MEGA SPORTS CAMP® TEAM SPIRIT

ROUTINE 1

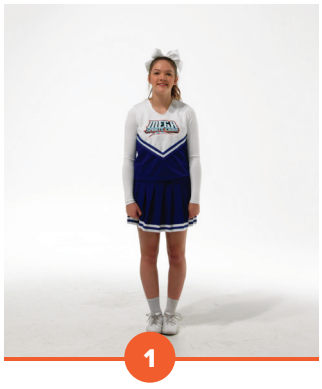
BASIC

Step-by-Step Actions

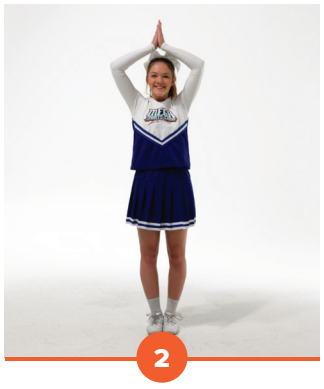
Notes

Cheer routines are typically broken down into segments containing eight beats known as 8-counts. The number in the bracket indicates the set of eight beats, and the numbers that follow in parentheses indicate which beat(s) the motion coordinates with.

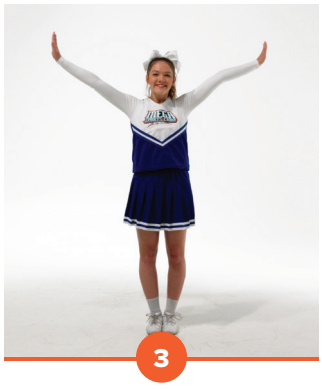
For example: ([4] 7) refers to the 7th beat of the fourth 8-count. Some motions are held for more than one beat (e.g., ([4] 7,8). All pictures follow the order of the routine.



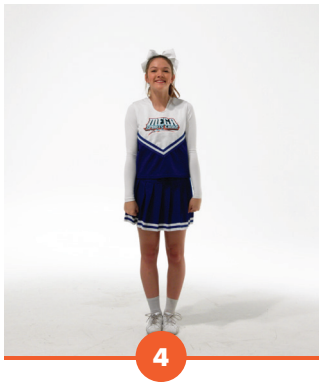
(start with arms by side)



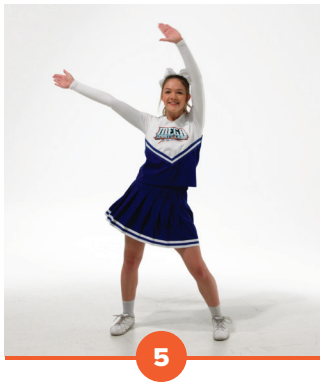
([1] 1, 2, 3, 4, 5, 6, 7, 8) (Clap on even beat)



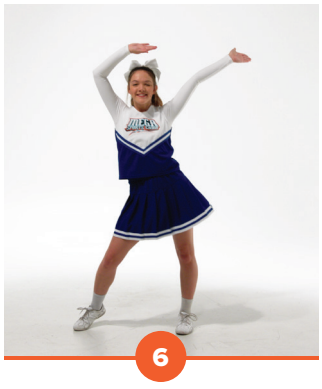
([2] 1, 2, 3, 4) (Clap on even beat)



([2] 5, 6, 7, 8)



([3] 1)



([3] 2)

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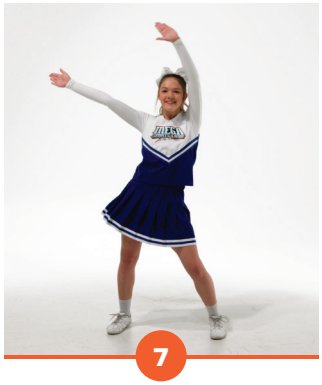
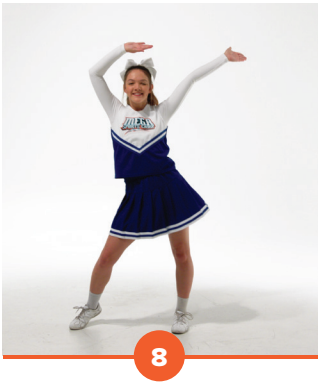
ROUTINE 1 **BASIC**

