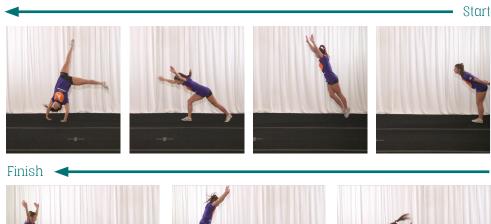
Mastering the Round Off Choreography Module - Tumbling

Video

Choreography Module: Mastering the Round Off. This Module, we are going to pick up with the Round Off introduced in Module 7 and teach the counts so it can be placed in routine!





Choreography Counts

T.8

Tumbling Choreography for 8-count 14 in the routine

Counts	Group 1	Group 2			
13TH 8-COUNT	LAST 5 COUNTS OF THE I3TH 8-CC	OUNT OF ROUTINE JUMPS			
5					
6					
7					
8					
14TH 8-COUNT	4TH 8-COUNT OF TUMBLING				
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			

Supplies / Aids:

Equipment Needed:

None



TUMBLING