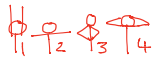
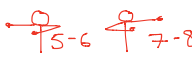


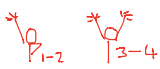






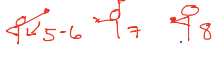


Choreography	Counts	Arm Lines
Own choreography	1-8	
Block 1		
Run x4	1-4	
Step touch x2	5-6, 7-8	Step clap 5 6 Step clap 7 8
Sit roll	1-4	Reach to floor 1 2-3 roll
Knee lift together, Knee lift together	5-8	
Grapevine	1-4	
Step together	5-6	Arms swing back 6.
Tuck Jump	7-8	
Flick right together, Flick Left together	1-4	
Pivot step right, 180 turn left	5-6	
High Kick	7-8	
Block 2 Compulsory Combination		
Step together R,	1-2	
Step together L,	3-4	
Knee Lift R	5-6	
Knee Lift L	7-8	
Side touch R	1-2	around the head
Side touch L	3-4	
Side jack R x2	5-6, 7-8	
Step together L	1-2	Repeat arms to opposite side
Step together R	3-4	
Knee Lift L	5-6	
Knee Lift R	7-8	
Side touch L	1-2	Repeat arms to opposite side
Side touch R	3-4	
Side jack L x2	5-6, 7-8	

Block 3

Knee Over	1-4	
High Kick	5-6	
Run x2	7-8	
Gallop	1-4	
Step behind to floor	5-6	
Roll to push ups	7-8	
Push Up	1-4	
Jump to crouch	5-6	
Stride	7	
Pose	8	
Slide R	1-2	
Knee lift R (travel back)	3-4	
Side jack L	5-6	
Knee lift R	7-8	

Block 4

Grapevine	1-4	
Knee lift together, Knee lift together	5-8	
Step together	1-2	
Star jump	3-4	
crouch	5-6	
Star pose	7-8	
Twist x2	1-2	
Side Jack, Side Jack	3-4, 5-6	
Knee lift (to finish side on)	7-8	
High Kicks x4	1-8	

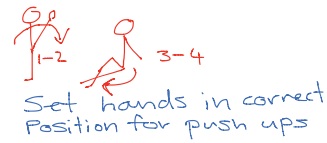
Block 5

Fan kick to the floor

1-4

Roll to push ups

5-8



Push ups x4

Down 1-2, Up 3-4

Down 5-6, Up 7-8

Down 1-2, Up 3-4

Down 5-6, Up 7-8



Side lying side kick

1-4

Roll to stand in L lunge

5-6

Right lunge, together

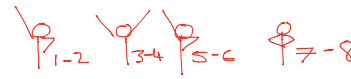
7-8



Block 6

Stride jumps x4

1-2, 3-4, 5-6, 7-8



step together x2

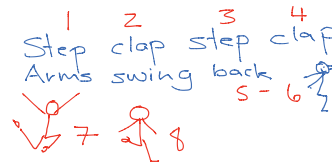
1-4

Step together

5-6

Stag Jump (land on one foot)

7-8



Kick Butt runs x3

1-3

Together

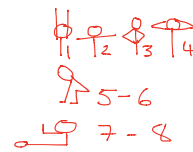
4

crouch

5-6

Push back to floor

7-8



Fan kick roll on floor

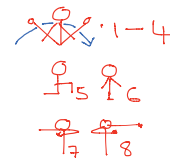
1-4

Keep rolling to stand`

5-6

Twist

7-8



Own choreography to finish

1-8

Athletes can choose their own start and end positions

Choreography is only a guide

Athletes can change as much or as little as they like of the choreography