

Cheer Outline Sample

TECHNICAL (35 seconds)

1. **1st jump** - full squad hurdles. *Formation change*
2. **2nd jump** - full squad pick-up toe touches. *Two formation changes*

WORDS

A flash of green and orange In the center of the floor

It's _____ High School Like you've
never seen before Our dreams are big,
But our talent is bigger!

_____ High School looks good ...admit it

Make a wish upon a star, you'll see the sky's the limit. Star light, star bright,
The decision's up to you.

We wish you may, we wish you might Make our dreams
come true.

OPEN (2:23)

1. **Partner stunt series (3 groups)** All top persons and backs pots begin facing away from audience. Back spots grab top persons by the waist and lift them up, turn 180 degrees and place fliers 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. *Formation change.*
2. **Running Tumbling Sequence:**
 - a. Round-off back handspring to the back (7)
 - b. Back handspring tuck, back handspring tuck (1)
 - c. Cartwheel, tuck, back handspring, tuck, back handspring, back handspring, tuck (1)
 - d. 3 Back handsprings, 2 back tucks
 - e. Back handspring, whip, back tuck (1)
3. **Partner Stunt Series:** (three groups). All three flyers assisted into a double posted back suspended roll floor to floor. Top person 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 cradle, catch dismount, re prep up to fully extended show and go, tap up to fully extended heel stretch, twist cradle, catch dismount. *Formation change.*
4. **Standing Tumbling:** Full squad standing back tuck, back handspring, back tuck (6 girls add another back tuck) 3- Standing back tuck, back handspring, back tuck, back tuck, back tuck
5. **Partner Stunt/Pyramid Series-(3 groups)** Middle show and go extended then to prep. Sides to extended heel stretch connected to middle, sponge to prep, switch up to lib, 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 lib 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 dismount.. *Formation change.*
6. **6. Full Squad Dance**