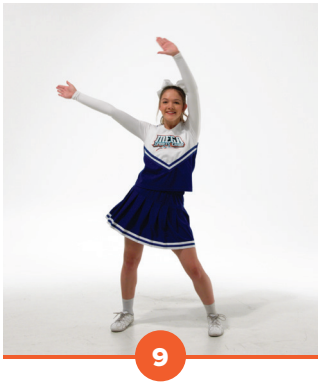
Step-by-Step Actions



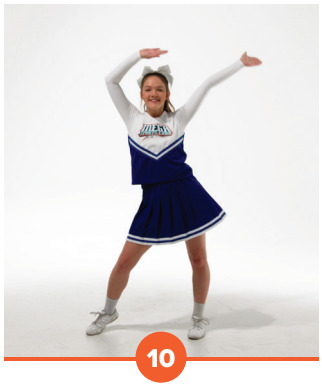
([3] 3)



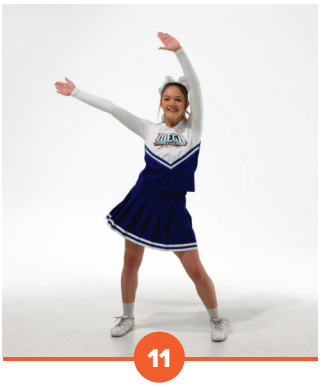
([3] 4)



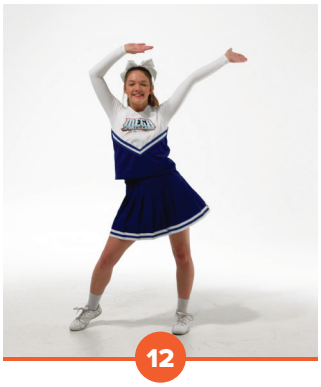
([3] 5)



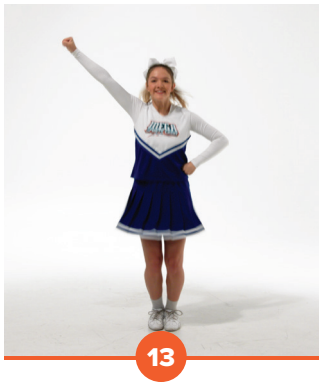
([3] 6)



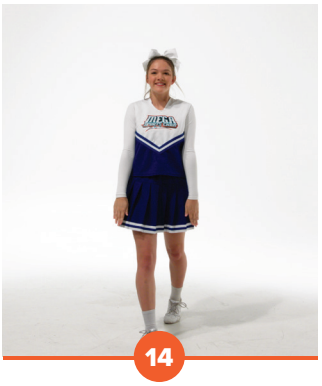
([3] 7)



([3] 8)



([4] 1, 2, 3, 4) (jump on each beat)



([4] 5, 6)

([4] 7, 8)

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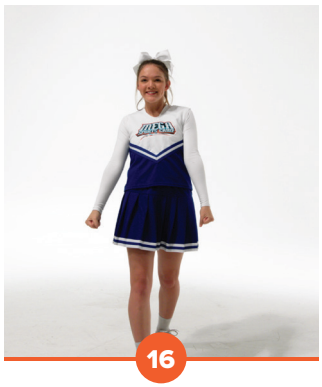
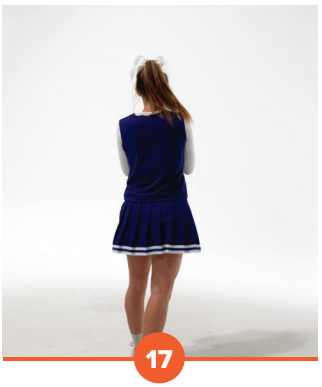
ROUTINE 1 **BASIC**

Step-by-Step Actions



([5] 1, 2)



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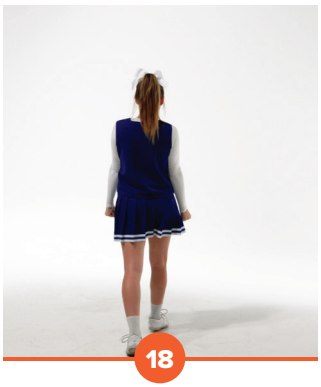

