

T.15

Tumbling Module 15

Choreography - Part 1-3 Option "A" Counts - Tumbling

Choreography Module: In this module we are going to put all 3 Tumbling Choreography Modules together so you have the tumbling sequence for your routine in one module! Modules included in this choreography section are: T.5 Forward Roll, T.7 Jump 1/2 Turn and T.12 Forward Straddle Roll

Choreography - Part 1-3 Option "A" Counts

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

Counts	Group 1	Group 2
12TH 8-COUNT 1ST 8-COUNT OF TUMBLING		
1	Turn towards back of floor (turning over right shoulder)	Turn towards back of floor (turning over right shoulder)
2	Hold	Hold
3	Squat down	Squat down
4	Put hands in front of you on the floor	Put hands in front of you on the floor
5	Roll forward, back of neck/upper back/shoulders, touch the ground first, pushing through your toes, looking at your belly button	Hold
6	Continue the roll	Hold
7	Stand up with arms reaching forward and up	Roll forward, back of neck/upper back/shoulders, touch the ground first, pushing through your toes, looking at your belly button
8	Hold	Continue the roll
13TH 8-COUNT 2ND 8-COUNT OF TUMBLING		
1	Finish standing (clean)	Stand up with arms reaching forward and up
2	Hold	Hold
3		Finish standing (clean)
4		
5	Bend your knees	Bend your knees
6	Jump, push through your toes, turn your head to look over your shoulder and pull same arm down	Jump, push through your toes, turn your head to look over your shoulder and pull same arm down
7	Land in Athletic Stance	Land in Athletic Stance
8		
14TH 8-COUNT 3RD 8-COUNT OF TUMBLING (this 8-count can be changed out for the Forward Roll)		
1	Jump to wide straddle legs	Jump to wide straddle legs
2	Place hands in the ground in front of you	Place hands in the ground in front of you
3	Roll forward pushing off your toes, placing back of neck/upper back/shoulders on the floor	Roll forward pushing off your toes, placing back of neck/upper back/shoulders on the floor
4	Continue the roll	Continue the roll
5	Hands reach / push off the floor in front of the straddle sit	Hands reach / push off the floor in front of the straddle sit
6	Push to a stand	Push to a stand
7	Finish the straddle stand	Finish the straddle stand
8		

T.15

Tumbling Module 15

Choreography - Part 1-3 Option "B" Counts - Tumbling

Choreography Module: Modules included in this choreography section are: T.5 Forward Roll, T.7 Jump 1/2 Turn and T.14 Forward Wolf Roll

Choreography - Part 1-3 Option "B" Counts

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

Counts	Group 1	Group 2
12TH 8-COUNT IST 8-COUNT OF TUMBLING		
1	Turn towards back of floor (turning over right shoulder)	Turn towards back of floor (turning over right shoulder)
2	Hold	Hold
3	Squat down	Squat down
4	Put hands in front of you on the floor	Put hands in front of you on the floor
5	Roll forward, back of neck/upper back/shoulders, touch the ground first, pushing through your toes, looking at your belly button	Hold
6	Continue the roll	Hold
7	Stand up with arms reaching forward and up	Roll forward, back of neck/upper back/shoulders, touch the ground first, pushing through your toes, looking at your belly button
8	Hold	Continue the roll
13TH 8-COUNT 2ND 8-COUNT OF TUMBLING		
1	Finish standing (clean)	Stand up with arms reaching forward and up
2	Hold	Hold
3		Finish standing (clean)
4		
5	Bend your knees	Bend your knees
6	Jump, push through your toes, turn your head to look over your shoulder and pull same arm down	Jump, push through your toes, turn your head to look over your shoulder and pull same arm down
7	Land in Athletic Stance	Land in Athletic Stance
8		
14TH 8-COUNT 3RD 8-COUNT OF TUMBLING		
1	Squat	Squat
2	Place hands in front of you on the floor	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 you belly button	Roll forward, back of neck/upper back/shoulders, touch the ground first, pushing through your toes, looking at you belly button
4	Continue the roll	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.	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	"Snap" head up	"Snap" head up
8		