

Routine 2

Prepared by Kirsten Palmer, 2013

This routine is designed as a very basic primary routine:

- 1-8 Tuck one leg behind and roll to stand
- 1-8 Compulsory combination R side
- 1-8 Compulsory combination R side
- 1-8 Compulsory combination L side
- 1-8 Compulsory combination L side
- 1-8 Run run double jog, flick kick flick kick
- 1-8 Run run double jog, flick kick flick kick
- 1-8 Step jump, step jump, step together air jack
- 1-8 Jumping jack x2, knee lift travelling to side x2
- 1-8 Step tuck leg behind and roll to push up position
- 1-8 Tricep push up, step to stand
- 1-8 Compulsory high leg kicks
- 1-8 Step knee step together (left leg) step knee step together (right leg)
- 1-8 4 runs, 2x scissors
- 1-8 Step behind and roll to push up position
- 1-8 Compulsory push ups
- 1-8 Sit forward into tuck hold position, tuck hold (4 counts)
- 1-8 Fan kick legs and stand up
- 1-8 Compulsory jumping jacks
- 1-8 Knee over knee tog (right leg), repeat on left
- 1-8 Double jog x2, 4 x runs
- 1-8 Step jump tuck jump, scissor run scissor together
- 1-8 Crouch to ground, move into split position
- 1-8 Sweep legs together, step over and stand up
- 1-8 Gallop into split leap
- 1-8 Kick together x2, cross feet and pivot, crouch and end position