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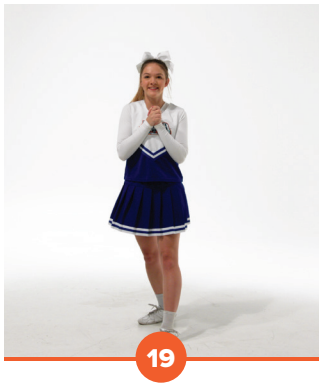
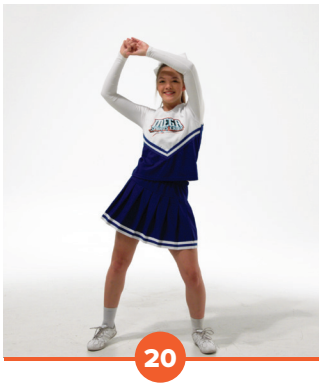


([5] 7, 8)



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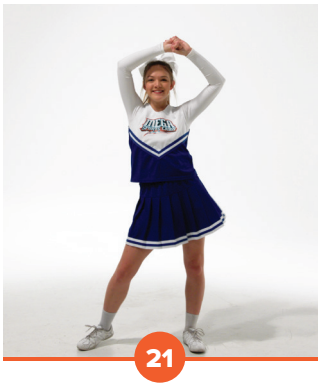

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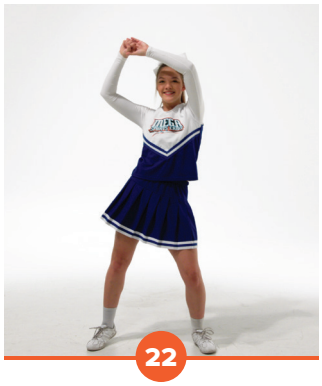

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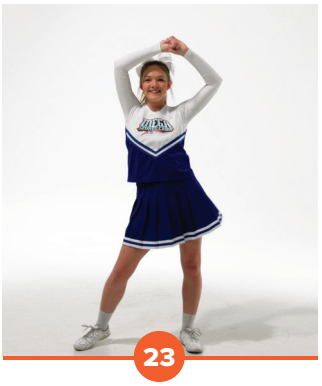

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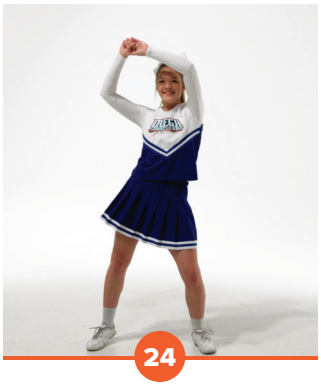

([6] 5)

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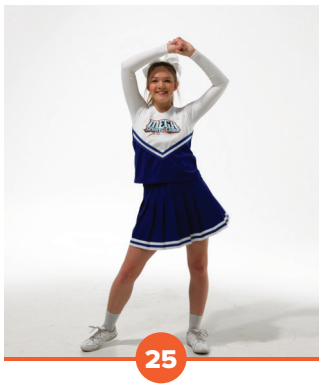
ROUTINE 1 **BASIC**

Step-by-Step Actions



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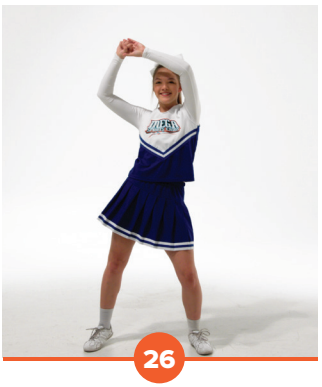

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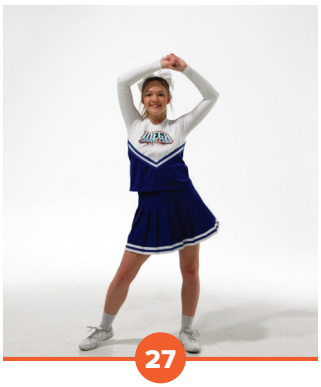

