

Pyramid Option “A” for 8-counts 16, 17, 18, and 19 in the routine

**Connection Person** - Kneels on the floor in a sitting position (bottom on heels) facing front. Right hand reach over and is placed under the Top Person's left hitch foot. The Top Person should NOT have any weight in this hand.

# B.12

## Double Leg Thigh - Hitch Pyramid

Pyramid Option "A" for 8-counts 16, 17, 18, and 19 in the routine

**Choreography Module:** This module we are going to pick up with the step, lock, tighten drill introduced in Modules 2 and 8, add a Liberty and Hitch position for the Top person and teach the counts so it can be placed in routine!

Counts	Main Base	Top Person	Spotter	Connection Person
15TH 8-COUNT LAST 5 COUNTS OF THE 15TH 8-COUNT OF ROUTINE TRANSITION				
5	Hit clean-up position	Hit clean-up position	Hit clean-up position	Hit clean-up position
6	Hold	Hold	Hold	Hold
7	Right Knee Down	Hold	Hold	Hold
8		Hold	Hold	Hold
16TH 8-COUNT 1ST 8-COUNT OF PYRAMID				
1	Hold - in set up position (kneeling on floor) right hand under right toe, left arm wrapped around right leg, pulling it tight into your core.	Hold - Set right foot placed in the Main Base's pocket. Grab Spotter's wrists.	Grab Top Person's waist	Step left foot away from stunt. Arms clean by side
2	Hold	Hold	Hold	Step right foot to left
3	Hold	"DOWN" - Dips Bends left knee	"DOWN" - Dips with Top Person	Hold
4	Hold	"DOWN" - Dips Bends left knee	"DOWN" - Dips with Top Person	Hold
5	Hold	"STEP" - Push off left foot, step up quickly and transfer all your weight into your right leg. Clean arms at side	Lifts Top Person	Hold
6	Hold	"LOCK" / "TIGHTEN" Keep your weight in your right leg and foot. Left foot locks in next to the right foot. Do not put weight in the left foot.	Hold	Hold
7	Hold	Connect left arm to Connection Person's right arm (blade). Clean right arm to side.	Hold	Connect right arm to Top Person's left arm (Blade)
8	Hold	Hold	Hold	Hold
17TH 8-COUNT 2ND 8-COUNT OF PYRAMID				
1	Hold	Hit Lib. Hit High V with right arm. Left arm stays connected to Connection Person	Hold	Hit High V with left arm. Right arm stays connected to Top Person
2,3,4	Hold	Hold	Hold	Hold
5	Hold	Clean Lib leg to Target Clean BOTH arms to sides	Hold	Clean BOTH arms to sides
6	Hold	Hold	Hold	Hold
7	Hold	Clasp	Hold	Step left foot back and kneel. Blade hands overlap and touch the front of the right knee - arms stay straight
8	Hold	Hold	Hold	Hold

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Counts	Main Base	Top Person	Spotter	Connection Person
18TH 8-COUNT 3RD 8-COUNT OF PYRAMID				
1	Hold	Hit Hitch with left leg - do NOT put weight in the Hitch leg. Hit High V.	Hold	Grab Top Person's left hitch foot with right hand. Hit high V with left arm.
2,3,4	Hold	Hold	Hold	Hold
5	Hold	Clean Hitch leg back to Target. Clean arms to sides.	Hold	Clean arms to sides
6	Hold	Hold	Hold	Hold
7	Hold	Grab Spotter's wrists	Lifts Top Person	Blade hands overlap and bend over right thigh. Nose touches right knee
8	Hold	Hold	Hold	Hold
19TH 8-COUNT 4TH 8-COUNT OF PYRAMID				
1		Step left foot off		
2	Hold	Hold	Hold	Hold
3	Step Left leg up Clean arms to side	Step right foot to left Clean arms to side	Clean arms to side	Lift head and chest up Clean arms to side
4	Continue standing	Hold	Hold	Continue standing
5	Step right foot to left - Stand	Clasp	Hold	Step left foot to right - Stand
6	Hold	Hold	Hold	Hold
7	Turn and clean to the front	Hold	Hold	Hold
8	Hold	Hold	Hold	Hold