B.14 Skill: 1/4 Twisting (2 feet Prep)

Novice SELECT Level 1 Building

Supplies / Aids:

Video/Pictures

Equipment Needed:

None Required

Notes:

BUILDING

Entry:

Base

Main Base - Starts facing top with legs around shoulder width apart, bent knees, straight back. Hands should be palms up with arms at a 90 degree angle and top's right foot in left hand. Right hand is also under top's foot.

Side Base - Starts behind side facing top with either hands on top's waist or by side.

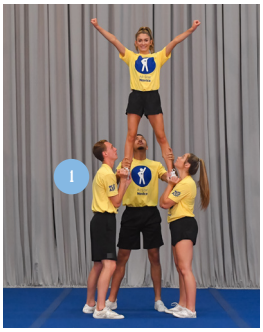
Top Person

Starts facing main base side. Right foot is loaded in main base's hand. Hands can be on main base's shoulders or on side base's wrist if side base is holding top's waist.

Spotter

Starts squatted on side of side facing top. Right hand on top's ankle, left hand under top's seat or thigh.

Middle:



Base

Main Base - Dips with top and lifts up giving top solid place to stand as side base gets other foot. Then dips again, with side base to drive top person up. Once above shoulders rotates hand to wrist to wrist position to hold prep.

Side Base - Waits through first dip and catches top's left foot when available, ideally with right hand on heal with fingers up. Left hand may help by supporting under shin or ankle. Dips with main base,

Top Person

Dips and partially stands, supporting self on base's shoulders and right foot while lifting left foot behind to side base. Once side base has foot dip again, push off main base's shoulders, stand up and turn to front for prep.

Spotter

Assist as top dips and steps onto main base and side base gets foot. Helps lift on second dip as top rises to prep and shift left hand from thigh/seat to ankle.

Exit:

Base

Main Base - Dip with legs, drive top's feet together above head. Then resist to lower top back to load in position in a controlled manner.

Side Base - Dip with legs, drive top's feet together above head. Then resist to lower top back to load in position in a controlled manner.

Top Person

Waits for bases's dip. Stays tight, lifts up and brings feet together as bases drive up. Keeps tension in legs as bases lower down. Once low enough uses bases shoulders to stop in load in position.

Spotter

Assists from ankles as bases dip and drive up. As top person descends may continue to assist from ankles, shift hands to seat, or combination to help slow down and control top into load in position.

Safety:

1. The distance/closeness between the bases while the stunt is up
2. Top keep shoulders over hips over feet
3. Spotter drives straight up, do not pull feet out from under