

1:30 Routine
@ 144 BPM

Organization _____
 Team _____

Recommendations:
Start: 1.5, End: 28.1

#	M:S	Section	1	2	3	4	5	6	7	8
1	0:00	toe touch								
2	0:03	piques								
3	0:06	move to stunt								
4	0:10		clap		set	hold	hold	hold	hold	hold
5	0:13		go				up			
6	0:16		Hitch							
7	0:20		down to prep							
8	0:23		cradle				dumptruck		clean	
9	0:26	move football	lines for jumps							
10	0:30	front row	right front hurdler							
11	0:33	back row	left front hurdler							
12	0:36	dance								
13	0:40	dance								
14	0:43	dance								
15	0:46	dance								
16	0:50	ripple	right diagonal		left broken diagonal		left diagonal		right low V clasp	
17	0:53	ripple								
18	0:56	dance								
19	1:00		clean	move to final stunt						
20	1:03									
21	1:06				clap		grab arms			
22	1:10	rock and roll	go				up			
23	1:13		turn				fall			
24	1:16		reload		bru set		up	bru up		
25	1:20		kickstand						up	
26	1:23									
27	1:26									
28	1:30									

Additional Info: