

T.5

Forward Roll

Choreography - Part 1 - Tumbling

Choreography Module: In this module we are going to pick up with the forward roll introduced in Tumbling Module 4 and teach the counts so it can be placed in the routine!

Choreography - Part 1 Counts

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

Counts	Group 1	Group 2
IITH 8-COUNT		
LAST 5 COUNTS OF THE IITH 8-COUNT OF ROUTINE JUMPS		
5	Hold	Hold
6	Hold	Hold
7	Stand in clean-up - Chin High & Smile	Stand in clean-up - Chin High & Smile
8	Hold	Hold
I2TH 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 to 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 to roll
I3TH 8-COUNT		
2ND 8-COUNT 8-COUNT OF TUMBLING		
1	Finish standing (clean)	Stand up with arms reaching forward and up
2		
3		Finish standing (clean)
4		
5		
6		
7		
8		

Tips & Tricks

- 1 When group 1 is waiting for group 2 to finish their forward roll they should stay in the "clean" position without moving.

