Pairs sequence, gymnastics

Christine Rabacal, Cybelle Aznar

 Stand in starting position.

 Fall forward into first counter balance (push)

 Push apart and came back using only one hand

 (Opposite hands)

 With arms still in the same position, drop down to one

 Knee.

 Do one and a half log rolls in opposite directions.

 Forward roll, so that we land next to each other.

 Christine lies flat on stomach, Cybelle makes a triangle

 Over Christine, Christine then lifts arms and legs for a

 Balance. Christine crawls out and Cybelle moves

 Forward.

 Both hold legs under the knees, Christine rolls onto back

 Then up again. Cybelle lifts one leg up.

 Jump up from previous position.

 Hold hands and spin around on the spot.

 Cybelle spins one more time and falls backwards onto

 Christine.

 Christine lifts Cybelle up and carries her to the finishing

 Point where she puts her down.

 We stand up straight in the finish position.