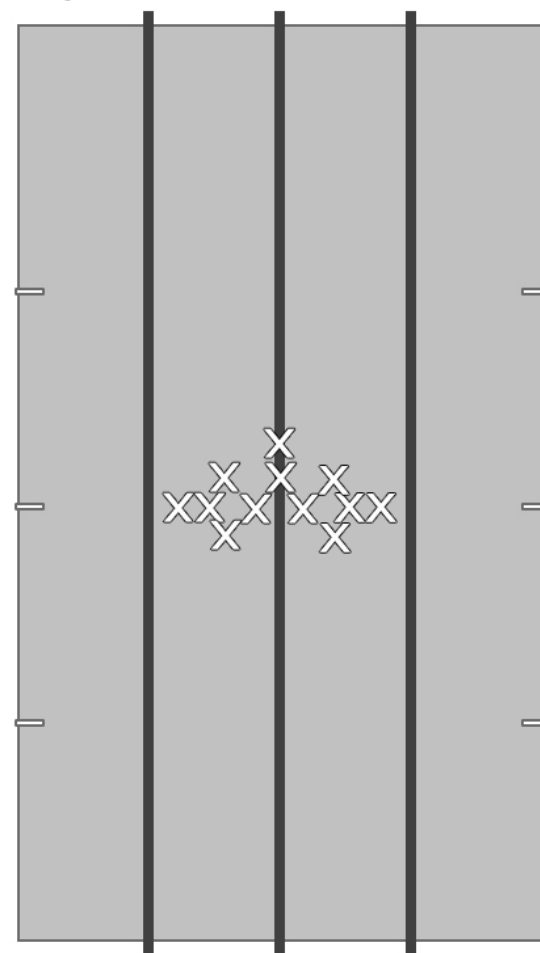
**Pyramids & Tosses Routine 1**



**Pyramids & Tosses Routine 2**

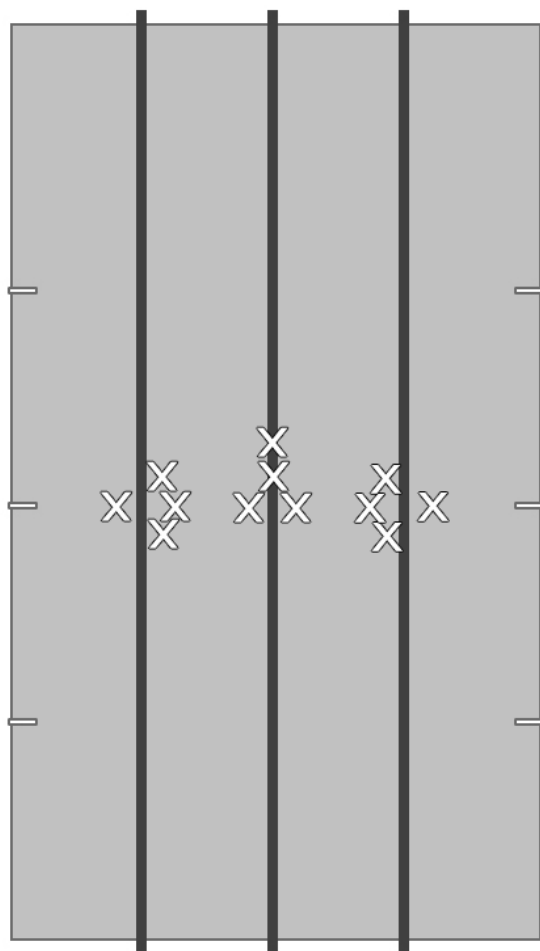


**Pyramids & Tosses Routine 3**

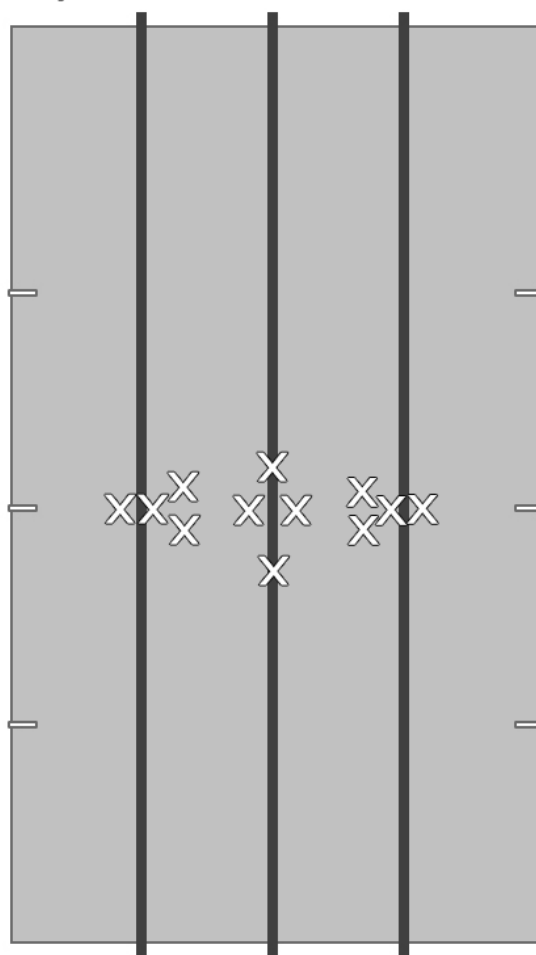


# 2020 STUNT ROUTINES

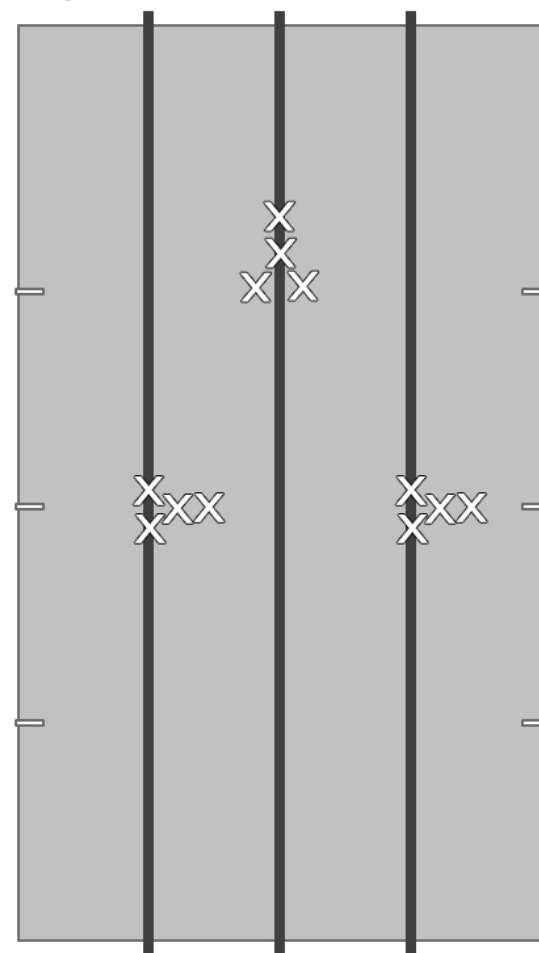
**Pyramids & Tosses Routine 4**



**Pyramids & Tosses Routine 5**



**Pyramids & Tosses Routine 6**



# 2020 STUNT ROUTINES

High School		Pyramids & Tosses						Routine: 1	
	Skill	1	2	3	4	5	6	7	8
1				Set		Dip		Load	
2	3 Half Around Visual (bases move) to Prep	Turn to Front		Prep		SG: Move In			
3	3 Press Target Paper Dolls	Connect		Dip to Target		Target		Outside Tops: Half High V	
4	3 Cradle Dismounts	Dip		Throw Tops: Clean				Set Out	
5		Clean		Move					
6	2 BT Timers w/ Reload 1 S&G	Set		SG: Dip		SG: Load MG: Dip		SG: Throw MG: Load	
7		MG: High V		MG: Load SG: Dip for Load		SG: Load		SG: Move	
8	2 Preps			SG: Dip		SG: Pass Through Extended Level MG: Set Out to Single Foot Load		SG: Prep	
9	1 Preproperty	MG: Dip		MG: Preproperty		Connect		MG: Dip	
End	Liberty Stag Pyramid	MG: Liberty SG: Outside Leg Stag & Hand on Hip							

Official Use Only:

