

BUILDING AND DISMOUNTING



COUNTING YOUR WAY INTO A STUNT

From a standing position

1	2	3	4	5	6	7	8
				clap	wait	into position	

1	2	3	4	5	6	7	8
wait	wait	bend	push-off	build	build	pose	hold

COUNTING YOUR WAY OUT OF A STUNT

Dismount count will change with choice of skill

GRAB HANDS WITH STEP-OFF

1	2	3	4	5	6	7	8
grab R hand		grab L hand		step	land	hold	clean

GRAB HANDS WITH POP-OFF FROM SHOULDER SIT

1	2	3	4	5	6	7	8
grab R hand		grab L hand		bend	push-off	land	clean

PUSH & DROP

1	2	3	4	5	6	7	8
wait	wait	push	drop	hold	hold	clean	hold