

Level 1



8 Count Sheet -Stunts Pyramids

	Group	Skill	1	2	3	4	5	6	7	8
1	ALL		Hold	_____						→
2	ALL	Extension Prep	Clap		Set		1st Dip		2nd Dip	
3	ALL		Hold Sponge				Dip		Hit Skill	
4	ALL						Flyer High V			
5	ALL	Bump Down	Dip		Flyer Clean		Sponge			
6	ALL	Extension Prep					Dip		Hit Skill	
7	ALL						Flyer High V			
8	ALL	Cradle	Dip		Toss		Catch			
9	ALL	Waist Level Single Leg	Set Out		Clean		Set for Skill			
10	ALL		Dip		1/4 Turn Waist Level					
11	ALL		Arabesque							
12	ALL	Bump Down	Dip		Flyer Clean		On Ground		Clean	
13	ALL	Move To Pyramid _____								→
14	Prep Group	Extension Prep	Clap		Set for Skill		1st Dip		2nd Dip	
	Middle Group	Extentsion	Clap		Set for Skill					
	Shoulder Sit	Shoulder Sit	Clap		Set for Skill		Dip		Build	
15	Prep Group	Extension Prep	Hit Skill				Grab Middle			
	Middle Group	Extentsion					Grab Outsides		Dip	
	Shoulder Sit	Shoulder Sit	Hit Skill				Grab Center			
16	ALL		Hit Skill							