DOUBLE TAKE
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The most basic of the elevator transitions is the double take. This transition must be mastered before moving on to more difficult transitions, such as the 360 elevator, that require the double take technique to execute.

**Begin in a normal elevator position with two bases, a back spot and a top. For a refresher course in elevator technique.**

On a designated count (one, two...), the bases and back spot take a slight dip to get their timing together, and then raise the top's feet to eye level before lowering the top back to the initial loading position for the elevator. The bases feet should be shoulder width apart, their backs should be straight, and they should be squeezing their elbows into their sides while creating a 90 degree angle with their arms holding the top's feet.

When the top hears the count, she stays tight while the bases take their timing dip, pulling up with her shoulders as they raise her to eye level and then spots for the bases shoulders, keeping her hips up, as they lower her to the loading position. The top girls catches herself on the bases' shoulders. Once in the loading position, the top girl has no weight in her feet. She is completely supporting herself.

Once you’ve mastered the basic elevator to elevator double take transition, move on to elevator to extension, then extension to elevator, and, eventually, extension to extension. This technique is the foundation of all major transitions.

*Special thanks to the River Cities Senior All Stars for the photos!*

The spotter begins holding the ankles of the top girl. She takes the timing dip with the bases and then lets go to reach as high as she can to make contact with the seat of the top girl so she can begin to slow her down into the loading position.

From the loading position, the bases drive with their legs and the top pushes off with her arms back to the initial elevator position.