Last updated on 2/3/2020 by Jessica Chatto

# 2020 STUNT ROUTINES

High School		Pyramids & Tosses					Routine: 2 (Carryover)		
	Skill	1	2	3	4	5	6	7	8
1				Set		SG: Dip		SG: Load MD: Dip	
2	2 BT Timers 1 BT Timer All Reload	SG: Throw MG: Load		MG: Throw		SG: Load		MG: Load	
3		Move				Overlap Arms		Dip	
4	P&G Extension Pyramid	Pass Through Extended Level		SG: Prep MG: P&G		MG: Extension		SG: Outside Arms Up	
5	Drop a Level & P&G to Release Ball Up to Load			Dip	SG: Clean Outside Arm	SG: Load MG: Prep		SG: Throw Top: Hand on Hip	
6	Outside Extension Pyramid	SG: Load		SG: Dip		SG: Extension		MG: Dip	
7	Paper Dolls w/ Double Base Skill	SG: Outside Arms Up MG: Extension				Dip	SG: Clean Outside Arm	Drop to Prep P&G	
8	Drop to Prone Connected	SG Tops: T Motion w/ Outside Arm				Tops on Ground & Disconnect Arms		Clean	
9		SG Bases: Step for Lunge	SG: Lunge	SG: Set & Dip MG: Set & Dip		MG: Load		SG: Stand MG: Pass Through Extended Level	
End	Prep Level Pyramid	MG: Prep & Connect SG: Connect & Outside Arms Half High V							

Official Use Only:

# 2020 STUNT ROUTINES

High School		Pyramids & Tosses						Routine: 3	
	Skill	1	2	3	4	5	6	7	8
1				Set & Dip		Load		SG: Pass Through Extended Level MG: Target	
2	Target Pyramid w/ Bracers Facing In	SG: Prep & Tops: Connect		MG: Dip		MG: Stall in Extended Level		MG: P&G to Flatback	
3	Release to Flatback to Liberty Pyramid	MG: Throw		MG: Flatback		MG: Dip to Liberty		MG: Liberty	
4	Pop Off Dismount			Dip	Tops: Clean			Clean	
5		Move				Set		Dip	
6	3 TT BT	Load		Throw					
7		Set Out		Clean		SG: Move MG: Set & Dip		SG: Set & Dip MG: Load	
8	1 Half Around to Flatback w/ BWO Dismount 2 Half Up to Prep	SG: Load MG: Pass Through Extended Level & High V		SG: Dip to Prep MG: Flatback & T Motion		SG: Pass Through Extended Level MG: Reach		SG: Prep MG Bases: Step	
9	Switch Up Liberty Pyramid	SG & MG: Move MG Top: Clean to Front		MG: Set & Connect		MG: Dip			
End		Liberty							

Official Use Only:



# 2020 STUNT ROUTINES

High School		Pyramids & Tosses					Routine: 4 (Carryover L5)		
	Skill	1	2	3	4	5	6	7	8
1	2 Outside Half Around to Prep			Set		Dip		Load	
2	MG: P&G Prep Release Full to Prep			SG: Prep MG: P&G		SG: Move			
3	Braced Back Flip Load to Prep	Connect		MG: Dip		MG: Drops to Load			
4	P&G Target	MG: Lands in Prep w/ Feet Together for P&G Target		Target		Dip		Drop to Prep in Target Position & P&G	
5	P&G Front Flip			Top on Ground & Stays Connected		SG: Dip & Tops Stand MG: Stand		SG: Load MG: Move	
6	S&G from Load to Prone	SG: Set Out MG: Set & Dip		SG: Move MG: Load		SG: Set & Dip MG: Pass through extended in T Motion		SG: Load	
7	2 Full Twist BT Reload Out of Cradle	SG: Throw MG: Reach				SG: Dip for Reload MG: Bases Move MG Top: Stand		SG: Load	
8	Quick Toss to Prep 2 Invert at Shoulders	SG: Move MG: Set		SG: Grab Shoulders MG: Dip		SG: Dip		SG: Invert MG: Prep	
9	Invert P&G Extension Pyramid	Connect		SG: Dip				SG: Prep & Dip	
End		SG: Extension & Outside Half High V							

Official Use Only:

