



Scripts.com

# Full Out

By Beth Iley

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That kid right there?

That's me, Ariana Berlin.

Gymnastics is my life.

I've been doing it since I  
was three years old and I've  
never looked back.

That's my best friend Isla.

She and I used to choreograph  
our future Olympic  
routines in our hallways.

What? Normal

kids don't do that?

My coaches always said  
that sometimes you have to fall  
before you can fly.

I fell a lot.

I trained a lot.

And right now I'm in the  
middle of the most important  
level ten meet of my life.

Going too fast?

Let me step back.

You gotta get up Whoa

You gotta get up

Ladies and gentlemen, thank  
you to UCLA for hosting this  
year's level ten regional meet.

The opening heat will begin in  
fifteen minutes.

You gotta get up Whoa

You gotta get up

You gotta get up Whoa

You gotta get up

Good job.

We've got this.

No kidding. We're toast.

Just breathe.

It's just, if I don't place...

If you don't place you can  
just ask to borrow one of his  
Olympic medals. What

does he have, like three?

Four, actually.

See, you'll be getting off  
easy. Now if I don't qualify, my  
parents will  
pep-talk me to death.  
Oh I'm sure it's tough living  
with all their love and support.  
Forget about your  
Dad. Today is about you.  
Nervous?  
Nervous I might kick you into the  
foam pit if you ask me that again.  
Here, I got you  
something for good luck.  
Aw. Did you splurge at the  
prize machine in the lobby?  
Yeah, a whole dollar.  
I love it.  
You've got this.  
Okay, okay! Let's do this.  
Hey, ladies! Quit joking around.  
The stakes are even higher  
than what we thought today.  
Why?  
If you ever want to go to  
UCLA, the woman who holds the  
keys to your future is standing  
right over there.  
That's Valorie Kondos-Field,  
head coach of the  
six-time Champion UCLA  
Gymnastics Team.  
Up next on the uneven  
bars, Isla Steponchev from Elite  
Gymnastics.  
That was amazing.  
Thanks.  
And Isla scores a 9.85.  
You were fantastic.  
It was okay. Wasn't perfect.  
You'd only be satisfied with  
twenty out of ten.  
Up next Ariana Berlin.  
Which is what I'm about to get.  
I feel so good

I feel, I feel  
, I feel so good  
I feel  
I feel so good  
I feel  
I feel so good  
I ain't trusting tonight  
nothing on my mind on my mind  
Why you wasting your time  
Let's get on a high  
stay with me there  
Up next Ariana Berlin from  
Elite Gymnastics in San Diego.  
I feel, I feel, I feel  
Hold, extend, twist, focus  
on the catch.  
Flip, toes up, dismount, stick.  
Who's that on the bars?  
Ariana Berlin from San Diego.  
Yes!  
Ariana scores a  
9.95 on the bars.  
Sweetheart! You put on  
quite the show  
for the college coaches.  
You think they noticed me?  
Noticed you? Are you kidding  
me? Our phone's gonna be ringing  
off the hook tomorrow.  
Oh we'll know in a few days.  
They said they'd have the final  
results by Friday.  
Hey Ariana. Wow, you  
nailed it out there.  
Thanks, you did great, too.  
You're totally going  
to qualify for sure.  
The way you stuck that  
landing on bars. Wow.  
I was jealous.  
Don't be. This is just a  
Level 10 meet. There's still a  
long way to go.  
Could you imagine what

it would be like to make the Olympics?

It would be so unbelievable, but I doubt it's something I'll ever get to experience.

Me neither. I wish I could go.

Come on, you gotta be more positive. You never know what life is going to throw at you, right?

Yeah.

Yeah.

Okay, remember this trip?

That girl who peed her pants on the bus ride home?

What? We were six and I had way too much water.

Okay. I'm so glad your Dad let you come over.

How was he about your score?

He said it was acceptable.

But, of course if I don't qualify for the Olympic team he'll downgrade it to "deplorable" or something.

Well don't worry, you'll qualify because you are the best in the country.

It would be a dream come true.

Yeah, for me it's the Olympics and then UCLA.

I haven't even started thinking about college.

Well UCLA has an amazing gymnastics team.

Well you came over to study so let's get to it.

Nooo

So how late were you and Isla up?

Late. We were trying to cram for organic chemistry.

A champion gymnast and a straight 'A' student.

I'm still waiting for this  
teenage rebellion  
that everyone keeps  
telling me is on the horizon.  
Overachieving is my personal  
form of teenage rebellion.  
I think I deserve a reward.  
Well I have a better idea.  
Why don't you come shopping with  
me this afternoon?  
Aw, do I have to?  
I know, it's so awful. I'm  
serious, you've been so busy  
training, I just think you need a  
regular mother-daughter afternoon.  
I see right through you, mother!  
You're trying to distract me.  
And it's working, isn't it?  
So you're lost in  
thought, what's going on?  
Nothing.  
Uh-huh. Can you  
be more specific?  
Pierce said one of the  
coaches from the  
UCLA team was at qualifiers.  
Yeah, well honey, you throw  
a rock in that stadium you're  
pretty much gonna  
hit a college coach.  
Well don't throw any at UCLA  
'cause I want to get in there.  
I know you do.  
One thing at a time.  
Let's just focus on the  
shopping today.  
What if I don't qualify  
for the Olympics?  
Would you be upset?  
Are you kidding me? Your  
father and I are so proud of  
you. Olympics or -  
Mom, watch out!  
Hey! Hey! Are you okay?

Are you okay?

I don't think she's breathing. Go  
call an ambulance. Call an ambulance.

Try and stay awake for me, okay?

Can you tell me your name, honey?

Tell me what happened.

Do you know what date it is?

No, she's gone again.

Ar, honey. It's okay, I'm  
here. I love you so much.

Where?

You're in the hospital.

You had an accident.

But-

Don't try to talk, okay?

I'm gonna go get the doctor.

Where's mom?

She's just down the  
hall in another room.

I, I need to see her.

No, you need to, you need to  
lie down, okay?

You've been in a coma, honey. I'm  
gonna tell the doctor you're awake.

Both lungs punctured, broken  
collar bone, two broken ribs,  
slight fracture of the right  
wrist, injured pancreas, one  
femur snapped, the other  
fractured. Well the good news is  
she only suffered minor head  
trauma, no major concussion.  
Neck and spine are in fairly  
good shape considering the  
accident. I would say under the  
circumstances, your daughter is  
a very lucky girl.

I don't feel very lucky.

The fact that you feel  
anything at all is enormous.

We could have lost you,  
young lady.

Sweetheart, I'm so  
happy to see you awake.

When can I get up?  
We're looking at nine to ten weeks for the bone to heal, then physical therapy for a few months. Luckily you're an athlete so I think the body is going to respond quickly. So I lose four, maybe five months, and then I can get back to training, right?  
Truth is, gymnastics is pretty much off the table. Honey, I'm so sorry. You don't know what you're talking about! I want another doctor! This is ridiculous. Calm down, honey.  
I, I can't sit in bed all day. I have to train. I'll see you outside. I need to go to the Olympics. It's okay. Want a gum? Nope, I'm good mom. Thanks for asking. No problem, anytime.  
Oh...  
What?  
Nothing.  
You know, Isla had a great floor routine and a perfect vault, but she did take that step after the dismount from her bars. And, that's the difference between Gold and Silver.  
Yup.  
Somebody's in a mood.  
I'm not in a "mood".  
You know, you've had your pictures on the paper, too.  
Yes, I know, Mom.  
I especially liked the one of me unconscious in the hospital.  
You know, you were a lot more pleasant



when you were unconscious.  
Touch.  
Ariana? Hey, I'll take you  
in. My name's Michelle and I'll  
be-okay. Uh, are you coming?  
No, no, no. She's all  
yours. Where's Brittany?  
She's not here today. I'll be  
putting you through the paces.  
Aren't you a little young  
to be a physical therapist?  
I'm a physical therapy  
resident, which means I'm in  
training to become a P.T.  
I was in training  
once. Lot of good it did me.  
Well let's see if we  
can get you back on track.  
Too easy to slip into  
darkness sometimes  
I'll be back in a second.  
I find it hard to get the  
light into this room  
Let's break the door open Break  
it wide open Break it wide open  
You know, you could still  
compete. I mean maybe not soon,  
but if you want something you  
have to fight hard for it.  
And what if something I  
really want is  
no longer attainable?  
Look, sometimes when the  
front door gets slammed in your  
face, you have to go  
through the back door.  
What if there is no back door?  
Then go through a window.  
There's always a way in. Ready?  
I just need you to just trust  
me, okay? One, two, three, up.  
Okay, put your weight onto me.  
Okay, take a step. Slowly..  
We will come alive

Are you okay? And then you're  
going to lean forward onto the  
mat with your arms  
and then push up.  
The music never dies  
Oh my gosh, wow.  
How'd that feel, good?  
Yeah.  
Yeah, good.  
Asthma.  
We bring in the light  
the music never dies  
We bring in the light  
the music never dies  
We've been high and low pulls us  
under light's beyond the door  
Never let it go Won't let these  
locked doors Shut me out anymore  
I will break them down  
Let the daylight show  
Alright, so last time we did fifteen  
steps, but I think we can beat that.  
Without holding onto the railing.  
It says here  
that you should be able to walk  
now on your own without help.  
It says that?  
Yup. It says your body's well  
on the road to healing. But your  
mind's still broken.  
It does not say that. They  
wouldn't put that in a chart.  
Yes they would.  
It's even in pen.  
Let me see that.  
Sorry, professional eyes only.  
Well that rules you out,  
resident! Give it to me.  
No! And you just  
did twenty steps.  
Nicely done.  
My leg is killing me.  
Yeah, but for a  
minute there you forgot.

Does it really say all  
that stuff in my chart?  
What's a six letter word  
for stubborn? A-R-I-A-N-A.  
Thank you for helping me  
through all this. I owe you one.  
Come. You did really good  
and you should be very proud of  
yourself. Maybe  
thirty steps tomorrow?  
Still have the letter that  
you wrote  
I wanna know what it says  
but I don't So it stays,  
Cuz I won't throw  
it away just yet  
I just don't think I'm  
up for a visit today, mom.  
You'll be fine. You're old  
teammates have been asking about  
you. You can't stay  
away forever, you know.  
Says who?  
I better go move the car.  
I don't want to get towed.  
But wait, mom, I can't-  
I'll be right back.  
Hey coach.  
Hey I'll see you guys in there.  
Hey, welcome back, kid.  
Great to be here. Are my  
uneven bars ready and polished?  
Well you know they've been  
covered in dust  
since you've been gone.  
It's great to see you.  
The gang will be so  
excited to see you again.  
Hey guys, listen  
up. Ariana's here.  
Hey, stop. Hey, hey, stop,  
stop, stop. Where are you going?  
You just got here.  
I saw enough.

Huh?

Isla and Nate?

Come on, Ariana. It's not what it looks like. He's probably just congratulating her for getting into UCLA.

She what?

Hey, what's uh, what's going on?

I'll give you guys a minute. I'm sorry.

This isn't going to work.

What's going on?

I just want my life back.

Hey, you better get ready, you're going out.

With who?

Michelle.

And you didn't think to tell me?

Of course not. That would have given you more time to say 'No'.

Mom!

Come on, don't want to disappoint her.

Welcome to Palace.

Hey Cashmere.

'Sup brother?

I get the feeling we're not a physical therapy convention.

Where are we?

Girl, for all your whining and complaining about your boyfriend and your medals, have you ever thought to ask me one question about myself?

Michelle, my babe!

Hey!

Where you been?

Well besides making money to pay for this place?

Picking up Ariana here.

Ah, you're the gymnast. Sorry about your accident.

How you doing girl?

I've been better.

Wow.

Watch where you're wavin'  
those on the dance floor, you'll  
take someone's eye out.

Actually, there's one or two  
guys I wouldn't mind  
you wavin' those at.

What?!

She's kidding. Emma has  
a strange sense of humour.  
I won't be getting out on the  
dance floor. What kind of party  
is this, anyway? Is this a rave?  
Darling, the '90's ended a  
long time ago.

This is a session.

A session?

Adam! Step! We got  
a lady on crutches!  
Oh, you're Michelle's gymnast  
friend from the hospital?  
I'm not from the hospital.

Adam.

Ariana.

That's not right.  
He's gonna be sore tomorrow.  
Michelle. We up.  
Who's up? What?

Come.

We get down  
we get to the  
Get down  
Go go she go she go  
Go go she go she go  
Bring it burrito boy!  
Go go she go she go  
Go go she go  
she go get down  
Down check down  
Down check down  
Go go she go she go  
Go go she go she go  
You just did a side-semi

after eating a burrito!  
What? That? You should  
see me after  
a double-cheese quesadilla.

Down check down

Down check down

Go go she go she go

Go go she go she go

Go go she go she go

Get down

Go go she go she go

Get down

Get down

Get down

So, you post all  
those videos online?

Yup. It's a good way to  
promote.

We usually get a  
few thousand hits.

Wow.

That's nothing. My goal is  
to get a million hits one day.

So you're a champion dancer  
who runs a studio, and does  
physical therapy? And I  
thought I was an overachiever.  
I'm all about that hustle,  
baby. So... can you help us?

Me? What could I  
possibly help you with?

Well, there's this big  
talent management company called  
Crystal Image. They represent  
the best of the best. They hold  
auditions once a year, and  
anyone who gets in with them, is  
in with the money. Travel around  
the world, be on TV, tour with  
rock stars. You get the picture.  
Auditions are coming up soon.

