Fierce Mixx

Helping you one eight count at a time.

TEAM NAME:

COLORS:

MASCOT:

SECTIONS	1	2	3	4	5	6	7	8
INTRO 1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								

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TEAM NAME:

COLORS:

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SECTIONS	1	2	3	4	5	6	7	8
21								
22								
23								
24								
25								
26								
27								
28								
29								
30								
31								
32								
33								
34								
35								
36								
37								
38								
39								
40								

Helping you one eight count at a time.

TEAM NAME: _____

COLORS: _____

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SECTIONS	1	2	3	4	5	6	7	8
41								
42								
43								
44								
45								
46								

Please list routine sections under "Section" column. Example: Opening, Stunt, Tumbling, Pyramid, Jumps, Baskets, Dance and Transitions. *This will help with music selections and intro/exits to next part of routine which will provide a good flow.*

Please use the following words/ abbreviations to mark choreography:

Motions:
Hit
Swing
Clap
Slap
TT=Toe Touch
FH=Front Hurdler
LH=Left Hurdler

Pike
Arab=Airbesque
Scorp=Scorpion
Lib=Liberty
Scale
Stretch=Heel Stretch
Bow
Cradle

full dn=full down
double dn=double down
360 up
switch up
Up
Down

example= Clap Punch Swing TT Swing TT Tuck

Tumbling: Let me know when each pass goes by writing **GO.**

Standing: **BHS=Back Hand Spring** **Tuck=Standing Tuck** **SF=Standing Full**

Any other parts of the routine that you want to bring to life, use clear and descriptive words. For example: You may have transition moving to stunts and all girls look out to crowd then clap and set. You might want the "look" to be emphasized so fill in "**look**" on the appropriate count. This will help to be creative there! Make sure you place word/abbreviation on correct count. Sound effects are easy to move around, but **make sure your 8 counts are correct**.

If you are transitioning 1 or 2 eight counts make sure you write **transitioning** across each count.