Last updated on 2/3/2020 by Jessica Chatto

# 2020 STUNT ROUTINES

High School		Pyramids & Tosses					Routine: 5 (New)		
	Skill	1	2	3	4	5	6	7	8
1	2 360 to Prep 1 BHS to Extended Target			SG: Set & Dip MG Bases: Set		SG: Load MG Top: Sit			
2	Target Pyramid	SG: Prep MG: Throw		Connect		Dip		SG: Back Leg Liberties MG: Prep	
3	Outside Tick Tock Pyramid			SG: Dip		SG: Opposite Leg Liberty			
4	Braced Flip Front to Cradle	Dip		SG: Prep MG: Load		MG: Dip		MG: Throw	
5				SG: Dip		SG: Load		Set Out	
6		Clean		Move					
7				Set		MG: Dip		MG: Load SG: Dip	
8	2 Kick Full BT 1 Full Twist BT	MG: Throw SG: Load		SG: Throw				Dip	
9	Cradle Reload 3 Liberties	Load		Single Foot Tap		Liberty w/ Clean Arms		Clasp	
End		High V							

Official Use Only:

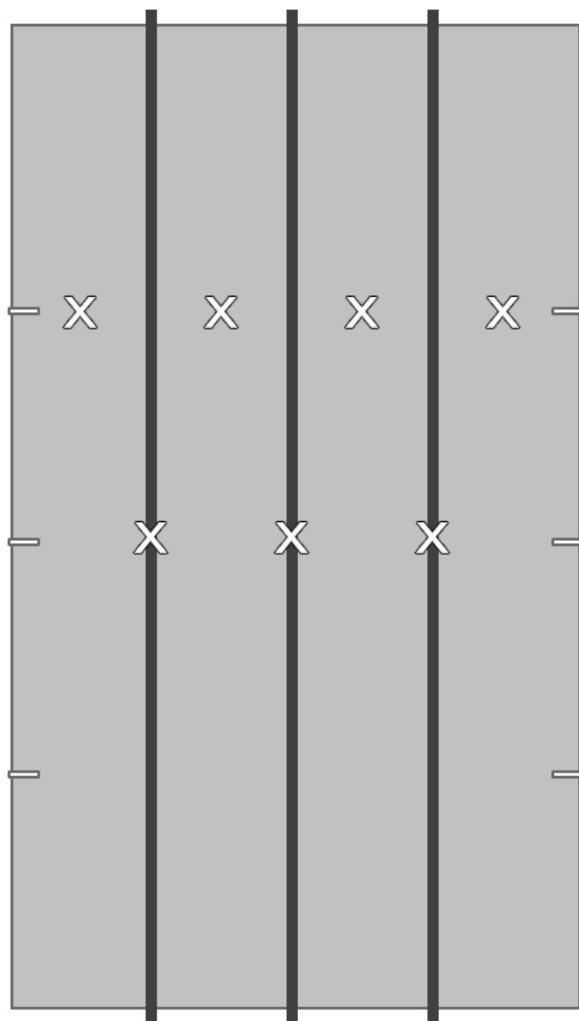
# 2020 STUNT ROUTINES

High School		Pyramids & Tosses						Routine: 6	
	Skill	1	2	3	4	5	6	7	8
1						Set		Dip	
2	1 Full Twist BT 2 Kick Full BT	Load		Throw					
3		Set Out		Clean		Move			
4	2 Single Base S&G	Set		Dip		SG: Pass Through Extended Level SG Tops: Clean Arms MG: Shoulders		SG: Single Foot Load MG: Stand	
5	2 Pull Up Single Base Liberty Pyramid	Connect		SG: Dip		SG: Liberty		SG: Outside Half High V	
6	2 Shoulder Stand Pop Downs 2 Liberties Bump to Load	Back Spots for MG: Move		Dip	Tops: Clean	SG: Load		SG: Turn Inside MG: Clean	
7	2 360 to Prep	MG: Move		SG: Dip				SG: Prep MG: Set	
8	Rewind Braced Back Flip to Top	Connect		MG: Dip				MG: Target	
9						SG: Turn to Front SG Tops: Clean Outside Arm		SG: Dip	
End	Press to Liberty Paper Dolls	Liberties SG Tops: Outside Half High V							

Official Use Only:

