

ROUTINE DESCRIPTION FORM – Round 3

Revised: _____	<input checked="" type="checkbox"/>
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SCHOOL ABC Central

NO. OF COMPETITORS 16

DATE Jan 2021 Coach

Jayne Smith

Type, IN ORDER, all tumbling skills, jumps, stunts, flairs and preps that will receive credit. Indicate choreography-credited skills. By rule, difficulty and variety must be given a numerical value on this form.

Choreography	Description	Var	Diff
TT 8 BT	6 BHS-BT (6x3+5=48) 2 BT (2x5=10) 2 BHS (2x3=6) 6 Round off (6)	3	70
3 OLE 3 Twist 6 BT	3 OLE Lib Cradle Reload (3x14+4+4+4=78) 1 Show-n-go Shoulder sit Move Sponge Cradle (7+4+4+4+4=23) 2 Waist Level Stunt Heel Stretch Spin Change Bases Show-n-go (2x4+4+4+4+7=46) 2 Suspended Roll Cradle (2x4+4=16) 3 Elevator Extension 360 Sponge (3x0+10+4+4=54) 6 BT (6x5=30)	13	247
3 Twist 3 OLE	3 Elevator Sponge Static Inversion Leg Flair Spin Move Cradle (3x7+4+7+4+4+4+4=102) 3 Mountain Climber OLE Lib Heel Stretch Lib TWIST Cradle (3x4+14+4+8+4+4+4=126)	4	228
4 Twist 1 BT	2 360 to Elevator Sponge Shoulder level Flat Back Straight Leg Flair Spin Sponge (2x8+7+4+7+4+4+4=76) 2 Elevator TWIST Cradle (2x7+4+4=30) 1 Braced Extension Cupie Sponge Suspended Roll Cradle (10+4+4+4+4=26) 1 BACK LAYOUT (5)	3	137
2 Twist	2 Basket Toss TWIST Reload (2x10+4+4=36) 2 Elevator T-Drop Face Down Flat Back Inverted Exit (Forward Roll) (2x7+4+4+4=38) 2 Elevator Sponge Elevator Shoulder Level Pike Sit Backwards Shoot through Dismount (2x7+4+7+4+4=52)	5	126
2 OLE 2 Twist	2 One-leg Show-n-go Kick (2x4+7+4=30) 2 OLE Lib TWIST Cradle (2x14+4+4+4=52)	1	82
1 Twist	2 Elevator Box-out Cradle (2x7+4+4=30) 1 Elevator Sponge Thigh stand TWIST Cradle (7+4+4+4+4=23) 1 Elevator Sponge Extension Cradle (7+4+10+4=25)	2	78
Total		31	968

	# One Leg Extensions	Team Tumbling	# Full Twists/360°	# Back Tucks
NEED	8	ALL	8	8
HAVE	8	ALL	15	15

Difficulty	Points
20	968