

CORE CHEER ROUTINE 8-COUNT SHEET

TINY-MITE & MITEY-MITE

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