

## **Tumbling Showcase Routines**

### **Beginner**

#### **FLOOR**

Handstand roll out, floor lunge to cartwheel, backward roll to push up, forward roll, round off rebound, bridge/bridge kickover, stand up, finish

#### **TRAMPOLINE**

Forward roll, straight jump, half turn, straddle jump, full turn, seat drop, pike jump, split jump, knee drop, doggy drop, finish

### **Intermediate**

#### **FLOOR**

Straight jump to Back extension roll to bridge/bridge kickover/back walkover, front walkover/handspring to lunge/pike, round off back handspring/front tuck, finish

#### **TRAMPOLINE**

Dive roll in, front walkover to seat drop, straddle jump, half turn, pike, front handspring, back drop, straight jump 3x, front tuck, stomach drop, finish

### **Advanced**

#### **FLOOR**

Front tuck to Round off back handspring/front handspring pike, back extension roll, back handspring/back tuck/layout/pike, roundoff layout half turn, finish

#### **TRAMPOLINE**

Dive roll in, front handspring, back handspring, straddle jump, full turn, straddle jump, back tuck to front tuck, aerial, ball out

### **Cheer**

Wave, clap 2x, high v, dive roll, toe touch to backward roll, pike, shake 2x, move to beam load in, cupie to liberty to heel stretch to cupie, hop down, finish

HEY (straight cupie)

ARE YOU READY (point at crowd, one hand on hip)

clap

WE'RE HERE TO HAVE FUN (high V, big arm circle, right kick)

clap

WE ARE PRIDE (cross, broken T, T)

AND WE'RE #1 (low touchdown, daggers, right punch/liberty)

YEAH (clean)