



## Team A&T Senior Compulsory Counts: Tumbling TUMBLING

Action	
	5
	6
	7
	8
1	1 Swing for Tuck
	2
	3 Salto
	4 Land
	5
	6
	7 Stand
	8
2	1 HOLD
	2
	3
	4
	5
	6
	7
	8
3	1 Jump
	2 Straddle Toe Touch
	3 Land
	4
	5 Swing for Tuck
	6 Salto
	7 Land
	8 Hold
4	1
	2
	3 Stand
	4
	5
	6
	7
	8
5	1 HOLD
	2
	3
	4
	5
	6
	7
	8

Action	
6	1 Sit Standing BHS Back
	2 Hands (BHS)
	3 Feet (BHS)
	4 Salto
	5 Land
	6
	7
	8
7	1 Stand
	2
	3 Move to side
	4
	5
	6
	7
	8
8	1
	2
	3
	4
	5
	6
	7
	8
9	1 HOLD
	2
	3
	4
	5
	6
	7
	8
10	1 Go RBHS Layouts
	2
	3
	4
	5
	6
	7
	8
11	1
	2
	3
	4
	5 Stand