

T.14

Tumbling Choreography

Choreography Module - Tumbling

Choreography Module: The four 8-counts of choreography incorporates skills learned throughout FUNdamentals 3.

Choreography Counts

Tumbling Choreography for 8-counts 14, 15, 16, and 17 in the routine

| Counts | Group 1 | Group 2 |
|--|---|---|
| 14TH 8-COUNT | | |
| 1ST 8-COUNT OF TUMBLING | | |
| <i>Module T.8 Round Off - Have the athletes Round Off front to back. They can all Round Off in one direction or you can have rows: 1 row can Round Off towards the back and the other row can Round Off towards the front.</i> | | |
| 1 | Turn over right shoulder to face the back | |
| 2 | | |
| 3 | Step | |
| 4 | Step | |
| 5 | "Up" - lunge forward (hurdle) | |
| 6 | Lever to the ground (hands should be touching the ground) | |
| 7 | Snap legs together and ¼ turn | Step |
| 8 | Land with arms by ears | Step |
| 15TH 8-COUNT | | |
| 2ND 8-COUNT OF TUMBLING | | |
| 1 | Clean | "Up" - lunge forward (hurdle) |
| 2 | | Lever to the ground (hands should be touching the ground) |
| 3 | | Snap legs together and ¼ turn |
| 4 | | Land with arms by ears |
| 5 | | |
| 6 | | |
| 7 | | Clean |
| 8 | Squat and roll back with hands by ears | Squat and roll back with hands by ears |
| 16TH 8-COUNT | | |
| 3RD 8-COUNT OF TUMBLING | | |
| <i>Module T.11 Backward Roll to Extension - After finishing the Round Off the athlete will be facing the front / back of the floor. They will perform the Backward Roll Extension on the same path they started.</i> | | |
| 1 | Push Up / pass through Handstand | Push Up / pass through Handstand |
| 2 | | |
| 3 | Step front lunge leg down with arms by ears | Step front lunge leg down with arms by ears |
| 4 | Lever to lunge | Lever to lunge |
| 5 | | |
| 6 | Step front foot back to back foot | Step front foot back to back foot |
| 7 | Clean | Clean |
| 8 | | |

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Choreography Counts

Tumbling Choreography for 8-counts 14, 15, 16, and 17 in the routine

| Counts | Group 1 | Group 2 |
|--------------|---|---|
| 17TH 8-COUNT | 4TH 8-COUNT OF TUMBLING | |
| 1 | | Stand tall in good posture |
| 2 | | Put arms by ears and front foot forward |
| 3 | Step back with right leg and kneel on that knee. Hands should be on left knee with head down | Lever back into Handstand |
| 4 | | Lever out |
| 5 | | Bring chest up and end in a lunge |
| 6 | | |
| 7 | Stand and clean | Stand and clean |
| 8 | | |