

Spirit Hands	Arabesque	Cheer Faces	Pyramid	Front
Cartwheel	Scream	Heel Stretch	Back Handspring	Liberty
Scorpion	Stretch	FREE	Backspot	Coach Katie
Coach Melissa	Round Off	Flyer	Coach Karin	Front Roll
Coach Brian	Base	Herkie	Toe Touch	Cheer Bow

Stretch	Back Handspring	Pyramid	Cartwheel	Heel Stretch
Cheer Faces	Toe Touch	Front	Base	Liberty
Coach Melissa	Backspot	FREE	Coach Katie	Arabesque
Coach Karin	Herkie	Spirit Hands	Cheer Bow	Round Off
Flyer	Front Roll	Scorpion	Scream	Coach Brian

Base	Herkie	Back Handsprings	Front Roll	Backspot
Spirit Hands	Coach Melissa	Flyer	Scream	Front
Scorpion	Cheer Bow	FREE	Round Off	Coach Karin
Stretch	Liberty	Pyramid	Toe Touch	Cheer Faces
Coach Katie	Arabesque	Heel Stretch	Cartwheel	Coach Brian