

1. Acrobatic Rock 'n' Roll

1.1. Lifts

Move	Link	Comment
Ticking Clock	https://www.facebook.com/1038175276273583/videos/239922783838357?_so=_permalink	@ 3 seconds. Need Mat
Soaring Eagle with fancy dismount	https://www.instagram.com/p/CnhyRxqjxE6/	Different intro into it and maybe more time on shoulder. 1st half easy to do.
Round the World	https://www.facebook.com/1038175276273583/videos/239922783838357?_so=_permalink	@ 30 seconds. Very easy to do. Spotter needed
Hip Jump	https://www.facebook.com/1038175276273583/videos/239922783838357?_so=_permalink	@ 54 seconds
Forward Dive	https://www.instagram.com/p/CuRH53FliMn/	
Skimming the Ground into a bum spin	https://www.instagram.com/p/CsEo9SOg0gG/	
Wrestling flip	https://www.instagram.com/p/CsRX1oNs3S9/	
Roll around Partner	Simple: https://www.youtube.com/watch?v=vV1gYKQtYzM&ab_channel=DonnyRobbins Advanced: https://www.instagram.com/p/Cu7IMJdgKJ0/	
Jump over head and assisted forward flip	https://www.instagram.com/p/CuopVSPvPz5/	
Side dive	https://www.instagram.com/p/CpGPTTzN27U/	

Move	Technique
Ticking Clock	F's left hand on L's right shoulder, let go at end of flip
Soaring Eagle with fancy dismount	<p>F holds arm of leader as going up (or shoulders but let go), spread arms when up.</p> <p>L places left arm across F's front. L's RH lets go, swing F across. As Follower swings across, towards left side, replace left arm with right. Grab legs with left arm. Then return to standing. As follower starts swinging, right arm on L's left shoulder, then left arm on L's right shoulder towards end of swing. Follower pose straight right leg, bent left leg after swing.</p>
Round the World	Follower both hands on leader's right shoulder.
Hip Jump	
Forward Dive	Leader places right hand through legs, follower jumps onto back and grabs leader's hands with both hands, when follower lands on back, leader uses left hand to grab thigh, after than pull follower through.
Skim the Ground into a bum spin	Follower starts left of leader, spin in. Leader grabs followers' right arm (which is twisted in bum spin position) with right hand. Follower lifts up right leg for leader to grab with left hand, once this is done leader starts turn and follower jumps into it, leader spins until they slowdown allowing follower to land, then commence bum spin and then pull up.
Wrestling flip	
Roll around Partner	<p>Simple: Starting cradle position. Follower's left arm around back of leader to hold L's left shoulder. F's RH to hold L's right shoulder. L's swings follower around until legs around waist (F's torso to L's back), leader hooks legs behind knees with arm. F squeezes legs on arm. Follower lets go and swings across Leader's arms and grabs leader's right arm they should engage core as a sit up. Optional leader turns anti-clockwise doing it for initial momentum.</p> <p>Advanced: F starts right of L. L picks up F, LH on lower back, RH on Right hip. F's left arm across L's upper back</p> <p>F's both hands on L's right shoulder swings around on shoulder, L grabs around follower's lower hips (aiming for hips) and swings them across over left shoulder grabs across follower's waist to throw backwards (follower is upside) F then grabs l's right shoulder</p> <p>Notes: F's thighs will be on L's left shoulder but will then be span off.</p>
Jump over head and assisted forward flip	Start opposite each other. Right hand to right hand bro hold, both crouch and jump with follower jump up and forwards, and leader turning anti-clockwise. After jumping over head, follower then bounces up and forward to finish flip.
Side dive	Follower starts left of leader. Leader starts both feet and left arm planted and torso twisted facing towards wall with right arm into the air. Follower jumps onto back with left arm around back of leader's neck (holding their left shoulder) and places right arm across front to also leader's left shoulder. As follower lands on leader, they use their right arm to hold follower's lower back. When jumping, the follower's bit between hip lands on headers side. Then simply swing through.