

T.7

Mastering Jump 1/2 Turn

Choreography - Part 2 Module - Tumbling

Choreography Module: In this module we are going to pick up with the Jump 1/2 Turn introduced in module 5 and teach the counts so it can be placed in routine!



Choreography - Part 2 Counts

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

Counts	Group 1	Group 2
12TH 8-COUNT		
LAST 5 COUNTS OF THE 12TH 8-COUNT		
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
13TH 8-COUNT		
2ND 8-COUNT OF TUMBLING		
1	Finish standing (clean)	Stand up with arms reaching forward and up
2		
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		

Tips & Tricks

- For the Jump 1/2 Turn, all athletes need to turn towards the same shoulder or choreograph it so that the right side and the left side turn towards the center of the floor.

