



NCATA Compulsory Counts: ACRO



Action

	5	
	6	
	7	
	8	
1	1	Dip to Stretch
	2	
	3	Pull Stretch
	4	
	5	
	6	
	7	
	8	
2	1	Dip for Power Press
	2	
	3	Down at Prep Level (Holding Stretch)
	4	Turning to side on way up
	5	Release to Cupie
	6	
	7	Pull Aerobesque
	8	
3	1	
	2	
	3	Dip for Double
	4	
	5	Drop to Prep level
	6	
	7	Flip
	8	
4	1	Catch
	2	
	3	
	4	
	5	Out
	6	
	7	
	8	
5	1	
	2	
	3	Dip to Back Salto 360
	4	
	5	Flip
	6	
	7	Catch
	8	

Action

6	1	
	2	
	3	
	4	
	5	Dip to Stretch
	6	
	7	Top & Stretch
	8	
7	1	
	2	
	3	
	4	
	5	Dip for Double
	6	
	7	
	8	
8	1	Catch
	2	
	3	Hold
	4	
	5	Out
	6	
	7	Stand
	8	