# 2020 STUNT ROUTINES

## Jumps & Tumbling All Routines



Last updated on 2/3/2020 by Jessica Chatto

# 2020 STUNT ROUTINES

High School		Jumps & Tumbling						Routine: 1	
	Skill	1	2	3	4	5	6	7	8
1	All Toe Touches			Clasp		High V			TT
2	All Forward Rolls	Land		Stand		Nugget		Initiate	
3		Nugget		Stand		Left Knee Down		Middle 3: Clasp Outside 4: Hold	
4	3 Cartwheels from Knee	Middle 3: High V		Middle 3: Initiate				Middle 3: Clean to Back	
5		Middle 3: Move		Middle 3: Step w/ Right Foot		Middle 3: Turn to Front Outside 4: Stand		Clasp	
6	All Toe Touches	High V			TT	Land		Stand	
7	3 Back Rolls 2 Candle Stick to Forward Roll 2 Forward Rolls			Outside Front 2: Nugget Middle 1 & Back 4: Sit		Middle 1 & Outside Back 2: Backward Roll Middle Back 2: Candlestick		Middle 1 & Outside Back 2: Nugget Middle Back 2: Initiate Back to Nugget	
8		Middle Back 2 & Front 2: Initiate				Nugget		Stand	
9	All Front Hurdlers	Clasp		High V & Turn to Corner			FH	Land	
End		Pop Out to Front & Hands on Hips							

Official Use Only:

# 2020 STUNT ROUTINES

High School		Jumps & Tumbling				Routine: 2 (Carryover)			
	Skill	1	2	3	4	5	6	7	8
1	3 BER					Front 3: Sit		Front 3: Handstand	
2	5 Forward Rolls			Front 3: Hips		Front 3 & Back Outside 2: Nugget		Front 3 & Back Outside 2: Initiate	
3	2 ST BHS	Nugget		Front 3 & Back Outside 2: Stand Back Middle 2: Sit		Back Middle 2: Land		Back Middle 2: Stand	
4	5 Toe Touches	Back Middle 2: Move		Front 3 & Back Outside 2: Clasp	Back Middle 2: Stop	Front 3 & Back Outside 2: High V			Front 3 & Back Outside 2: TT
5	All Pikes	Front 3 & Back Outside 2: Land		Front 3 & Back Outside 2: Stand		Clasp		Drive Up & Turn to Corner	
6			Pike	Land		Stand to Front			
7	All Toe Touches	Clasp		High V			TT	Land	
8				Stand		Middle 3: Move			
9		Clasp Middle 3: Stop & Clasp		High V		Clean		Clasp & Bend	
End		Outside 4: Pop Out & Punch Inside 3: All Left Knee Down & Punch							

Official Use Only:

\*Middle athlete in ending formation of the video has her right knee down, ALL 3 should have their LEFT knee down here.

Last updated on 2/3/2020 by Jessica Chatto

# 2020 STUNT ROUTINES

High School		Jumps & Tumbling						Routine: 3	
	Skill	1	2	3	4	5	6	7	8
1	All Pikes			Clasp		Drive Up & ¼ Turn			Pike
2	All Forward Rolls	Land		Stand to Front		Nugget		Initiate	
3		Stand and Clean		Move		Front 3: Step w/ Right Foot Outside 4: Step		Front 3: Turn to Back Outside 4: Clean	
4	1 PH RO Tuck 2 PH RO 2 BHS	Front Middle: Initiate				Front Outside 2: Initiate		Front Middle: Land	
5		Front Middle & Outside 4: Left Knee Down				Front Outside 2: Land		Stand	
6	4 ST BHS	Move				Clean		Front 2 & Back 2: Sit	
7		Front 2 & Back 2: Land		Front 2 & Back 2: Stand				Back 5: Step	
8		Clean				Clasp		High V	
9	All Toe Touches		TT	Land		Stand		Clasp & Bend	
End		All Right Punch Back Outside 4: Pop Out Front 2 & Middle: Left Knee Down							

Official Use Only:

# 2020 STUNT ROUTINES

High School		Jumps & Tumbling						Routine: 4	
	Skill	1	2	3	4	5	6	7	8
1	All Toe Touches			Clasp		High V			TT
2	4 Toe Touches 3 Toe Touch BHS	Land		Stand & Clasp		High V			TT
3		Middle 3: Sit Outside 4: Hold		Middle 3: Land		Middle 3: Left Knee Down Outside 4: Stand		Outside 4: Move	
4	2 ST BHS	Outside 4: Stop & Clean		Front 2: Sit		Front 2: Land		Middle 5: Stand	
5	1 PH RO Tuck	Front 2: Step to Outside Middle: Initiate Back 2: Move to Back						Middle: Land	
6	2 PH RO BHS Tuck	Middle & Outside 4: Left Knee Down		Back 2: Initiate					
7				Back 2: Land		Stand		Outside 2: Step to Inside Middle 3: Move	
8		Outside 2: Clean Middle 3: Step w/ Right Foot		Middle 3: Turn		Clasp		High V & Turn to Corner	
9	All Front Hurdlers		FH	Land		Stand & Turn to Front		Clasp & Bend	
End		Pop Out & High V							

