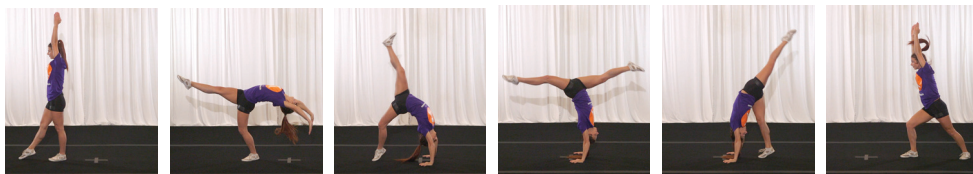


T.5

Mastering the Back Walkover

Choreography Module - Tumbling

Choreography Module: Mastering the Back Walkover. This Module, we are going to pick up with the back walkover introduced in Module 4 and teach the counts so it can be placed in routine!



Choreography Counts

Tumbling Choreography for 8-count 17 in the routine

Counts	Group 1	Group 2
16TH 8-COUNT LAST 5 COUNTS OF THE 16TH 8-COUNT OF ROUTINE		
5	Step feet together (if needed)	
6	Keep hands by ears and put front foot forward	
7	Lever back into Handstand	
8	Lever out	
17TH 8-COUNT 4TH 8-COUNT OF TUMBLING		
1	Bring chest up and end in a lunge	Stand tall in good posture
2		Put arms up by ears and front foot forward
3	Step back with right leg and kneel on that knee. Hands should be on your 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		

Supplies / Aids:

Video

Equipment Needed:

None

Notes:

TUMBLING

Tips & Tricks

Additional drills / variations

- 1 Make sure to keep legs straight on Back Walkovers and arms tight, hugging ears.

