

“Eye of the Tiger” Ball Routine - by Kathy Wagner, Wichita Collegiate School, Wichita, KS
From the CD’s “Eye of the Tiger” by Survivor or “The Rocky Story” original soundtrack songs

Formation: Students in even number of rows facing audience – even number and odd number rows will eventually turn to face each other for passing.

LYRICS

Intro: Instrumental

Continued Instrumental

Continued Instrumental

Risin' up, back on the street
Did my time, took my chances
Went the distance, now I'm back on my feet
Just a man and his will to survive

So many times, it happens too fast
You change your passion for glory
Don't lose your grip on the dreams of the past
You must fight just to keep them alive

Chorus:

It's the eye of the tiger, it's the cream of the fight
Risin' up to the challenge of our rival
And the last known survivor stalks his prey in the night
And he's watchin' us all in the eye of the tiger

Instrumental

Face to face, out in the heat
Hangin' tough, stayin' hungry
They stack the odds 'til we take to the street
For we kill with the skill to survive

chorus

Instrumental

Risin' up, straight to the top

Have the guts, got the glory
Went the distance, now I'm not gonna stop
Just a man and his will to survive

chorus

The eye of the tiger (repeats out)...

ACTIONS

pass ball back and forth between hands for 16 cts

Lunge fwd R foot 2 cts, return 2 cts, reach out w/ ball
Lunge fwd L foot 2 cts, return 2 cts, reach out w/ ball
Step forward with right foot 1ct and pivot rear 1 ct
Step forward with right foot 1ct and pivot front 1 ct
Step together and shoot ball straight above head and catch - 4 cts
Repeat all of lunge sequence 1 more time

Dribble R hand 16 cts, Dribble L hand 16 cts
Dribble alternate hands 8 cts

Dribble forward R hand 8 cts
Dribble backward L hand 8 cts
Dribble circle R with R hand 8 cts
Dribble circle L with L hand 8 cts

Dribble forward R hand 8 cts
Dribble backward L hand 8 cts
Dribble circle R with R hand 8 cts
Dribble circle L with L hand 8 cts

Straddle position pass around R leg 8x

Straddle position pass around L leg 8x

Dribble R hand 8x from low straddle to standing

Dribble forward R hand 8 cts
Dribble backward L hand 8 cts
Dribble circle R with R hand 8 cts
Dribble circle L with L hand 8 cts

Straddle position pass around R leg 8x
Straddle position pass around L leg 8x

Dribble R hand 8x from low straddle to standing
Hold ball for 8 cts to prepare for passing – odd number rows turn to face partner in even number rows

Odd number rows throw chest pass to partner while even number rows bounce pass to partner (takes 4 cts)
Pass ball around own waist – 4 cts

Repeat pass sequence 3 more times

Pass ball between legs figure 8 – total 18x
Dribble R hand 8x from low straddle to standing
odd number rows turn back to face audience on last 4x

Finish routine with the lunge, pivot, and shoot sequence – 3x