

### Beginning All Girl Stunt Sequence

	1	2	3	4	5	6	7	8
1					Intro			
2	Dip		½ Up		Prep			
3	High-V				Dip		Cradle	
4	Catch		Hold		Dip		Reload	
5	Hold				Dip		Extension	
6	High-V				Dip		Clean	
7	Load		Hold		Grab Hands			
8	Dip		Baja		Catch		Hold	
9	Set Out							
10	Load				Hold			
11	Dip		Pass	Through	Extension	To	Prep	
12	High-V				Dip		Full Down	
13	Catch				Set Out		Clean	
14					Load			
15	Hold				Dip		Stairstep	
16	Up		To		Extension		High-V	

#### Skill Order:

1. ½ up to prep
2. Straight cradle
3. Reload
4. Extension
5. Bump down
6. Baja
7. Pass through extension to prep
8. Full down
9. Stair-step to extension

### Intermediate All Girl Stunt Sequence

	1	2	3	4	5	6	7	8
1					Intro			
2	Dip		Switch	To Lib	High-V			
3	Dip		Cradle		Catch		Hold	
4	Set Out		Clean					
5	Arm Grab		Leg Grip		Dip		Pull Over	
6	Shoulder Grip				Dip		Handstand	
7	Hold				Dip		Pop To Load	
8	Hold				Switch Grip			
9	Dip		Full Up		High-V			
10	Dip		Bump Down		Hold			
11	Set Out		Clean					
12	Set		Hold		Dip		Heel Stretch	
13					Dip		Full Down	
14	Catch		Hold		Set Out		Clean	

#### Skill Order:

1. Switch up to liberty
2. Straight cradle
3. Pullover to shoulder level handstand
4. Pop to load
5. Full up to extension
6. Bump down
7. Straight up heel stretch
8. Full down

### Advanced All Girl Stunt Sequence

	1	2	3	4	5	6	7	8
1					Intro			
2	Dip		Spin		Hit		High-V	
3	Dip		Clean		Hold			
4	Set Out				Set			
5	Dip		Left Lib		Resist		Tick	To Stretch
6					Dip		Full Down	
7	Hold				Hold		Clean	
8			Bases Grab		Top Sets		Bases Set	
9	Roundoff		Dip		Throw		Catch	
10	Grip Change				Dip		Full Around	
11			High-V		Dip		Pop-Off	
12	Catch		Clean					
13	Set				Dip		Quarter	Switch
14	To	Besque						

#### Skill Order:

1. 1 1/2 up
2. Bump dow
3. Low to high tick to heel stretch
4. Full down
5. Roundoff to prep
6. Low to high full around to cupie
7. Pop off
8. 1/4 switch up to arabesque

### Coed Stunt Sequence (1-4 Boys)

	1	2	3	4	5	6	7	8
1					Intro			
2	Dip		Up					
3	Dip		Extension/ High-V		Hands			
4	Dip		Cradle		Assisted Catch		Hold	
5	Set Out							
6	Load							
7	Dip		Full Up		Extension			
8	High-V				Dip		360	
9	Prone		Hold		Forward Roll		Clean	
10	Reset							
11	Set				Dip		Switch	To Stretch
12					Dip		Full Down	
13	Catch		Hold		Set Out			
14					Set			
15	Dip		Toss		Chair		High-V	

#### Skill Order:

1. Walk up to hands
2. Press extension
3. Cradle to assisted catch
4. Group stunt — Full up to extension
5. 360 to prone
6. Forward roll out
7. Group stunt — Switch up to heel stretch
8. Full down
9. Toss chair