

LEVEL 5/6 8-COUNT SHEET

| SECTION | COUNTS | 1.00 | 2.00 | 3.00 | 4.00 | 5.00 | 6.00 | 7.00 | 8.00 |
|---------------------|------------|------------------|------|----------------|---------|-----------------|-------|----------|--------|
| Opening | 1 | | | | | | | Music | Starts |
| Stunt | 2 | Chin | | Snap | Hit | Slide | | Go / Up | |
| | 3 | Roundoff | | Fly | Sponge | Pose | | Turn | |
| | 4 | Dip | | 1.5 Spin | | Stretch | | Hold | |
| | 5 | Dip | | Tic Stretch | | High V | | Hold | |
| | 6 | Low Dip | | 1/4 Tic | Hit | Arabesque | | Look | |
| | 7 | Dip | | Double | | Catch | | Sponge | |
| | 8 | Dip | | Ball Split | | Snaps | Snaps | Pose | |
| | Transition | 9 | Pose | | Roll | | Slide | | Clap |
| Jumps | 10 | Swing | Toe | Sit | Tuck | Land | | Wrap | |
| | 11 | Move | | Clap | Clap | Leg | Leg | Slide | Hair |
| | 12 | Clap | Up | Swing | Hurdler | Swing | Toe | Clean | Punch |
| Transition | 13 | Move | | Roll | Motions | Motions | | Set | |
| Running Tumbling | 14 | Go/Dip | | Dip | | Kick Dub | | | Fulls |
| | 15 | Land | | Go | | Kick | Kick | Kick | |
| | 16 | Hips | | Down/Dub | | Pose | | Clean | |
| Transition | 17 | Roll | | Move | | Hold | | Slap | Clap |
| Dance | 18 | Motions | | | | Walk Through | | Hit Snap | |
| | 19 | Kick | Kick | Kick | Squat | Bridge | | Z Sit | |
| | 20 | Move | | Squat | Punch | Squat | Punch | Pose | |
| | 21 | Spin | Spin | Hold | | Motions | | Pose | |
| Transition | 22 | Clean | | Move | | Clap | | Set | |
| Pyramid | 23 | Jump In | | Sponge | | Move | | Dip | |
| | 24 | P Dolls | | Hold | | Clean | | Dip | |
| | 25 | Flip | | Dip | | Show & Go | | Dip | |
| | 26 | Full Tic | | Hitch | | Hold | | Dip | |
| | 27 | 1/2 Bird Fall | | Catch | | Sponge | | Hold | |
| | 29 | Dip | | Lib | | Hold | | Dip | |
| | 30 | Tic | | VARSITY | | | | | |

Notes: