

B.12

Skill: Quarter Up to Single Leg Waist Level with Optional Body Positions

Novice SELECT Level 1 Building

Description: Using the same exact concept as the 1 Leg Waist Level Stunt we will introduce a twisting transition. You can use 1 or 2 Bases, 1 Spotter, 1 Top Person (the pictures below show the skill with 1 base). The stunt can either start to the left wall and ¼ to the front for Liberty, and Heel Stretch position, or start to the front and quarter turn to the right wall for Arabesque and Scale body positions.

Entry: THE INTRO TO THIS STUNT WILL START IN THE 1 LEG WAIST STUNT - 1 BASE



Base

Main Base - Start with the right foot of the Top Person exactly as taught for load position. Bend at knees to a comfortable level for your Top Person to be able to place their right foot. Bend the knees slightly. (do NOT squat or stick your buttocks out). Keep hips under shoulders and over feet. Elbows "locked" into sides with elbow and forearm creating a 90 degree angle. Place hands directly in front of belly button with a slight space for Secondary Base to support under the center of the foot.

Secondary Base (optional) - Start with right foot staggered in front of left foot facing the Main Base. Place right hand under the center of the right foot of the Top Person - fingers face towards Main Base and thumb stays on the inside of the foot. The hand is shaped like the letter "U". It is important to have the fingers on one side of the shoe and the thumb on the other so that you can squeeze the Top Person's foot. Place the left hand on the shin of the Top Person.

Top Person

Start standing on the floor with hands on the Spotters wrists or if using a secondary base on both Bases' shoulders, elbows up. Place the right foot in the Main Base's hands. Lift onto ball of left foot.

Spotter

Stand directly behind Top Person with hands firmly on Top Person's waist.

Middle:



Base

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 ¼ TURN, PIVOTING ON LEFT FOOT. DO NOT SHUFFLE FEET TO COMPLETE ¼ TURN. LEAVE LEFT FOOT PLANTED AND ¼ TURN USING RIGHT FOOT ONLY!

Secondary Base (optional) - Dip, using legs with Main Base being careful not to drop the arm on the dip. AFTER THE DIP DO A ¼ TURN, PIVOTING ON RIGHT FOOT. DO NOT SHUFFLE FEET TO COMPLETE ¼ TURN. LEAVE RIGHT FOOT PLANTED AND ¼ 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.

Top Person

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. 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.

Supplies / Aids:

Video/Pictures

Equipment Needed:

None Required

Notes:

Multiple horizontal lines provided for writing notes.



Safety:

- 1 The minimal to no arch in the base's back at entry
- 2 Top keeps weight in support leg