

CHEER NARRATIVE OUTLINE EXAMPLE

Reminder: technical cheer must be at least .30 seconds and a maximum of .40 seconds.

TECHNICAL CHEER (.35 seconds)

1st Jump – Full-team double toe-touch

2nd Jump – Half-team pikes

WORDS

That's right, we're back

Believe what's been heard

???? taking over (full-team double toe-touch), (1/2 team pikes)

That's... for... sure

It's all or nothing

As we reach our goal

We're taking number one

'Cause that's how we roll

Break out all the iPhones

And check out Google Maps

Hey Siri, where can we find this year's champs?

Oh, that's easy

??HS that's where it's at

Reminder: open portion must not exceed 2 minutes and .30 seconds.

OPEN (2:25)

1. **Dance:** Two eight counts including chair lifts (3) and standing tucks (7). *Transition/Formation Change.*
2. **Partner Stunt Series (three groups):** top persons and back spots begin turning away from audience. Back spots grab top persons by the waist and lift them up, turn 180 degrees and place top persons on the floor. Each stunt group does a switch up extended heel stretch, sponges to load, does a show and go while walking to a formation change, taps and does an extended heel stretch. Each group does a 270 rotation, then top persons perform a scorpion to a scale. Top persons sponge then go to load position with one foot on the floor and the other leg held parallel to floor by the bases. Top persons are lifted to a prep liberty and perform a foldover and are assisted to the floor. Top persons then do an extended bow and arrow, sponge to load and do a single posted forward suspended roll to cradle followed by an assisted 360 twist to the floor. *Transition/Formation Change.*
3. **Tumbling:**
 - a. Round-off back handspring tuck (7)
 - b. Back handspring tuck, back handspring tuck (4)
 - c. Cartwheel, tuck, back handspring, tuck, back handspring, back handspring tuck (2)
 - d. Three Back handsprings (8), two back tucks (3)
 - e. Back handspring, whip, back tuck (2) *Transition/Formation Change.*
4. **Partner Stunt Series (three groups):** top persons assisted into a double posted back suspended roll floor to floor. Top persons go up to single leg fully extended liberty, down to prep position with one leg out in an 'L' position (side base holding leg). Stunt rotates full turn to tap up to fully extended scorpion, stunt rotates scorpion full turn, 360 twist cradles, catch dismount, re-load up to fully extended show and go, tap up to fully extended heel stretch, twist cradle, catch dismount. *Transition/Formation Change.*
5. **Tumbling:**
 - a. Standing back tuck, back handspring, back tuck (13); half team add another back tuck (7)
 - b. Standing back tuck, back handspring, back tuck, back tuck, back tuck (7) *Transition/Formation Change.*
6. **Partner Stunt/Pyramid Series (three groups):** Middle show and go extended to prep. Sides to extended heel stretch connected to middle, sponge to prep, switch up to liberty, tic toc. Disconnect. All 3 groups sponge to load to extended connected cupie, sponge to prep, sides turn to middle, connect, middle back flips load to load, disconnect. Middle sponges to prep. Sides tap down up to extended liberty to arabesque facing connected to middle. Disconnect. All 3 sponge to load to assisted landing dismount. All 3 tap down up to extended front stretch sponge to load and 360 dismounts. *Transition/Formation Change.*
7. **Dance:** Six (6) consecutive eight counts of full-team dance including switch leaps, pirouettes, and split jumps with no tumbling and no stunting (13). Using Poms.
8. **End**