I still don't get what I can do.  
Well, they're looking for a  
dance crew with edge - some sort

of unique special skill, and  
I was thinking since you have  
Olympic level experience -  
Michelle, first-off, I'm  
not Olympic level. Second, I've  
never danced hip-hop a day in my  
life. And third, even if both of  
those were the case, look at me.  
You look to me like you're  
ready to get moving  
again. Think about it.  
Mom, Dad, I'm  
home. Sorry I'm late.  
Alright, this little rift  
between you guys is hurting  
everyone, and it's hurting your  
recovery. So you're not leaving  
this room until  
everything is settled, okay?  
Look, I'm sorry about  
what you saw earlier today.  
I had no right coming  
back there unannounced.  
I know what it looked like.  
But I want you to  
know that it's nothing.  
Yeah, you're  
right. It is nothing.  
Listen Ariana. You can get  
back on your feet.  
You can get into UCLA.  
I have a metal rod in my leg.  
I'd be lucky to hop  
up on a beam again.  
Well I can help you. Pierce  
can help you.  
Please just come  
back to the gym tomorrow.  
I'm busy with something else.  
Yeah? What?  
I'll do it.  
Do what?  
Help out your crew. Teach you  
guys some flips

and handsprings and stuff.

Really? Wow. Sorry,

Ariana this is Caity.

Hi. Ariana.

Caity.

Caity was a professional downhill skier.

I got in a fight. With a tree. Been a regular patron of room 404 ever since.

How long is your recovery schedule?

Only another, what, 60 maybe 70 years. If I'm lucky.

Does that sound about right?

Caity has come a long way. A very long way.

I'm sorry.

No, don't be. You should see the tree. No, I'm not a patient anymore - I just come to spend time with others here who are in similar situations.

Caity heads a support group for families with spinal cord injury patients.

If there is anything I can do to help- You just stay focused on yourself. You've got your own hill to climb.

Thanks.

I'll see you next week, okay? Take care. Bye.

So? You had fun last night?

Yes. Thank you for taking me.

I dunno, it's taking a while. They're late probably, right? I don't know.

Hey. I got us some help.

Welcome back.

Hold up. Hold up. What do we need peg-leg's help for? "Peg-leg?" She ain't no dang pirate! What's wrong with you? I just don't need no gymnast telling me how to dance.



There's a small chance  
the speaker may be broken.  
That's Twist  
running up my overhead.  
And you remember Adam  
from the other night?  
And of course, Emma.  
The "Empress" at  
your acquaintance.  
And this fountain of  
positivity here is Cashmere.  
Eighty percent attitude  
and twenty percent high heels.  
So, what are you going to  
teach us that  
we don't already know?  
She's going to teach us moves  
that we can use in our routine  
so that we can get a  
contract with C.I.  
With some leverage training  
and a little less burrito I  
could help you get seven  
or eight feet of air.  
Seven or eight feet of air?  
Mhm.  
Okay.  
So, you're gonna  
teach us leverage?  
Sounds good to me. I'm always  
down to learn something new.  
I'll bet you are.  
So you going to take those off?  
There's two things you need  
to know, honey. One. I take off  
my heels when I'm good and  
ready. Two... can someone help  
me take off my heels?  
Girl, you are a mess.  
You run me like a machine We go  
faster You know exactly what I mean  
It's all in our heads  
Get out of this bed get up  
I'm a house fire I'm a hot

iron I'm burnin up burnin up  
Out of crushed carbon Build a hope  
diamond, Then we run run run run run run  
This is my hot house pool party  
Like a cool high school party  
While the cats away the  
mice will play  
It's all in our heads  
Easy money in my hand Body  
under my command I can let go  
This is my disco  
Easy money in my hand Drawing  
lines in the sand I don't tiptoe  
This is my disco  
This is my disco  
You run me like a machine We go  
faster You know exactly what  
I mean It's all in our heads  
Get out of this bed get up  
Out of crushed carbon Build  
a hope diamond Then we run  
This is my disco  
Alright, I have a patient  
to get to. Adam, would you mind  
closing up?  
Sure.  
Sweet.  
Okay, let's go.  
Shoot. I don't think I'll  
have time to drive you home.  
I can drive her.  
Okay.  
Yeah, no problem.  
Yeah. Alright, later guys.  
Yeah let's just get this  
place cleaned up really quick  
and then -  
Dude, actually, I  
gotta pick up my sister.  
But you don't have a car?  
Or a sister.  
Okay, gotta go. Bye guys.  
Have fun cleaning.  
Every time we have to clean up.

Need help?

No, don't worry about it.

Just chill out. This won't take long. So, uhm, what kind of gymnast are you? Do you jump around on mats or swing around on bars?

Wow. You know the technical terms. I've done it all - balance beam, uneven bars, vaults. Now I'm just a girl who used to be a gymnast.

Once a gymnast,  
always a gymnast.

So, where'd you learn to dance?

I learned to  
dance on the streets.

Oh, the  
streets. Wow. Hard-core.

Mostly my backyard  
or in the schoolyard.

So how'd you guys  
all get together?

Well we all went to the  
same elementary school. But this  
whole C.I thing, this is recent.

Michelle's just been laser  
focused, she wants  
to go big time.

You guys totally could.

You're honestly amazing.

So, do you have a  
boyfriend? Smooth.

I mean, I was just wondering  
'cause I think Twist thinks  
you're really cute.

Oh. He's kinda cute.

Okay I think it's time to  
take you home because you're  
mentally exhausted or  
somethin'. Let's go.

What? What are you doing?

So tell me more  
about these auditions.

Ever seen "Dance  
for the Moment?"  
Both the movie and  
the Broadway show.  
Well those are Crystal Image  
dancers. Look, if you want to  
make it as a dancer, you have to  
go pro. And making this audition  
is the best way to do that.  
And what about the clinic?  
I love it here. But, dance is  
my passion and I'd say passion's  
worth a shot, no?  
Well you guys need to  
gain confidence for acrobatic  
stability and that's after many  
hours on the floor and that's  
before we even start  
with the trampolines.  
Trampolines? I'm sorry, what  
kind of hours are we talking  
here?  
Well, for expert-hood they  
say ten thousand, but since we  
don't have that kind of  
time... all of them?  
Are you crazy?  
You just realized that?  
Michelle Franklin room  
316, Michelle Franklin 316  
Look, I gotta run. But,  
we'll talk about this later.  
Practice starts tonight.  
Remember, ten sits and  
stands three times a day.  
Hey! Look who's ready  
to conquer the world.  
I'm feeling pretty good.  
Michelle's a great motivator.  
That she is.  
Well, it's my last day here today  
and I just wanted to say that -  
This is one place where  
goodbyes are a good thing. It's

great when people can leave,  
especially on their own two  
feet.

There should be gold medals  
awarded to inspirational people  
like you.

What's a medal anyway?

You're gonna be okay.

Go make room 404 proud.

Nice Vicki. Work your snap down.

Keep your weight behind you.

Pierce, I need a favour.

Okay?

Can my dance troupe practice  
in here during your off hours?

Whoa, whoa, whoa. Since when  
do you have a dance troupe?

It's a hip hop group. I'm  
just teaching them some flips  
and stuff.

Okay.

What?

Nothing. It's just..

Spit it out.

If you're doing hip hop, why  
aren't you doing gymnastics?

And where am I going  
to do gymnastics, Pierce?

Same place as Isla. UCLA.

You know, I can get you a demo in front  
of Coach Val in a couple of weeks.

You really oughta  
think about it.

So what about  
letting us practice in here?

Well done, Vicki!

Let's see that again.

Wow.

Okay, so last time we did  
this everyone had to hold back.

Now we can all let loose and  
not worry about anyone breaking  
their necks. Okay, so what  
do you guys want to do?

I know what I want to do.  
Uh, Cashmere, take off those  
high heels before you get on  
that mat.  
You're wonderin' if I'll be back  
again You knock me down but  
Baby don't count me out I love it,  
I love it, I'll never be above it  
But you can still watch  
me soar I love it, I love it,  
I'll never be above it  
But you can still watch me soar  
How many layers did I shed  
When I was lying in that other  
bed If fate's a ninja I'm a  
Victim of it's karate  
Let's do this! Five, six,  
seven, eight. One, two, three,  
four, five, six, seven, eight.  
One, two, three, four, five,  
six, seven, and eight.  
You know you wanna dance.  
Hello.  
So, can you give us an  
edge? I have an idea.  
Knees up. Push  
your torso forward.  
I'm putting on the gloves  
'cause today is another fight  
Ok, just let go.  
Swinging through the jungle  
and hanging on to every vine  
The animals keep  
on nipping at my heels  
Woah! Woah!  
Good!  
You can pull me down but  
I'm made of steel  
Put your arms over  
your head, and your fingers  
I ain't no fool  
Mama didn't raise no fool  
One and up. Nice.  
I make the rules You can knock

me over but I'm getting up again  
I ain't no fool Mama didn't  
raise no fool I make the rules  
You can knock me over  
but I'm getting up again  
It don't seem right if we  
don't give it a shot  
We might seem small but we got a lot  
going on Until we try, we won't  
Know what we got  
We see that mountain,  
We're holding out  
until the top  
Like a child taking  
everything we want and more  
Before we could run we were  
moving on dance floors  
We make a million miles seem like  
twenty four No longer tied up we're  
Kicking down the doors  
We're kicking down the doors  
kicking down the doors  
We're kicking down the doors woah  
We're kicking down the doors  
Kicking down the doors  
Come on. Come on.  
We're kicking  
down the doors woah  
It don't seem right if we  
don't give it a shot  
We see that mountain, We're  
holding out until the top  
We're holding out  
until the top  
You're looking  
amazing, kid. How's the pain?  
Manageable.  
Normal human manageable,  
or Ariana manageable?  
Well, let's say it's manageable.  
Look, I know I mentioned this  
to you a few weeks ago,  
but UCLA is having  
some walk-on demos soon.

I don't know.

You should go. Just to try. I know, you have your dance thing, but come on do you really want to leave your entire past behind? This is the date and time.

Five, six, seven, eight. One, two, three, four, five, and six, seven, eight.

Aight, everyone take five. This isn't working.

Ok, the problem is we're too coordinated. We need to loosen up. Instead of getting together at this point, let's break off in a freestyle section. Play to each of your strengths. Twist, you've come further than anyone else with the height, you're going to do a chest lift off of Adam since he has the strength. And then Cashmere, aerials moving forward, Michelle you're going to run through it all. Yeah, but we still need something bigger to close it.

An aerial section?

No, that would be good enough for the Palace, but not for C.I. We need something bigger.

What's the holy grail of gymnastics, Ariana?

The full out. Two flips with a full twist. Thought impossible until the invention of spring floors. Even elite gymnasts have a hard time with it. I tried landing one in practice a few weeks before my accident. Never had the chance to try it in competition.

You could totally do one now. I mean you are stronger than ever.



Please. Do you know  
how tough it would be  
with a rod in my femur?  
Yeah! Full out, full out,  
full out, full out, full out,  
full out, full out,  
full out, full out-  
Yeah, come on. Do a full out!  
Yo, if you're gonna gawk, you  
gotta pay admission!  
Hey, what are you guys doing  
here? Isn't it a little late?  
Pierce told us that  
you skipped out on UCLA.  
I'm good.  
I didn't think you were  
serious about the hip hop thing.  
I figured it was a  
cover story or something.  
Well, here it is.  
Who's the Swedish bikini model?  
Isla's one of the top  
gymnasts in the world. She just  
won a Silver medal.  
Ariana, this is ridiculous.  
Are you really gonna throw away  
a chance at college gymnastics  
to hangout in alleys making up  
dances with low-lives?  
We're five of the top ten  
ranked artists in the city.  
Sorry, I guess I wouldn't  
know about artists. See, I'm  
what they call an athlete.  
Well, that's good.  
Considering that you're  
definitely not a stylist.  
Stop taking advantage of  
Ariana's fragile state, and let  
her come back to  
where she belongs.  
She belongs wherever she  
wants. She's here. So why don't  
you just do a

little flip outta here.  
Oh, you mean like this?  
Hold my burrito.  
My tape booming out ya speakers  
loud we take it back to  
The lac with a big old sound I  
said my high top shell-toes,  
Finished with Velcro big brick  
cell phone, keepin' my belt low  
I came up where the B-Boys was  
at same place where all them  
D-Boys was at rollin onto  
feeling like the Z-Boys of rap  
Round the way girls  
sayin' these boys can rap  
Now here's a little story  
that must be told about the old  
School way before the school was  
old we made em clap-clap, lose  
Control DJ put the  
record on cruise control  
We got the cardboard taped to the  
concrete we rocking with the  
All-star crew how it got to be  
got us on a big stage paying us  
Handsomely shouting out  
"all I wanna do is make you  
dance with me"  
Don't Stop - Put ya hands up  
Don't stop - People Stand up  
Don't Stop - Put ya hands up  
Don't stop -People Stand up Get  
Off the wall and get on the  
floor scream out loud if you  
Want some more rock ya body just  
lose control everybody let me  
Hear you say Ho-oooooooooh  
what you wanna do my DJ bumping  
out his speakers loud we  
At the house party rocking with  
that big old sound we do the  
Roger Rabbit and the Cabbage  
Patch we do the Running Man then  
Moon walk from that

take your - Take your front  
back spin it all around and  
Bring your front back spinning  
on the ground and when you done  
That DJ playin something make  
you come back - DJ Run that  
It's a full moon so you  
know the beasts come out  
You guys are good.

Well, if you watch who you  
call a lowlife, I might say the  
same to you.

That was actually  
pretty impressive.

Why thank you, your highness.  
But you're a gymnast, Ariana.  
You should be at UCLA with me.  
It was very nice to meet  
ya'll. You're very talented.  
Ariana Berlin, right? I saw  
you compete two years ago. You  
did well. It's a shame  
about the accident.

Yeah.

What can I do to help you?  
I'd like to know, what do I  
have to do to become a walk on  
at UCLA?

You want to walk onto my team?

Yeah.

You realize I get paid to  
produce the most elite athletes  
in the country.

I've always been a winner  
and I'm ready to win again.  
Well I'm sure you are. But  
that's not enough. Please don't  
waste my time.

Sorry to have bothered you.

Ariana, if you're going to  
come back to gymnastics, you  
need to come back like  
you really mean it.

Ma'am, I'm willing to do

anything and everything to be a part of this team.

Look, I've seen your work ethic. I know it's good. But can you give me one hundred percent commitment?

Absolutely. A hundred percent. A hundred and ten percent.

I'll need to see you do a demo.

Sure, yeah.

Right now?

Oh, sorry, did you mean another time?

No, if you're ready, then let's do it.

This is game day right here Get your game face on It's time To shine

So here we go Deep breath and don't look down Time to make a move

So here we go

Here we go

The level of difficulty isn't high enough.

So here we go Deep breath and don't look down Time to make a move

So here we go

Here we go

Ariana, I told you not to waste my time. And you didn't.

Welcome to UCLA. You're sweaty.

Thank you, thank you ma'am.

Thank you so much.

Ariana, don't call me ma'am, sounds old. The other girls call me Miss Val.

Ok ma'am-I mean Miss Val.

She's good. She's not great.

It'll be good to have a dancer on the team. The other girls can learn from her. But she'll never compete.

Gymnastics all day, hip hop

at night. You sure you're not pushing yourself too hard?

Heck, when I was her age I used to play football, baseball and basketball.

Not all in one day.

I'll be fine Mom.

Just take it easy young lady.

We don't want to have to put you back together again.

I'll try to pace myself.

Ohhh.

Sure you will.

Yeah.

Ariana, are you okay?

I'm fine.

Do you want help?

No.

Why are you so mad at me?

I never said I was mad at you.

Not in so many words. Mainly 'cause you don't say anything to me anymore.

Why do you keep

shutting me out? Are you okay?

Stop asking me that!

Look, I didn't cause your accident. What was I supposed to do, stop living my life?

I don't want to talk about it.

Look, I wish you were at the games too. But it is not my fault.

She's hit a plateau. It's one amateur mistake after another.

Can you talk to her?

Help her find her focus.

Why me?

Because she'll listen to you.

I think it coming from me it's more pressure.

Well Miss Val, Isla and

I don't really talk much.

I thought you two were friends?

We kinda fell out.

Well fall back in, Ariana.  
This is a gymnastics team and  
your teammate needs your help.  
Isla! Wait! Where are you going?  
Just to the bus stop. My dad  
left without me so...  
Why?  
He said he can't even  
look at me right now.  
Do you want to talk about it?  
Val set you up for this, didn't  
she? I bet you didn't want to.  
Isla, it was always my dream  
to go to the Olympics and win a  
medal and then go to UCLA  
and have lots of fun. But that  
didn't happen, instead you got  
it all. And I guess it's just  
hard for me to watch  
from the sidelines.  
Really?  
Yeah, really.  
I thought you were mad at me.  
Well I guess I was a bit mad  
about the whole Nate  
thing, but I'm over it.  
I'm so sorry about that. I  
should have told you the truth  
but it's over and  
it didn't work out.  
It's okay. And I'll  
still always know that you peed  
yourself on that bus.  
Well, just so you know, the  
Olympics weren't all that great.  
Don't believe the hype.  
Are you serious?  
No! They were amazing and you  
needed to be there. It was so  
awful that you weren't. I  
missed you the whole time.  
I bet you did? Especially  
when you blew that dismount.  
Well at least I was there

and not slacking off in some hospital room.  
Well at least I got free pudding!  
Well, you're getting your revenge now. I peaked and it's been downhill ever since.  
You can break out of it.  
Oh I would love to just forget about gymnastics for a little while.  
What?  
Hey. I haven't seen or heard from you in weeks. I was about to bust down your door.  
I was sick.  
There's no time to be sick. Auditions are twelve days away. Check what we've got it on. They don't know you're back on the gymnastics team, do they?  
I just haven't figured out how to tell them.  
Or have you not figured out what you want?  
I miss hating you for knowing me so well.  
Hi.  
Chill cheese fries?  
No, no. I can't.  
Sure you can.  
No seriously. My coach will kill me.  
I, I don't see any coaches around here.  
Okay but, just, just a little bit.  
Okay just a-  
Just a small-  
Just a small-That's pretty big but yeah go for it. It's good, just, just try it. Just try it.  
Okay. Oh that's good.

