

Sequence to Music (or Hand Clap)



1. Star jump, roll back to shoulder stand.

1, 2, 3, 4.
(X 2 counts)

2. Slowly roll forward to 'V' shape sit, $\frac{1}{4}$ turn to knees.

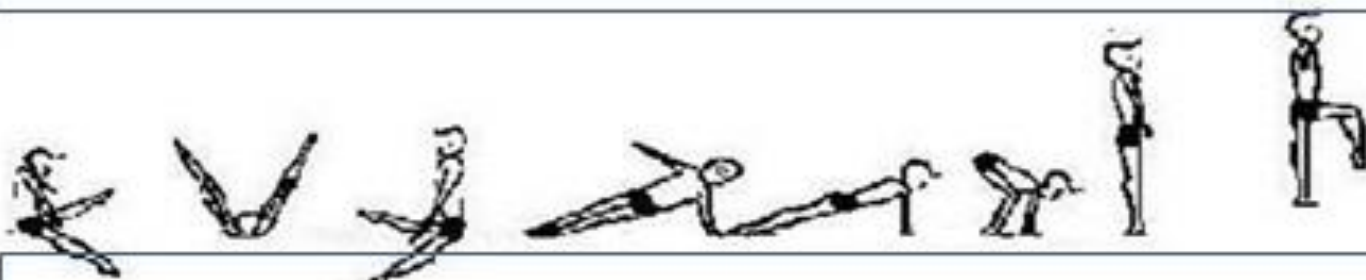
1, 2, 3, 4.
(x 2 counts)

3. To tucked side roll to knees, then $\frac{1}{4}$ turn.

1, 2, 3, 4.
(x 2 counts)

4. Roll back to shoulders, and immediately.....

1, 2,



..to straddle sit.

... 3, 4.
(x2 counts)

5. To 'teddy bear roll.'

1, 2, 3, 4.
(X 2 counts)

6. $\frac{1}{4}$ turn to side support, $\frac{1}{4}$ turn to front support.

1, 2, 3, 4.
(x2 counts)

7. Jump into crouch and stand.

1, 2, 3, 4.
(x2 counts)

8. Lift leg to one foot balance. End

1, 2, 3, 4.
(1 count)