INDIVIDUAL & PARTNER STUNTS
INDIVIDUAL STUNTS

- Thread the Needle
- Flamingo
- Stork Stand
- Seal Clap
- Turk Stand
- Blind Touch

- Rocker
- Head Touch
- Seat Spin
- Heel/Knee Slaps
- Jump Turns
- Apple Turnover
THREAD THE NEEDLE
FLAMINGO
STORK STAND
SEAL CLAP

Attempt to clap hands while in the seal position
TURK STAND

STAND, SIT, STAND WITHOUT UNCROSSING ARMS OR LEGS!
HEAD TOUCH
SEAT SPIN

- Start in a tuck and use hands to spin body
HEEL OR KNEE SLAP
JUMP TURNS

$\frac{1}{4}$ $\frac{1}{2}$ & FULL
APPLE TURN OVER
PARTNER STUNTS

- Wring the Dishrag
- Toe to Toe Sit
- Toe to Toe Get-up
- Back to Back Chair Sit
- See Saw
- Partner Push Up

- Partner Scale
- Back to Back Get-up
- Wheelbarrow
- Partner Log Roll
- 3 Legged Walk
- Partner Hop
WRING THE DISHRAG
TOE TO TOE SIT
TOE TO TOE GET-UP
BACK TO BACK CHAIR SIT
SEE SAW
PARTNER PUSH UP
PARTNER SCALE
BACK TO BACK GET-UP
PARTNER LOG ROLL
THREE LEGGED WALK
PARTNER HOP