



8-COUNT SHEETS



PROGRAM NAME:

TEAM NAME:

SECTION:		1	2	3	4	5	6	7	8
Intro	1								
Motions	2								
	3								
Tumbling	4	set		swing	handspring		handspring		handspring
	5								
	6	clap			hurdle		round-off		handspring
	7		tuck						
transition	8								
	9								
Stunt	10	clean		load in					
	11	dip		full-up					
	12	lib		dip		extended lib			
	13	clean		sponge		dip		Baja	
	14					BWO out			
	15								
transition	16								



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PROGRAM NAME:

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SECTION:		1	2	3	4	5	6	7	8
Jumps	17	clap	prep		hurdler		toetouch		
	18								
	19	clap	prep		toetouch		handspring		handspring
	20								
transition	21								
	22								
Baskets/2nd St	23	set				dip		dip	
	24	twist							
	25			tap		switch-up		dip	
	26	extension						full down	
transition	27								
	28								
RT	29								
	30								
	31								
	32								



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PROGRAM NAME:

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SECTION:		1	2	3	4	5	6	7	8
transition	33								
Pyramid	34	clean		set		dip		hit structure	
	35			press		tic-toc			
	36	clean		paper dolls				clean	
	37	sponge							
	38	dip		full up					
	39	heel stretch				clean		turn	
	40	check	pull	scorpion				grab	scale
	41			arabesque				full down	
transition	42								
DANCE	43								
	44								
	45								
	46								
ENDING	47								

