

T.14

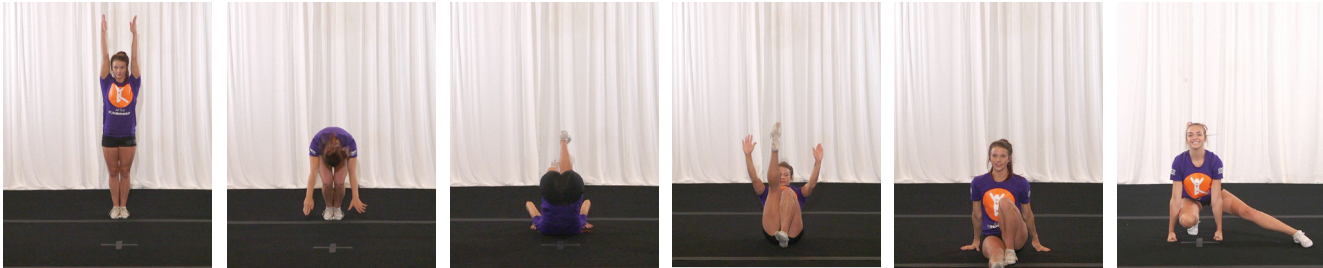
Mastering the Forward Roll to Wolf

Choreography - Part 3 Option "B" Module - Tumbling

Choreography Module: In this module we are going to pick up with the Forward Roll to Wolf introduced in Tumbling Module 12 and teach the counts so it can be a second option for the last part of the tumbling sequence in routine!

FINISH A

FINISH B



Choreography - Part 3 Option "B" Counts

Tumbling Choreography for 8-counts 12, 13, and 14 in the Routine

Counts	
13TH 8-COUNT	
LAST 5 COUNTS OF THE 13TH 8-COUNT	
5	Bend your knees
6	Jump, push through your toes, turn your head to look over your shoulder and pull same arm down
7	Land in Athletic Stance
8	
14TH 8-COUNT	
3RD 8-COUNT OF TUMBLING	
1	Squat
2	Place hands in front of you on the floor
3	Roll forward, back of neck/upper back/shoulders, touch the ground first, pushing through your toes, looking at your belly button
4	Continue the roll
5	Reach forward, finish in a seated position with one leg piked and one leg tucked (pictured). OR Reach forward, finish in a tuck position with one leg straight out to the side and the second leg in a squat. Hand on the floor in front of the body.
6	
7	
8	