

B.3

Mastering Double Leg Thigh

Choreography Option A Module - Stunt

Description: Mastering the Double Leg Thigh Stunt - 1 Base, 1 Spotter, 1 Top Person



Main Base - Keeps good sitting posture and right hand on the toe of the Top Person's right foot. Maintains strong core while Top Person stand with right foot in the pocket and left foot glued next to right foot. Base wraps left arm around the back of the Top Person's thighs and hugs tightly towards body.

Top Person - With right foot set in the pocket of the Base, Top Person will dip down through the left leg on the floor pressing strongly off the ground with the left foot to stand and lock the right leg out on the Base's thigh, left foot pulls in next to the right foot - do NOT transfer weight into the left foot - hit Target, hold, Top Person will hit a motion and then step back down to the starting position.

Spotter - With hands on the Top Person's hips will follow the dip of the Top Person and assist the Top Person to the standing position on the Base's thigh by lifting up through the Top Person's hips. The Spotter never releases the stunt. The Spotter assists the stunt up to the standing position and provides lift and stability in holding the Top Person in the thigh stunt.

Supplies / Aids:

Video

Equipment Needed:

Recommended - Panel mat for step up drills

Notes:

Tips & Tricks



- 1 Have Top Person practice stepping up onto a small mat starting with right foot up on slightly raised surface focusing on pressing through the left foot on the floor and standing quickly to a locked and tight position.
- 2 Have Top Person practice the step up mat drill and standing tightly on top of mat with both feet together. Coach can try to move Top Person around to identify areas of the body that are not tight.
- 3 Play a game to see how long each group can stick the stunt.

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Choreography Module: This module we are going to pick up with the step, lock, tighten drill introduced in module 1 and teach the counts so it can be placed in routine!

| Counts | Main Base | Top Person | Spotter |
|--|--|--|--|
| LAST 5 COUNTS OF THE 4TH 8-COUNT OF ROUTINE TRANSITION | | | |
| 5 | Hit clean-up position | Hit clean-up position | Hit clean-up position |
| 6 | Hold | Hold | Hold |
| 7 | Right knee down | Hold | Hold |
| 8 | Left knee down - Hit "SET" position | Hold | Hold |
| 1ST 8-COUNT OF STUNT | | | |
| 1 | Hold - in set up position (kneeling on floor) right hand under right toe, left arm wrapped around right leg, pulling tight into your core. | Hit "SET" position, load right foot in Base's pocket, grab Spotter's wrist | Hit "SET" position, grab Top Person's waist |
| 2 | Hold | Hold | Hold |
| 3 | Hold | "DOWN" - Dips - Bends left knee | "DOWN" - Dips with Top Person |
| 4 | Hold | "DOWN" - Dips - Bends left knee | "DOWN" - Dips with Top Person |
| 5 | Hold | "STEP" - Push off left foot, step up quickly and transfer all your weight into your right leg | Lifts Top Person |
| 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 |
| 7 | Hold | Hold | Hold |
| 8 | Hold | Hold | Hold |
| 2ND 8-COUNT OF STUNT | | | |
| 1 | Hold | Hit High V & Hit a Lib (if you have the body position) | |
| 2,3,4 | Hold | Hold | |
| 5 | | Grab Spotter's wrists | |
| 6 | | Hold | |
| 7 | | Step left foot back to ground | Resists Top Person on the way down, never releasing the hips |
| 8 | | Step right foot out | |
| 3RD 8-COUNT OF STUNT | | | |
| 1 | | Clean arms to side | Clean arms to side |
| 2 | | Hold | Hold |
| 3 | Step left leg up | Hold | Hold |
| 4 | Hold | Hold | Hold |
| 5 | Stand up, stepping right foot to the left | Hold | Hold |
| 6 | Clean to the front | Hold | Hold |
| 7,8 | Hold | Hold | Hold |