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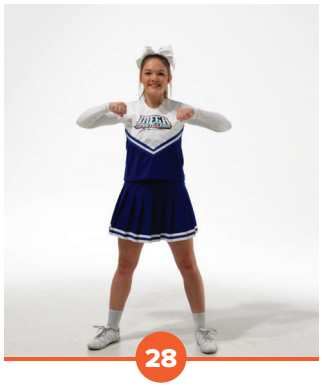
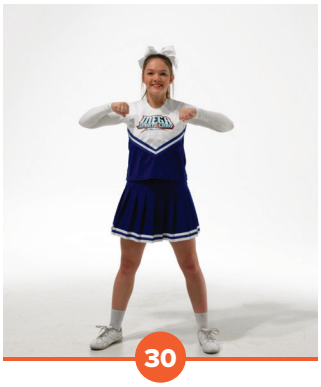
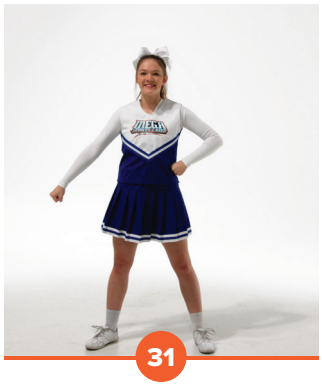


([7] 1)

([7] 2)



([7] 3, 4)



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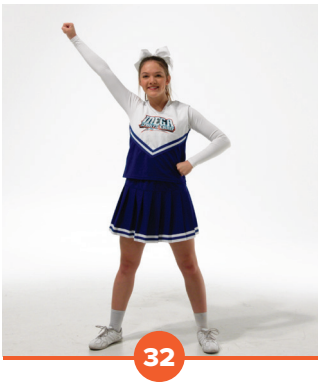
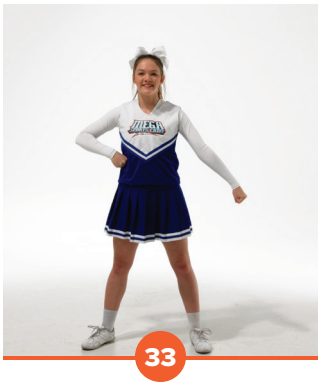


([7] 7, 8)



([8] 1, 2)

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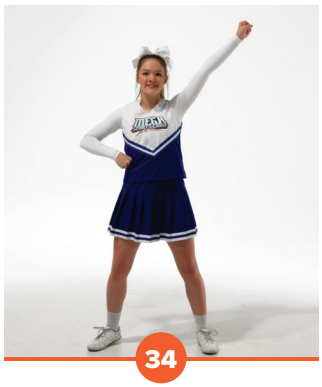
ROUTINE 1 **BASIC**

Step-by-Step Actions



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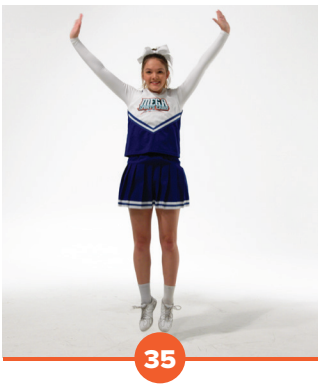
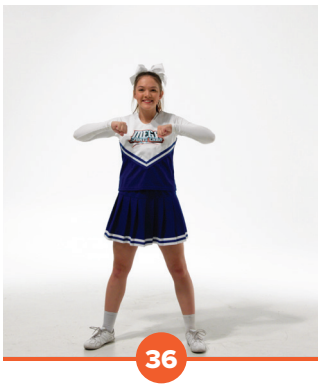


([8] 5, 6, 7, 8) (jump on each beat)



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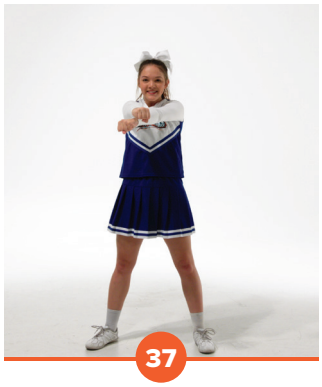
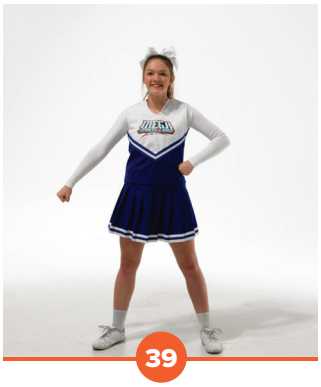


([9] 2)

([9] 3, 4)



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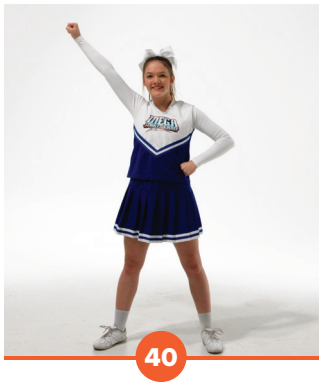

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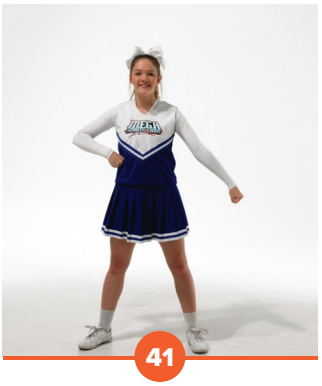

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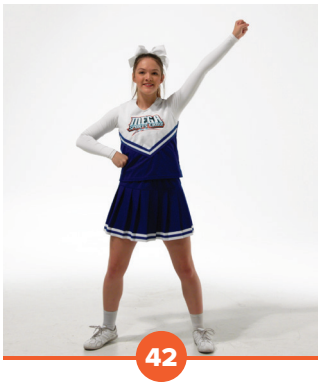

([10] 3, 4)

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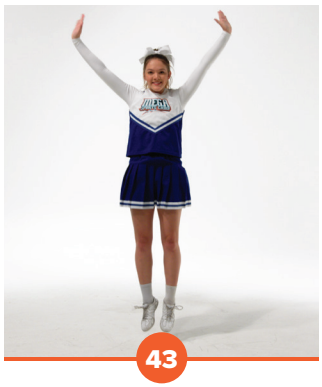
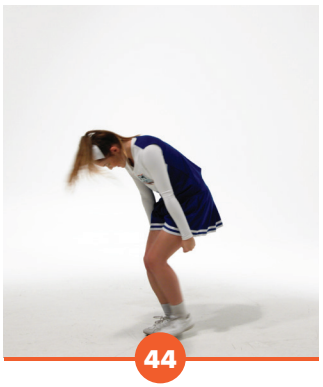
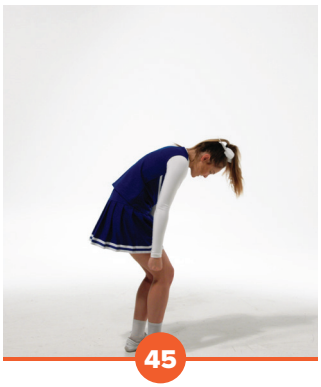


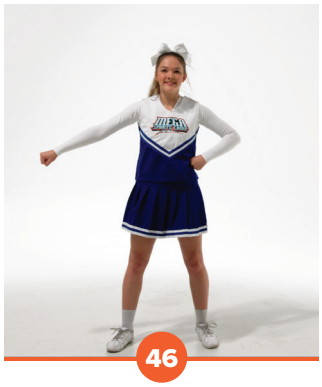
([10] 5, 6, 7, 8) (jump on each beat)



([11] 1, 2, 3, 4)

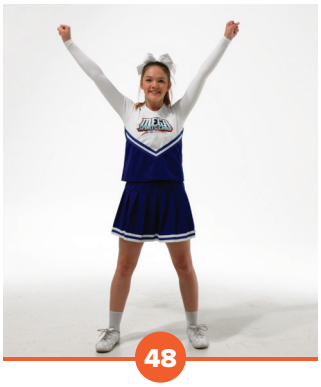


([11] 5, 6, 7, 8)



([12] 1, 2)

([12] 3, 4)



([12] 5, 6, 7, 8)

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