

Gym/School:_	
Team/Mascot:_	
Date Submitted:	

Section		1	2	3	4	5	6	7	8
Intro	1	This	8count is include	ed in your overall	time.	MUSIC STARTS!			
label sections	2								
	3								
	4								
	5								
	6								
	7								
	8								
	9								
	10								
	11								
	12								
	13								
	14								
	15								
	16								
	17								
	18								
	19								
	20								

PLEASE EMAIL OR UPLOAD SHEETS IN PDF FORMAT. PICTURES OF 8COUNT SHEETS ARE <u>NOT</u> ACCEPTED.



Gym/School:_	
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Date Submitted:	

Section		1	2	3	4	5	6	7	8
	21								
	22								
	23								
	24								
	25								
	26								
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	38								
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	40								



Gym/School:_	
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Section		1	2	3	4	5	6	7	8
	41								
	42								
	43								
	44								
	45								
	46								
	47								

Please Note: These are the MAXIMUM 8counts allowed at 145 beats per minute.

Time Limit	8-Counts
0:30	9
0:45	13
1:00	18
1:15	22
1:30	27
1:45	31
2:00	36
2:15	40
2:30	45