Official Use Only:



# 2020 STUNT ROUTINES

High School		Jumps & Tumbling				Routine: 5 (Carryover)			
	Skill	1	2	3	4	5	6	7	8
1	All Double Toe Touches			Clasp		High V			TT
2			TT	Land		Stand		Front 3: Move	
3	3 PH RO Tuck			Front 3: Stop		Front 3: Initiate			
4	2 ST Tuck	Middle 2: Sit		Front 3 & Middle 2: Land		Middle 5: Stand Outside 2: Move		Middle 5: Move	
5	1 RO BHS LO					Front 3: Nugget Back Right Corner: Initiate			
6	1 RO BHS LO					Back Right Corner: Land Back Left Corner: Initiate			
7						Back Left Corner: Land			
8		Front 5: Stand		Move		Front 3: Step		Front 3: Turn to Front Outside 2: Step	
9	3 ST BHS	Outside 2: Turn to Front		Front 3: Sit		Front 3: Land		Front 3: Clasp & Bend	
End		Back 4: Pop Out & Punch Front 3: Left Knee Down & Right Punch							

Official Use Only:

Last updated on 2/3/2020 by Jessica Chatto

# 2020 STUNT ROUTINES

High School		Jumps & Tumbling						Routine: 6	
	Skill	1	2	3	4	5	6	7	8
1	3 ST Tucks					Front 3: Sit		Front 3: Land Back 4: Sit	
2	2 ST BHS 2 ST BHS Tucks	Front 3: Left Knee Down Back Outside 2: Land Back Middle 2: Sit		Back Middle 2: Land		Stand			
3		Move				Clasp		High V	
4	All Toe Touch Front Hurdler Combo		TT	Land & Turn to Corner	FH	Land		Stand to Front	
5	4 Side Rolls	Middle 3: Move Outside 4: Initiate Side Rolls			Outside 4: Stand	Middle 3: Step w/ Right Foot		Front 2: Turn to Back Outside 2: Initiate	
6	2 PH RO BHS 2 RO BHS Layout					Outside 2: Land Front 2: Initiate		Outside 2: Stand	
7	1 RO BHS Full	Middle: Initiate				Front 2: Land Outside 2: Move			
8		Middle: Land Back 4: Move		Middle: Stand Middle 2: Move		Middle: Step	Middle: Turn to Front	Clasp	
9	All Pikes	Drive Up & ¼ Turn			Pike	Land		Clasp & Stand to Front	
End		Front 3: Left Knee Down & Hands on Hips Back 4: Pop Out & High V							

Official Use Only:

Last updated on 2/3/2020 by Jessica Chatto

# 2020 STUNT ROUTINES

How to watch the video clip for the standing/running tumbling skills:

- Arm movement that stays at shoulder level that is a signal for BHS.
- When the arm movement is above the head it is an aerial skill and the 8-count sheet will specifically list the skill to perform on those counts.
- Arm movement that starts at shoulders and the PRESSES above their head, finishing with one arm coming down to the side at a time is for a Back Extension Roll.
- Arm movement that goes above head first (like an aerial skill) and then comes to the front extended away from the body and finishes by cleaning to the side is a Front Walk Over.

## Tumbling Glossary

	Skill	1	2	3	4	5	6	7	8
1	ST BHS ST Tuck	Sit	Hands	Land					
2	ST BHS Tuck ST BHS Layout ST BHS Full	Sit	Hands	Sit	Tuck	Land			
3	RO/PH	Initiate			Hands Down	Land			
4	PH RO BHS PH RO Tuck	Initiate			Hands Down	Feet Down	BHS	Land	
5	PH RO BHS Tuck PH RO BHS Layout PH RO BHS Full	Initiate			Hands Down	Feet Down	BHS	Feet Down	Tuck
5		Land							
6	BER	Sit		Handstand		Step Out	Feet Together		