

J.6

Straight Jump Choreography Module

Description: Mastering the “Straight Jump with Strong T” for choreography section of routine. This module uses Jump Modules 5 and is working on putting the jump into the choreography of the routine.

Counts	
LAST 4 COUNTS OF THE 8TH 8-COUNT OF ROUTINE TRANSITION	
5	Hold
6	Hold
7	Stand in clean-up - chin high & smile
8	Hold
1ST 8-COUNT OF JUMP	
1	Clasp - under chin, elbows squeeze body
2	Hold
3	Extend / punch - clasp up / raise on toes - elbows are close to cheeks / temples
4	Hold
5	Swing straight down to Low Clasp Athletic Stance
6	EXPLODE through legs into Straight Jump lifting upper body and arms to Strong T
7	Land in Athletic Stance, Knees Bent and Absorb - Slap Arms Clean to Sides
8	Hold
2ND 8-COUNT OF JUMP	
1	1/8 turn to corner. clasp - under chin, elbows squeeze body
2	Hold
3	Extend / punch - clasp up / raise on toes - elbows are close to cheeks / temples
4	Hold
5	Swing straight down to Low Clasp Athletic Stance
6	EXPLODE through legs into Straight Jump lifting upper body and arms to Strong T
7	Land in Athletic Stance, knees bent and absorb - slap arms clean to sides
8	Hold