



All Star Routine 2005

Heartbreaker Group Routine

Each box represents one beat, when you see (“) it means that the trick you are performing will take up that beat as well. The routine is performed to the song “Heartbreaker” by Michael Jackson. Jumpers should begin the routine when the chorus of the song starts, about 44 seconds into the song.

Be sure to have a partner before you start and begin side by side.
(SS = Side Swing)

Have fun!

SS right	SS left	Jump	Criss-Cross (moving forward)	Jump	360 to the left (moving back)	“	“
Right knee up	Right knee down	Right leg kick	Double under	Left knee up	Left knee down	Left leg kick	Double under
X (right leg in front)	“	X (left leg in front)	“	Right Heel out	X	Left heel out	X
Jump	X	Turn left	“	Jump	X	Turn right	“
Grapevine to right (4 counts)	“	“	“	360 to right	“	“	Criss-Cross
Grapevine to left (4 counts)	“	“	“	360 to left	“	“	Criss-Cross



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SS right	SS left	Jump	Criss-Cross (moving forward)	Jump	360 to the left (moving back)	“	“
Right knee up	Right knee down	Right leg kick	Double under	Left knee up	Left knee down	Left leg kick	Double under
Catch rope under feet and hold for 3 counts	“	“	“	Turn left in 3 hops while still holding the rope	“	“	Double under criss-cross
Jump	Toad left	Jump	Toad Right	E.B. turn 90 degrees to face partner (4 counts)	“	“	“
Jump	Jump	Jump	Jump	Speed kicks moving to meet with partner. Begin with right foot down (4 counts)	“	“	“ (You and your partner should be facing opposite directions in place beside each other)
Speed kicks rotating beside partner clockwise (4 counts)	“	“	“ (One person should be facing the crowd, one the opposite direction)	Jump	Jump	SS right	SS left
One person	“	Person who	“	Jump	Jump	SS right	SS left



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catches the rope under their feet while the other person rebounds in place		rebounded will now scoop their partner					
Other person catches the rope under their feet while the partner rebounds in place	“	Person who rebounded will now scoop their partner and remain facing backwards	“	Backwards jump	Backwards criss-cross	Rebound in place, turning around	“
SS right	Criss-Cross	E.B. left	“	SS left	Criss-Cross	Rebound moving forward to the right	“
Jump	Criss-Cross	Rebound moving forward to the left	Jump	Criss-Cross	Rebound in place	“	
SS right	SS left	Jump	Criss-Cross (moving forward)	Jump	360 to the left (moving back)	“	“
Right knee up	Right knee down	Right leg kick	Double under	Left knee up	Left knee down	Left leg kick	Double under (catch rope under feet)

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