

B.8

Mastering The Tic Toc in a Stunt Sequence

Choreography Option B Module - Stunt

Description: Mastering Tic Toc - 1 Base, 1 Spotter, 1 Top Person with choreography counts. In this Module we are going to master the Tic Toc 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 6-7. Review if necessary!



Choreography - Option "B" Counts

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

Counts	Top Person	Spotter
4TH 8-COUNT LAST 5 COUNTS OF THE 4TH 8-COUNT OF ROUTINE TRANSITION		
5	Transition	Transition
6	Transition	Transition
7	Hit set position by kneeling on right knee, left leg up	Clean to the front
8	Hold	Hold
5TH 8-COUNT 1ST 8-COUNT OF STUNT		
1	"Set" - Place left foot in the Main Base's left leg pocket. Grab Spotter's wrist.	Hold - in set-up position (holding Top Person's waist)
2		
3	"DOWN" - Dips - Bends right knee	"DOWN" - Dips with Top Person
4	"DOWN" - Dips - Bends left knee	"DOWN" - Dips with Top Person
5	"STEP" - Push off right foot, step up quickly and transfer all your weight into your left leg. "LOCK" / "TIGHTEN" Keep your weight in your left leg and foot.	Lifts Top Person
6		
7	Hit Lib with right foot	
8	Hold	Hold

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Counts	Main Base	Top Person	Spotter
6TH 8-COUNT		2ND 8-COUNT OF STUNT	
1		"Dip" - Small shrug through the hips to initiate power. Continue to hold the Spotter's Wrists.	"Dip" - Follow Top Person with a small down to initiate power for the switch
2	Right hand remains on the shin and resists the "down" of the Top Person's right leg		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
7TH 8-COUNT		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	Turn on Knee to face the front. Right hand is under the Top Person's Right toe. Left Hand is still grabbing the back of the Top Person's right thigh.	Jump off left leg and ¼ turn to the right. Right leg is remains in the pocket of the main bases thigh. Hold the Spotter's wrists.	Lift the Top Person by the waist and step them ¼ rotation so they face the right.
4	Hold		
5	Hold	"DOWN" - Dips - Bends right knee	"DOWN" - Dips with Top Person
6	Hold	Hold	
7	Help lift with the left hand pushing up and bracing the Top Person's thigh	"Stand" - "STEP" up to the Main bases thigh by pushing off the left foot, step up quickly and transfer all your weight into your right leg. "LOCK" / "TIGHTEN" Keep your weight in your left leg and foot.	Lifts Top Person
8			
8TH 8-COUNT		4TH 8-COUNT OF STUNT	
1	Hold	Hit Arabesque. Arms "T" to the sides.	Hold Top Person's Waist
2	Hold	Hold	Hold
3	Hold	Hold	Hold
4	Hold	Hold	Hold

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Counts	Main Base	Top Person	Spotter
8TH 8-COUNT		4TH 8-COUNT OF STUNT	
5		"Clean" - Place left foot down on thigh in Target Position. Arms clean to sides.	Hold
6	Hold	Hold	Hold
7	Hold	"Grab" - Left leg bends, left hand grabs the shin. Right hand hits hip.	Hold
8	Hold	Hold	Hold
9TH 8-COUNT		5TH 8-COUNT OF STUNT	
1	Hold	"Open" the left leg up and out to hit a Scale. Right arm hits a High V.	Hold Top Person's Waist
2	Hold		
3	Hold	Hold	Hold
4	Hold	Hold	Hold
5	Hold	"Clean" - Place left foot down on thigh in Target Position. Arms clean to sides.	Hold
6	Hold	Hold	Hold
7	Hold	Step left foot to the floor. Grab Spotter's wrists.	Hold
8	Stand and clean up	Step right foot down and hit clean up	Arms go to sides and hit clean up