



# CORE CHEER ROUTINE 8-COUNT TRACKER SHEET

## TINY-MITE & MITEY-MITE



**SQUAD NAME:** \_\_\_\_\_

**DIVISION:** TM MM

Section	#	1	2	3	4	5	6	7	8
<b>Intro</b>	<b>1</b>					Start			
<b>Motions</b>	<b>2</b>	Motion Section Begins							
<b>Motions</b>	<b>3</b>	Back Row - Moves Forward Front Row - Hug Tilt		Back Row - Moves Forward Front Row - Hug Tilt		1st Roll Off - Hand on Hip/ Head Pose		2nd Roll Off - Hand on Hip/Head Pose	
<b>Motions</b>	<b>4</b>	Hip Shake		Hip Shake		1st Roll Off - High V		2nd Roll Off - High V	
<b>Motions/ Transition</b>	<b>5</b>	Front Row - Head Shake Back Row - High Clap	Front Row - Head Shake Back Row - High Clap	Dip	Clean	Transition	Transition	Transition	Transition
<b>1st Stunt</b>	<b>6</b>	Clap		Ste		Dip		Waist Level Single Leg Hand Drill/Target	
<b>1st Stunt</b>	<b>7</b>	Front Stretch		Hang Drill/Target		Arabesque		Hang Drill/Target	
<b>1st Stunt/ Transition</b>	<b>8</b>	Step-Off-the-Back Dismount		Clean		Transition	Transition	Transition	Transition
<b>2nd Stunt</b>	<b>9</b>	Clap		Set for Ext Prep		Dip		Dip	
<b>2nd Stunt</b>	<b>10</b>	Ext Prep				Flyer High V			
<b>Dismount</b>	<b>11</b>	Dip		Cradle		Catch		Flyer Out	
<b>Transition</b>	<b>12</b>	Clean		Transition		Transition		Transition	
<b>Jumps</b>	<b>13</b>	Front Row - Clap Back Row - Hold	Front Row - Hold Back Row - Cone	Front Row - Swing Back Row - Hold	Front Row - Toe Touch Back Row - Hold	Front Row - Hold Back Row - Clap	Front Row - Hold Back Row - Cone	Front Row - Hold Back Row - Swing	Front Row - Hold Back Row - Hit Toe Touch
<b>Jumps</b>	<b>14</b>	Front Row - Hold Back Row - Land		Clean		Right Hand Behind Head	Left Hand Behind Head	Fluff Ponytail	Fluff Ponytail
<b>Jumps</b>	<b>15</b>	Clap	Cone	Swing	Hit Toe Touch	Swing	Hit Toe Touch	Land	
<b>Transition</b>	<b>16</b>	Clean		Transition		Transition		Transition	
<b>Pyramid</b>	<b>17</b>	Clap		Set 3-4		Ext Prep (Bracing Prep) - Dip		Ext Prep (Bracing Prep) - Dip	
<b>Pyramid</b>	<b>18</b>	Ext Prep Hit		Connect		Prep Level Lib - Dip		Target/Stunt - Hit	
<b>Pyramid</b>	<b>19</b>								
<b>Ending</b>	<b>20</b>	Hit Arm and Pull Lib							
								<b>TOTAL NUMBER OF OMISSIONS</b>	