

LEVEL 1/2 8-COUNT SHEET

SECTION	COUNTS	1.00	2.00	3.00	4.00	5.00	6.00	7.00	8.00
	1							Music	Starts
Opening	2	Chin		Step	Kick	Roll		Motion	
Transition	3	High V		Cartwheel		Catch		Dip	
Stunt	4	Lib/Look		Leg Out/Grab		Split		Lift	
	5	Pop Prep		Motion		Sponge		Dip	
	6	Show Go		Sponge		Tap		Dip	
	7	Lib		Hold		Dip		Tic Stretch	
	8	High V		Clean		Sponge		Set Out	
Transition	9	Clean	Motion	Low V	Arm	Arm		Pose	Hold
Jumps	10	Clap	Up	Swing	Hit	Swing	Hit		
	11	Motion	Motion	Motion	Motion	Clap	Up	Swing	Pike
Transition	12			P Hurdle	Up	FWO			
Dance	13	Point	Point	Point	Point			Pose	
	14	Step	Up	Roll		Roll			
	15	Ripple	Ripple	Ripple	Hit			Pose	
	16	Bend	Open	Cross	Step	Back		Clean	Clap
Transition	17	Move		Clap	Clap	Cross		Pose	
Running Tumbling	18	Motion		BHS		Go			
	19	Motion		Arms		CW			
	20	Arms		BWO		Clean		Go	Up
	21	FWO				Clean		Clap	Punch
Transition	22	Move				Clap		Jump In	
Pyramid	23	Sponge		Move		Dip		Picture	
	24	Dip		Extend				Sponge	
	25	Dip		Kick	Lib			Sponge	
	26	FLY		Catch		Grab		Dip	
	27	Picture				Clean		Dip	
	28	Show Go		Flatback		Dip		Lib	
	29	VARSITY!							

Notes: