

Notes for filling out V!ROC Count Sheet

**Power Music Cheer and Sounds Like That have partnered to offer you the best cheer music!
We are the official music provider for V!ROC.**

Please follow these instructions carefully to ensure your music is done in a timely and accurate manner. Thank you!

1. **USING GOOGLE CHROME: SAVE FIRST, THEN FILL OUT, RESAVE, AND EMAIL.
USING INTERNET EXPLORER: FILL OUT, THEN SAVE AND EMAIL.**
2. **VERY IMPORTANT:** Intro goes on the first 8-count, even if the first beat happens on 5 or 7! Please type "start" (or desired sound effect) on the count you want your music to start on. Please do not write your intro outside of the provided space; doing so will force us to re-write your entire count sheet.
3. For highlighting action, be sure to put the effect **ON** the count the action occurs on, not the dip, prep or sit.
4. Spaces provided allow for brief descriptions such as "jump" or "handspring." If you would like to elaborate, please use the "notes" section, or feel free to write an email. Keep in mind that brief, bullet-point type descriptions are easier to understand and implement.
5. Select up to 6 songs from www.PowerMusicTrax.com and/or www.UnleashTheBeats.com and list them on Page 4 of this file.
6. Once you have completed your count sheet, save it to your desktop, then email it to megan@soundslikethat.com.
7. Please only send us the official Power Music Cheer Count Sheet. Sending us another format will delay your music order.

PLEASE CALL OR EMAIL US WITH ANY QUESTIONS, OR IF YOU ARE HAVING DIFFICULTY.

Thank you for your attention to detail. Following these instructions will save all of us time and help keep your teams organized. We look forward to creating your custom mix for you soon!

****Your music will be completed within three weeks of receiving this count sheet file. You will receive all licenses needed to perform at Varsity events with your music file. Your invoice must be paid prior to receiving the email with your custom music mix.**



Gym/School:

Team Name:

Contact:

Phone #:

Email:

Section	#	1	2	3	4	5	6	7	8
Intro* (see notes)	1								
	2								
	3								
	4								
	5								
	6								
	7								
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Section	#	1	2	3	4	5	6	7	8
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* All Star Routines (2:30) cannot exceed 47 eight-counts.
 High School Routines (1:30) cannot exceed 27 eight-counts.
 Going over will put your music over time, and be too fast to perform!

NOTES:

Please list the following: SONG TITLE - ARTIST - VERSION - (PMT OR UTB) - SECTION OF ROUTINE

(Please choose songs from www.PowerMusicTrax.com and/or www.UnleashTheBeats.com)

Example: Sorry Not Sorry - Demi Lovato - Stereothief (PMT) Pyramid