

ALL-STAR ROUTINE – “TIMEBOMB” BY BECK

(Routine broken into 8 count pieces)

½ turn toward the R backwards EB
Backwards side swing cross
½ turn towards the R
Side swing cross
Single bounce
Double under

R heel cross over L foot
X with R leg in front
L heel out (lean to the right)
X with L leg in front
R heel out (lean to the left)
Single bounce

Single bounce
Cross with R arm on top
Single bounce
180 turn L
Single bounce backwards
Cross backwards
Double bounce turning to left

Single bounce
Toad to the R
Single bounce
Toad to the L
Single bounce
Stall between legs
Single bounce backwards
Stop rope on legs to return to forward jumping

Single bounce forward
Toad to the R
Double bounce cougar L
Double bounce toad R
Single bounce

Arm wrap around R arm 2 counts
Unwrap to the left 2 counts
Leg hook double bounce turning left
Complete 360 turn from leg hook
Single bounce forward

Side swing cross R
EB cross L
Double bounce skier R
Double bounce skier L

PARTNER ON LEFT:

360 scoop turn double bounce (jump partner while facing them)
Stop with rope behind you
Jump double bounce

Hold rope behind body
Hold
Single bounce
Jump partner behind
Single bounce

Double bounce step backwards

180 to the left with side swing
Single bounce backwards
Double bounce turning to the L (to complete the turn)
2 single bounces forward

Double under
Double under cross (R arm on top)
Double under side swing cross R
Single Bounce
TJ to the R

2 single bounces
Double bounce
Knee up double bounce R
Knee up double bounce L

Single bounce
Side swing R
Side swing L
Single bounce
Catch rope on feet

Hold rope 4 counts, kick rope off foot, and bow

PARTNER ON RIGHT:

Stop rope behind on second skier (above)
Double bounce jump partner behind (on 5-6 counts)
Double Bounce

360 scoop turn double bounce
Hold rope behind body
Hold
Hold
Single bounce

Double bounce step forward