

B.7

Single Leg Thigh Stand - Lib Position

Choreography Option "C" Module - Stunt

Description: Mastering the Single Leg Knee Stand - Lib Position - 1 Base, 1 Spotter, 1 Top Person

In this module we are going to master the single leg knee stunt, add a Liberty Position for the Top Person and teach the counts so it can be placed in routine! Please be sure that your athletes are comfortable with the set up positions that were taught in Building Module 5 - "Mastering Double Base Thigh Stand." Review if necessary!

3 Step Approach:



Step 1: Teach Top Person LIB Position on Floor (Building Module 1B)

Top Person - Stands on locked and tightened right leg and bends left leg and point toes, pulling the knee up towards the chest until the toes reach the right leg's knee. The left leg in the lib position should be flat from knee to hip and the foot should be glued next to the knee of the locked right leg.



Step 2: Step, Lock, Tighten Drill

This is the same as Module 5, but the counts for the drill have changed to increase the length of the skill and Top Person will hit a lib position before moving on to the stick and hold in step 3.

Main Base - Keeps knee level lunge posture with right hand under the toe of the Top Person's right foot. Left arm will be anchored around the thigh of the right leg above the knee hugging the thigh close to the body. Maintains strong core while Top Person does a step and lock drill back to the starting position.

Top Person - With right foot set in the pocket of the Base, Top Person will dip down through the left leg on the floor pressing strongly off the ground with the left foot to stand and lock the right leg out on the Base's thigh and pull left leg up to a strong Lib position and step back down to the starting position.

Spotter - With hands on the Top Person's waist, follow the dip of the Top Person and assist the Top Person to the standing position on the Base's thigh by lifting up through the Top Person's waist. The Spotter never releases the stunt. The Spotter assists the stunt up to the standing position and then assists gently back down to the starting position, resisting the Top Person on the way down.



Supplies / Aids:

Video/Pictures

Equipment Needed:

Recommended:

- 1 Stacked panel mats or a block that is the approximate height of the thigh set position for Top Person step up drills.
- 2 Mirror for Top Person to see their lib position.
- 3 Any fun object for the Top Person to hold on their lib leg to ensure she has a flat lib surface from knee to hip.

Tips & Tricks

- 1 Have Top Person practice stepping up onto a mat starting with right foot up on raised surface focusing on pressing through the left foot on the floor and standing quickly to a Liberty position - mat should be about the same height as the knee stand stand set up.
- 2 Make sure Top Person is pushing strongly out of the left foot off the ground to stand quickly and not depending on the Spotter to lift them onto the stunt.
- 3 Be sure the Top Person is not leaning back on the Spotter so that when you move on to the Top Person hitting the High V motion (letting go of the Spotter's wrists) they are in a completely vertical position not dependent on leaning through their hands on the Spotter's wrists.
- 4 Focus on the importance of a strong Lib position. Bent left leg should be flat from knee to hip. Try placing something on the Top Person's Lib leg - it should be like a shelf!



BUILDING

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Counts	Main Base	Top Person	Spotter
LAST 5 COUNTS OF THE 4TH 8-COUNT OF ROUTINE TRANSITION			
5	Transition	Transition	Transition
6	Transition	Transition	Transition
7	Hit clean-up position	Hit clean-up position	Hit clean-up position
8	Hold	Hold	Hold
1ST 8-COUNT OF STUNT			
1	Hold - in set up position (kneeling on floor) right hand under right toe, left arm wrapped around right leg, pulling it tight into your core.	Hold - in set up position (right foot placed in the Base's pocket)	Hold - in set up position (holding Top Person's waist)
2	Hold	Hold	Hold
3		"DOWN" - Dips - Bends left knee	"DOWN" - Dips with Top Person
4		"DOWN" - Dips - Bends left knee	"DOWN" - Dips with Top Person
5		"STEP" - Push off left foot, step up quickly and transfer all your weight into your right leg.	Lifts Top Person
6		"LOCK" / "TIGHTEN" Keep your weight in your right leg and foot. Left foot locks in next to the right foot. Do not put weight in the left foot.	
7		Hold	
8		Hold	
2ND 8-COUNT OF STUNT			
1		Hit High V & Hit Lib with left leg	
2,3,4		Hold	
5		Clasp - Hit Target with left leg	
6		Hold	
7,8		Grab Spotter's wrists	
3RD 8-COUNT OF STUNT			
1		Step left foot back to ground	Resists Top Person on the way down, never releasing the hips
2			
3		Step right foot out	
4	Hold		
5,6	Stand up	Hold	
7	Clean to the front	Clean to the front	Clean to the front
8	Hold	Hold	Hold