

Choreography Option B Module - Stunt

2 Step Approach:



Spotter - With hands on the Top Person's hips, 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 double based thigh stand. To dismount, the Spotter will maintain contact with the waist the entire time while the Top Person steps the left foot back to the set position helping to guide the Top Person safely down resisting the step off.

Notes:

B.5

Mastering Double Base Thigh Stand

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Counts	Main Base	Secondary Base	Top Person	Spotter
LAST 4 COUNTS OF THE 4TH 8-COUNT OF ROUTINE TRANSITION				
5,6				
7	Step right leg out to create a left lunge	Step left leg out to create a right lunge	Hold	Hold
8	Hold	Hold	Hold	Hold
1ST 8-COUNT OF STUNT				
1	Hold - in set up position, deep lunge with left leg bent and right leg straight. Right hand under the Top Person's right toe, left arm wrapped around the Top Person's right leg, pulling it tight into your core.	Hold - in set up position, deep lunge with right leg bent and left leg straight, arms at sides.	Place right foot in the Main Base's pocket, hands on both Bases' shoulders ready to push through arms.	Grab Top Person's waist
2	Hold	Hold	Hold	Hold
3	Hold	Hold	"DOWN" - Dips - Bends left knee	"DOWN" - Dips with Top Person
4	Hold	Hold	"DOWN" - Dips - Bends left knee	"DOWN" - Dips with Top Person
5	Hold	Hold	"STEP" - Push off left foot, step up quickly and transfer all your weight into your right leg.	Lifts Top Person
6	Hold	Hold	"LOCK" / "TIGHTEN" Hit Target on Main Base. 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. Arms in clean up.	Hold
7	Hold	Hold	Shift weight over to left foot into Secondary Base's pocket.	Hold
8	Hold	Hold	Hold	Hold
2ND 8-COUNT OF STUNT				
1	Hold	Grab under Top Person's left ball of foot with left hand. Wrap right arm around Top Person's left thigh and pull into your core tight.	Hit High V	Hold
2,3,4	Hold	Hold	Hold	Hold
5	Hold	Hold	Clean	Hold
6	Hold	Hold	Hold	Hold
7	Hold	Hold	Shift weight back to right foot, over Main Base, step left foot back to ground reaching for shoulders and resisting through the arms.	Resists Top Person on the way down, never releasing the hips
8	Hold	Hold	Hold	
1	Step right foot back in and clean to the front.	Step left foot back in and clean to the front.	Step right foot down to the left foot. Hit clean-up.	Clean-up