



# B.10

## Quarter Up to Single Leg Waist with Optional Body Positions

Drill Skill Module - Stunt



### Step 2: 1/4 Up Step, Lock, Tighten Drill

**Main Base** - Dip, using legs, being careful not to drop arms below the 90 degree waist level on the dip. AFTER THE DIP DO A 1/4 TURN, PIVOTING ON LEFT FOOT. DO NOT SHUFFLE FEET TO COMPLETE 1/4 TURN. LEAVE LEFT FOOT PLANTED AND 1/4 TURN USING RIGHT FOOT ONLY! Simultaneously stand up through legs then resist the Top Person back down to the set position.

**Secondary Base** (optional) - Dip, using legs with Main Base being careful not to drop the arm on the dip. AFTER THE DIP DO A 1/4 TURN, PIVOTING ON RIGHT FOOT. DO NOT SHUFFLE FEET TO COMPLETE 1/4 TURN. LEAVE RIGHT FOOT PLANTED AND 1/4 TURN USING LEFT FOOT ONLY! Simultaneously stand up through legs, supporting under the foot with the right hand and driving upwards with the left hand on the shin then resist the Top Person back down to the set position.

**Top Person** - Set the right foot in the hands of the Main Base, dip down through the left leg on the floor pressing strongly off the ground with the left foot and strongly off the Bases' shoulders to stand and lock out right leg to standing position with left leg in Target position and then step left foot back to set position. TOP PERSON DOES NOT TURN THEMSELVES TO THE FRONT. The Top Person locks out directly over the stunt, looks to the direction they need to turn and engages the left shoulder and hip so they are not left behind when the bases turn.

**Spotter** - Place hands on the Top Person's waist, following the dip of the Top Person and assist the Top Person to the standing position by lifting up through the Top Person's waist. After the dip follow the Top Person and stay close into the stunt. The Spotter never releases the stunt. The Spotter will assist 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.

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Teaching Counts - Quarter Up to Single Leg Waist with Optional Body Positions:

Counts	Main Base	Top Person	Spotter	Secondary Base (Optional)
1ST 8-COUNT OF STUNT				
1	Hold - in set-up position - both hands under right foot	Hold - in set-up position- right foot in Base's hands, hold Spotters wrists or if using two bases place hands on both Bases' shoulders, Lifted onto ball of left foot	Hold - in set-up position - holding Top Person's waist	Hold - in set-up position - right hand under the foot, left hand on shin
2				
3	"DOWN"- Dip with legs	"DOWN" - Dips - Bends left knee	"DOWN" - Dips with Top Person	"DOWN"- Dip with legs
4				
5	Stand completing ¼ pivot keeping left foot planted on the floor stepping with right foot only - keep hand placement the same as set up and arms at belly button level	"STEP" - Push off left foot, and strongly through the arms using the spotter to help with the lift. Step up quickly and transfer all your weight into your right leg.	Lift Top Person through waist while completing ¼ pivot keeping right foot planted on the floor stepping with left foot only	Stand completing ¼ pivot keeping right foot planted on the floor stepping with left foot only - keep hand placement the same as set up and arms at belly button level
6	Hold	"LOCK" / "TIGHTEN" Hit Target. 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.	Hold	Hold
7	Hold	Hit selected body position - Lib, Heel Stretch, Arabesque, or Scale	Hold	Hold
8	Hold	Hold	Hold	Hold
2ND 8-COUNT OF STUNT				
1	Hold	Hold	Hold	Hold
2	Hold	Hold	Hold	Hold
3	Hold	Hold	Hold	Hold
4	Hold	Hold	Hold	Hold
5	Hold	"Clean" - Place left foot down in Target Position. Arms clean to sides.	Hold	Hold
6	Hold	Hold	Hold	Hold
7	Bend legs back to set position keeping arms at belly button level	Step left foot back to set position. Grab Spotter's wrists.	Resist Top Person on the way down, never releasing the hands	Bend legs back to set position keeping arms at belly button level
8	Stand and clean arms to side	Step right foot down tand and clean arms to side	Stand and clean arms to side	Stand and clean arms to side