

Level 1



8 Count Sheet - Jumps Tumbling

	Group	Skill	1	2	3	4	5	6	7	8
1	ALL		Hold	_____	_____	_____	_____	_____	_____	_____→
2	ALL	Star (X) Jump	Clap				High V			
3	ALL		Swing	Hit Star (X)	Land		Hold			
4	Front Row		Stand Clean				Right Knee Down			
	Back Row	Cartwheel	Stand Clean				Lunge			
5	Front Row		Hold				Stand Clean			
	Back Row		Cartwheel		Land		Stand Clean			
6	Front Row		Step Back		Step Together					
	Back Row		Step Back		Turn Forward					
7	ALL	Toe Touch Jump	Clap				High V			
8	ALL		Swing	Hit Toe Touch	Land		Hold		Clean	
9	ALL	Pike Jump	Turn Right				Clap			
10	ALL		Cone				Swing	Hit Pike	Land	
11	ALL		Hold				Clean Front			
12	ALL	Forward Roll	Clap		High V		Hands On Ground			
13	ALL		Roll				Land			
14	2 Center	Back Walk Over	Stand + Clap		High V + Set		Kick Over			
	All Others		Stand Down	_____	_____	_____	_____	_____	_____	_____→
15	2 Center		Land				Clean		Squat + Clap	
	All Others						Clean		Squat + Clap	
16	ALL		Jump Out + High V							