

Mastering Backward Roll to Extension / Candlestick Roll to Stand

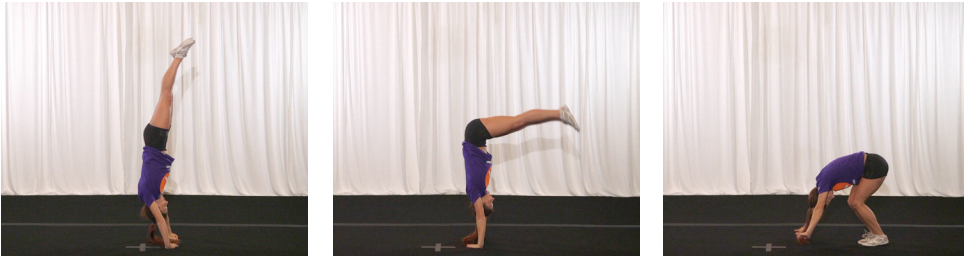
Choreography Module - Tumbling

Choreography Module: Mastering Backward Roll to Extension / Candlestick Roll to Stand. This Module, we are going to pick up with the Backward Roll to Extension introduced in Module 10 and teach the counts so it can be placed in routine!

Start →



→ Finish



Choreography Counts

Tumbling Choreography for 8-count 16 in the routine

Counts	Group 1 & 2
15TH 8-COUNT	
LAST 5 COUNTS OF THE 15TH 8-COUNT OF ROUTINE	
5	
6	
7	Stand in clean position
8	Squat and roll back with hands by ears
16TH 8-COUNT	
3RD 8-COUNT OF TUMBLING	
1	Pass through Handstand
2	
3	Step front lunge leg down with arms by ears
4	Lever to lunge
5	“Up” - lunge forward (Hurdle)
6	Step front foot back to back foot
7	Clean
8	

Supplies / Aids:

Video

Equipment Needed:

None

Notes:
