

Midwest Cheer/Dance

STUNTS point range

POINT RANGE	<i>LEVEL 1</i>	<i>LEVEL 2</i>	<i>LEVEL 3</i>	<i>LEVEL 4 & 4.2</i>	<i>LEVEL 5 & 6</i>
5 To 6	<ul style="list-style-type: none"> • Stunts below thigh level • Thigh Stands • Stunts below prep level 	<ul style="list-style-type: none"> • Prep level stunts • Moving Prep levels 	<ul style="list-style-type: none"> • Prep Level stunts • Ground up— full extensions 	<ul style="list-style-type: none"> • Prep level 1 leg • Basic to intermediate transitions-dismounts-entries 	<ul style="list-style-type: none"> • Prep level 1 leg w/ 2 + body positions • Extended 2 leg w/ 1 twist dismount
7 To 8	<ul style="list-style-type: none"> • Shoulder sit/stands • Stunts at Shoulder level • Moving prep levels 	<ul style="list-style-type: none"> • Prep transitions • Single base-1 leg stunt at prep level 	<ul style="list-style-type: none"> • Extended 2 leg • Variations of Extended 1 leg 	<ul style="list-style-type: none"> • Extended 2 leg or 1 leg w/ other dismount • Extended 2 leg w/ 1 twist dismount 	<ul style="list-style-type: none"> • Extended 2 leg w/ DOUBLE twist • Extended 1 leg w/ 2 body position w/1 twist dismount
9 To 10	<ul style="list-style-type: none"> • Prep Levels w/ Transitions • Prep Levels Specialty Single Leg stunt 	<ul style="list-style-type: none"> • Ground up—Full Extensions • 1 Leg Prep level transitions to extensions 	<ul style="list-style-type: none"> • Extended 2 leg w/1 twist dismount • Extended 1 leg with 2 + body position 	<ul style="list-style-type: none"> • Extended 2 leg w/ w/ DOUBLE twist dismount • Extended 1 leg w/ 2 + body positions & 1 twist dismount 	<ul style="list-style-type: none"> • Extended 1 leg with 2 + body positions w/ DOUBLE twist dismount • Much variety with Elite transitions-entries-dismounts