Choreography Option B Module - Stunt

Description: Mastering the Double Based Thigh Stand - 2 Bases, 1 Spotter, 1 Top Person

In this module we are going to master the double base thigh stand and teach the counts so it can be placed in routine! Please be sure that your athletes are comfortable with the set up positions that were taught in Module 3. Review if necessary!

2 Step Approach:



Step I: Step, lock, tighten Drill for Proper Progression

Review the step lock and tighten drill that was taught in Module B3. Make sure athletes demonstrate a mastery of the drill for a suggested 3 times in a row before moving on!



Step 2: Stick and Hold the Skill!

Bases - Keeps good lunge and right hand under the toe of the Top Person's right foot and left arm hugging the right thigh of the Top Person. Base on left side will maintain a strong lunge position when the left foot of the Top Person is placed in their pocket. The left hand will support under the toe and the right hand will anchor around the Top Person's thigh above the knee, hugging the thigh snuggly against their body. To dismount, the Base on the left side with maintain a lunge but release the grip on the toe and thigh to alow the Top Person to step back down to the set position.

Top Person - With right foot set in the pocket of the Base, and hands on Base's shoulders elbows at 90 degrees Top Person will dip down through the left leg on the floor pressing strongly off the ground with the left foot and down through the shoulders of the Bases to step, lock, tighten standing quickly on their right leg then gently place their left leg in the pocket of the other Base. From after the initiation of the dip both of the Top Person's legs should be locked out. They will do the step up drill using the step lock tighten method, and placing their locked left leg in the pocket of the other Base squeezing with a tight body, squeezed core, and head up. To dismount the Top Person will step their left foot back to the ground while simultaneously placing their hands back onto the Bases' shoulders to the set position.

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.

Supplies / Aids:

Video/Pictures

Equipment Needed:

Recommended:

- Stacked panel mats or a block that is the approximate height of the thigh set positon for Top Person step up drills.
- 2 Tape, dots, chalk or other markers for Bases to practice proper lunge position.

Notes:				

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Counts	Main Base	Secondary Base	Top Person	Spotter
	LAST 4	COUNTS OF THE 4TH 8-CO	OUNT 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
		IST 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

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