

## EXAMPLE OF A ROUTINE OUTLINE

20 Cheerleaders – 4 Groups

### OPENING STUNTS

- ¼ Turn to Heel-stretch
- Power press to Scale
- Twist Dismount
- 3 Round Off Backhand-springs

### RUNNING TUMBLING & BASKET TOSS

- 9 Round Off Back Hands
- 2 Round Off Back Tucks
- 1 Round Off Back Hand Twist

### JUMPS & STANDING TUMBLING

- Right Front Hurdler
- Double Nine
- Toe Touch
- Standing Backhands

### CHEER

### STUNTS

- Arabesque
- Step Forward to Front Base
- One foot-Show & Go, Kick at the Top
- Rippled Heel-stretches
- Twist Dismount

### DANCE

- 4 / 8 Counts
- 2 Transitions, 2 Level Changes,
- 2 Ripples

### BASKET TOSSES TO PYRAMID

- Tosses: 2 Pikes, 1 Toe Touch

### Reload to Pyramid Sequence...

- 2 Preps
- 2 Scales Retake to Inside Stretch
- Retake to Reload Position and MOVE to Next Stunt

### STUNTS

- Front Stretch to Press and Go Arabesque
- Twist Dismount

### DANCE

- 4 / 8 Counts
- 4 Transitions, 3 Level Changes,
- 1 Ripple

### ENDING STUNTS

- 2 Fly-backs
- 1 Kick Twist Toss

### Reload to ...

- 2 Thigh Stand Hitches
- 1 Show n' Go Extension to Prep
- 4 Forward Rolls
- 1 Round Off Back Tuck
- POSE

There are 11 individual tumblers all together:

- |            |             |            |
|------------|-------------|------------|
| 1. Aimee   | 6. Janey    | 11. Lauren |
| 2. Sarah W | 7. Brianne  |            |
| 3. Holly   | 8. Krisanne |            |
| 4. Erin    | 9. Vicki    |            |
| 5. Emily   | 10. Vanessa |            |