

Senior Sequences – Coed & All-Girl

When multiple difficulty options are given for one skill, the first option is always preferred. We advise you to practice on all options.

If the group is not able to perform all the skills, please make sure to find an alternative to still perform a sequence.

Tosses (Coed & AG)

- Hitch kick double OR kick double OR kick full
- Pretty girl pike split

→ Counts:

- 1-2 Shrug
- 3-4 Grips + foot in basket
- 5-6 First step
- 7-8 Second step + dip
- 1-2 Basket toss - First trick
- 3-4 Second trick
- 5-6 Catch cradle
- 7-8 Out + clean

Partnerstunt (Coed) / Duobased (AG)

- Full up to lib OR full up to block (regrab lib) OR toss lib
- High to high tictoc
- Pop-off (full)
- Front walkover (ground)
- Toss cupie OR toss block
- Pop-off

→ Counts:

- 1-2 Shrug
- 3-4 Grab
- 5-6 Dip
- 7-8 Full up lib (OR block)
- 1-2 High V
- 3-4
- 5-6 (lib)
- 7-8
- 1-2 Dip
- 3-4 HtoH tictoc
- 5-6
- 7-8
- 1-2 Dip
- 3-4 Pop off (full)
- 5-6 Step out flyer
- 7-8 Front walkover flyer
- 1-2 Clean
- 3-4

5-6 Grab
7-8 Dip
1-2 Toss cupie
3-4 High V
5-6 Dip
7-8 Pop off
1-2 Catch
3-4 Clean

Duobase (Coed) & Groupstunt (AG)

1.

- Back handspring up to heelstretch OR to lib OR shoulder invert to lib
- High to high tictoc heelstretch to heelstretch OR lib to heelstretch OR lib to lib
- Full twisting switch up to arabesque OR to lib OR switch up to lib
- Kick double from lib OR kick full from heelstretch OR kick full from lib

→ Counts:

1-2 Shrug
3-4 Arm swing
5-6 BHS
7-8 Grab & throw
1-2 Hit lib
3-4
5-6 High V
7-8
1-2 Dip
3-4 High to high tictoc
5-6
7-8
1-2 dip down
3-4 dip up
5-6 ground
7-8
1-2 dip
3-4 full twisting switch up
5-6 arabesque
7-8
1-2 dip down
3-4 dip up (+ pull heelstretch if kick full)
5-6 powerpress
7-8 kick double (OR full)
1-2 catch
3-4 hold
5-6 out + clean

2.

- Extended hand-in-hand to lib OR to block OR prep hand in hand to lib OR to block
- 1,5 up to scale OR to lib OR to block
- Double down from scale OR from arabesque OR full down from arabesque

→ Counts:

- 1-2 Shrug
- 3-4 Grips HinH
- 5-6 Dip
- 7-8 Handstand
- 1-2
- 3-4
- 5-6 Dip
- 7-8 HinH to lib (OR block)
- 1-2 High V (+ lib)
- 3-4
- 5-6 Dip
- 7-8 Half turn
- 1-2 Sponge for 1,5 up
- 3-4
- 5-6 Dip
- 7-8 1,5 up to scale (OR lib OR block)
- 1-2 (Scale OR lib)
- 3-4
- 5-6 (Arabesque)
- 7-8
- 1-2 Dip
- 3-4 Double down
- 5-6 Catch cradle
- 7-8 Hold
- 1-2 Out + clean

Separate skills

- Double up to lib OR to block
- Full twisting tictoc from left to right
- Assisted Arabian to cradle (AG only)
- Assisted front tuck to cradle OR ground (Coed only)
- Double down from heelstretch

Junior Sequences

When multiple difficulty options are given for one skill, the first option is always preferred.

We advise you to practice on all options.

If the group is not able to perform all the skills, please make sure to find an alternative to still perform a sequence.

Tosses (Coed & AG)

- Kick full OR full
- Pike pretty girl
- Pike split
- Toe touch

→ Counts:

- 1-2 Shrug
- 3-4 Grips + foot in basket
- 5-6 First step
- 7-8 Second step + dip
- 1-2 Basket toss - First trick
- 3-4 Second trick
- 5-6 Catch cradle
- 7-8 Out + clean

Groupstunt

1.

- Back handspring up to prep heelstretch OR to prep lib OR to prep block
- Tictoc prep heelstretch to heelstretch OR lib to heelstretch OR lib to lib
- Full twisting switch up to prep arabesque OR to prep lib OR switch up to lib
- Double down from prep block

→ Counts:

- 1-2 Shrug
- 3-4 Arm swing
- 5-6 BHS
- 7-8 Grab & load
- 1-2 Hit heelstretch (OR lib)
- 3-4
- 5-6 High V (+ heelstretch OR lib)
- 7-8
- 1-2 Dip
- 3-4 Tictoc to heelstretch (OR lib)
- 5-6
- 7-8
- 1-2 Dip down
- 3-4 Dip up
- 5-6 Ground

7-8
1-2 Dip
3-4 Full twisting switch up to prep
5-6 Arabesque (OR lib)
7-8
1-2 Give 2 legs
3-4
5-6 Powerpress dip
7-8 Double-down
1-2 Catch
3-4 Hold
5-6 Out + clean

2.

- Hand in hand to prep lib OR to prep OR shoulder invert to prep lib OR to prep block
- Full up prep to block OR to prep block
- Arabesque full down OR arabesque straight cradle OR prep block full down

→ Counts:

1-2 Shrug
3-4 Grips HinH
5-6 Dip
7-8 Handstand
1-2
3-4
5-6 Dip
7-8 HinH to prep lib (OR prep block)
1-2 High V (+ lib)
3-4
5-6 Give back 2 legs
7-8 To sponge
1-2
3-4 Mainbase regrab
5-6 Dip
7-8 Full up to block
1-2 High V
3-4
5-6 Arabesque
7-8
1-2 Full down from arabesque
3-4 Catch cradle
5-6 Hold
7-8 Out + clean

Separate skills

- 1,5 up to prep (lib)
- Full around prep to ext block OR prep (lib to lib)

- Half twisting switch up to ext block OR prep (lib)
- Shoulder invert to ext block
- Double down from extended block
- Full twisting (braced front flip)