

B.7

Tic Toc Single Leg Thigh Stunt

Drill Skill Module - Stunt



Teaching Counts - Starting in a Lib standing on left leg::

Counts	Main Base	Top Person	Spotter
1ST 8-COUNT OF STUNT			
5	Hold Lib - (kneeling on right knee, left leg up) right hand is on the shin of the Top Person's right leg. Right hand is supporting and squeezing on the Top Person's left thigh	Lib position - Keep your weight in your left leg and foot. Right foot pulled up to Lib position. Grab Spotters Wrists.	Hold Top Person's waist
6,7,8	Hold	Hold	Hold
2ND 8-COUNT OF STUNT			
1		"Dip" - Small shrug through the hips to initiate power. Continue to hold the Spotter's Wrists.	Resist Top Person on the way down, never releasing the hips
2	Right hand remains on the shin and resists the "down" of the Top Person's right leg	"Dip" - Small shrug through the hips to initiate power. Continue to hold the Spotter's Wrists.	Stands through small leg dip and lifts Top Person through waist
3	"The left hand helps "pop" the Top Person up. In mid-air the left hand switches over to the back of the Top Person's right thigh. The left hand helps resist the lowering of the right leg.	"Switch" - Switches from standing on the left leg to standing on the right leg and hitting a Lib. Focus on switching the foot placement in the bases pocket. Pulling up on the switch, do not stomp down.	Resists Top Person as they switch legs by maintaining contact with the waist
4	Hold	Hold	Hold
5	Place right hand under Top Person's toe	Hold	Hold
6	Hold	Hold	Hold
7	Hold	"Clean" - Place left foot down on thigh in Target position	Hold
8	Hold	Hold	Hold
3RD 8-COUNT OF STUNT			
1		"Step" left leg down to the floor	Resist the down of the flyer by holding the waist
2			
3	Clean arms to side	Step right foot down to floor Clean arms to side	Clean arms to side
4			