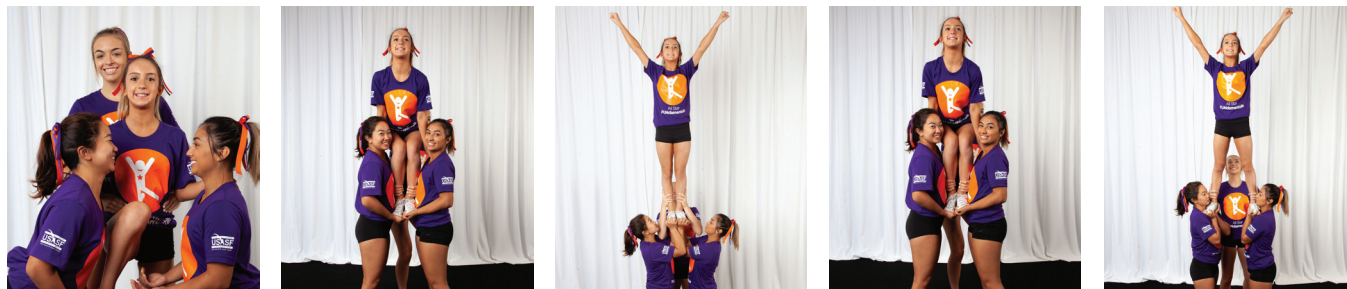


B.5

Mastering The Show & Go with the Traditional Prep

Choreography Option A Module - Stunt

Description: Mastering the Traditional Prep -2 Bases, 1 Spotter, 1 Top Person with choreography counts. In this Module we are going to master the Tradition Prep and teach the counts so it can be placed in routine! Please be sure that your athletes are comfortable with the set up positions and drills that were taught in Modules 2-4. Review if necessary!



Choreography - Option "A" Counts

Stunt Choreography for 8-counts counts 5, 6, 7, 8 and 9 in the routine

Counts	Main Base	Secondary Base	Top Person	Spotter
4TH 8-COUNT				
LAST 5 COUNTS OF THE 4TH 8-COUNT OF ROUTINE TRANSITION				
5	Transition	Transition	Transition	Transition
6	Transition	Transition	Transition	Transition
7	Turn to face Secondary Base	Turn to face Main Base	Hit clean-up position	Hit clean-up position
8	Hold	Hold	Hold	Hold
5TH 8-COUNT				
1ST 8-COUNT OF STUNT				
1	Set - Feet shoulder width apart, squat down and grab Top Person's right foot	Set - Feet shoulder width apart, squat down so Top Person can grab your shoulder	Set - Load right foot in to the Main Base's hands, hands on Bases' shoulders, lifted on ball of left foot	Set - Squat down, grab the Top Person's right ankle and place left hand under buttocks
2				
3	"Dip" - Dips down with Top Person	"Dip" - Dips down with Top Person	"Dip" - Dips down - Bends left knee	"Dip" - Dips down with Top Person
4		Hold in set-up position	"UP" - Push off left foot, step up quickly and transfer all your weight into your arms, pushing through until arms are locked out and supporting your weight	Lifts/Pushes Top Person
5		Catch Top Person's left foot	Keep your weight in your arms. Left foot locks in next to the right foot. Do not put weight in the legs. Keep lifting hips and chest. Keep weight in your arms.	Lifts/Pushes Top Person
6		Hold	Hold	
7		Hold	Hold	
8		Hold	Hold	Grab Top Person's left ankle

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B.5

Mastering The Show & Go with the Traditional Prep

Choreography Option A Module - Stunt

Counts	Main Base	Secondary Base	Top Person	Spotter
6TH 8-COUNT				
2ND 8-COUNT OF STUNT				
1	"DOWN" - Dips with legs	"DOWN" - Dips with legs	"DOWN" - Keeps weight in shoulders in load in	"DOWN" - Dips with legs
2				
3	"UP" - "Explode" up using your legs to drive the Top Person's feet to eye level	"UP" - "Explode" up using your legs to drive the Top Person's feet to eye level	"UP" - Push off arms quickly and send your body up, standing up, squeezing ankle, knees and hips together. Buttocks pulls in under shoulders and squeezes. Arms stay in clean-up by sides	"UP" - "Explode" up using your legs to drive the Top Person's feet to eye level
4				
5			Arms Hit High V	
6	Resist back to load-in position	Resist back to load-in position	Slide hands down the thighs to just above the knees. Recatch yourself on the Bases' shoulders.	Resist back to load-in position
7.8	Hold in load position	Hold in load position	Hold - in Load-in position. Keep your weight in your arms. Left foot locks in next to the right foot. Do not put weight in the legs. Keep lifting hips and chest. Keep weight in your arms.	Grabs Top Person's ankles
7TH 8-COUNT				
3RD 8-COUNT OF STUNT				
1,2	"DOWN" - Dips with legs	"DOWN" - Dips with legs	"DOWN" - Keeps weight in shoulders in Load-in	"DOWN" - Dips with legs
3,4	UP" - "Explode" up using your legs to drive the Top Person's feet to eye level.	"UP" - "Explode" up using your legs to drive the Top Person's feet to eye level.	"UP" - Push off arms quickly and send your body up, standing up, squeezing ankle, knees and hips together. Buttocks pulls in under shoulders and squeezes. Arms stay in clean-up by sides	"UP" - "Explode" up using your legs to drive the Top Person's feet to eye level.
4				
5	Settle at prep level turning hands out to palms together to grip toe and heel.	Settle at prep level turning hands out to palms together to grip toe and heel.	Stay completely locked out when settling to prep position. Arms Hit High V.	Resist ankles to settle at prep position lifting up through the ankles the entire time
6,7,8	Hold Prep	Hold Prep	Hold Prep	Hold Prep

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B.5

Mastering The Show & Go with the Traditional Prep

Choreography Option A Module - Stunt

Counts	Main Base	Secondary Base	Top Person	Spotter
8TH 8-COUNT				
4TH 8-COUNT OF STUNT				
1	"Clean" - Move Top Person's foot to the center, at chest level so it is squeezing in a Target Position with the left foot	"Clean" - Move Top Person's foot to the center, at chest level so it is squeezing in a Target Position with the right foot	"Clean" - Squeeze legs together in a Target Position. Clean arms to side.	"Clean" - Hold - in Prep - lifting the entire time (chest level), help squeeze the feet together.
2				
3	Resist back to load-in position	Resist back to load-in position	Slide hands down the thighs to just above the knees. Recatch yourself on the Bases' shoulders.	Resist back to load-in position
4				
5,6	Hold in load position	Hold in load position	Hold load-In position	Hold load-In position
7,8	Hold in load position	Hold in load position	Hold load-In position	Hold load-In position
9TH 8-COUNT				
5TH 8-COUNT OF STUNT				
1,2	Hold Right Foot	"DOWN" - Release foot	"DOWN" - Step Left Foot to floor. Hands stay on Bases' shoulders resisting weight to floor through arms	"DOWN" - Hold the waist and resist the Top Person to floor
3,4	Release foot, stand clean	Stand clean	Step Right Foot to the floor. Clean Hands to side.	Stand and Clean
5	Clean front	Clean front	Clean front	Clean front