See, this is what I do. I  
bring joy to the people. Want  
another one?  
Just one more.  
Okay.  
Just one.  
I'm going to take one too.  
Really good.  
Oh okay. Alright.  
So you feel like  
putting on a show?  
I don't know.  
We just got here.  
Guys, let's dance. Come on.  
I can't believe we've  
not met yet Now talk to me  
I'm tired of seeking blindly  
I'm tired of hiding in plain  
Sight  
Come set me free  
One, two three this party  
goes all night One last chance  
Before we say goodbye I need to know  
your name Boy, It's such a shame  
Take my hands, throw'em up in the  
sky I hope your heart beats faster  
When it's close to mine  
Before we run out of time  
We'll dance all night  
Go Isla!  
Rest time is as important as  
training time. You have got to  
give this up.  
I know you're upset, but  
that's what got me back into  
gymnastics.  
It got you moving again, it  
got you motivated. But look at  
you, you're tired and  
you're burning out.  
I don't know if you noticed,  
but Isla spent one night around  
that stuff and  
she's back on track.



Ariana you've got to start thinking about what's important to you. And start making the right choices. You've gotta feel it in here. This is where it matters the most. So what's it gonna be? What family are you gonna choose? Are you gonna choose the one that will put you on the road to becoming a champion? Or are you gonna choose the one that could lead you to being a back up dancer in some rap video?

It's not fair.

You focus on one or you fail at both. It's that simple.

Hey.

Hey.

What's up?

Nothing. Just starting to realize my limitations I guess. I don't think you know the meaning of limitations. They literally could not stop you unless they hit you with a car.

Thanks.

I think you're really cool, Ariana.

You're pretty cool yourself.

Let's go warm up. So I heard you really brought it at the dance jam the other day.

Well I'm paying for it today.

Is there anything I can do to take your mind off of it?

You just keep massaging,

Mr. That's what I'm good at.

I can't do this. There's something I need to tell you.

Hey it's the dancing queen.

Did you see the video we posted last night?

Yeah, I did. And

so did my coach.

Coach? What coach?

I need to tell you guys something. I can't dance with you anymore. My coach wants me to focus entirely on gymnastics. What?

Why didn't you say something?

I didn't know how to. Look, it's not an easy decision, but I've been doing gymnastics my entire life.

They're like my family.

And what are we?

Cashmere, you know it's not like that. I can't do both.

Really? After everything we've been through? This is it.

I'm really sorry.

Let's go.

Where are you guys going?

We can still practice. Adam?

See you later, Ariana.

It's alright Soph.

Are you kidding me? Where is your head? Why are you waiting for the audience to give you your performance and your energy. Why are waiting for that? It's like you only come alive when your audience notices you. Your performance starts from the moment you step on this floor. Not when you get the applause. Now someone better show me a collegiate level performance or we're going to start an hour early everyday this week. Ariana, you're up. Sometime today please.

Full out. Backhand, snap down, round off reach into the back handspring, and then tuck. Reach back into the back

handspring stay tight. Pull  
legs. Squeeze legs tight to  
turn. Spot the landing.

What was that?

A double back with a full  
twist. A Full Out. But I kinda  
missed the landing. Sorry.

I know what a Full Out is.

I meant your music, your whole  
routine. What was that?

Background

dancing for a rap video?

Go go she go she go we get down  
we get to the Go go she go she go

Go go she go she go Get

down we Go go she go she go

Go go she go she go Go go she go

she go Go go she go she go we

Get down we get to the

I still think we have

a chance. I honestly do.

Hey.

Well look who it is. The  
gymnast. Nadia don't-a-need-ya.

And how long have you

been waiting to use that one?

She thought it up after

the last time we saw you.

Guys, I kinda need a favour.

Can you teach my gymnastics team

a few hip hop moves?

And why can't you?

I can only show them so

much. You guys are the experts.

You walked out on us.

Why should we help you?

Agreed.

Bring it in.

Come on, bring it in.

She didn't walk out on us.

Alright? She's a gymnast and

gymnasts have to train. Don't

you think we owe her a little

pay back for all the things

she's helped us with? Twist,  
man, if Ariana wasn't there you  
would have for sure broken your  
neck on that gain. And Cashmere,  
who do you think taught you that  
incredible back handspring pass?  
Adam's right. Surprising  
because he's never right. But  
this time I agree. Okay, fine.  
We'll teach your sorority  
sisters a little soul.  
That's great. Because  
They just got here. Yeah.  
You run me like a machine We go  
faster You know exactly what  
I mean It's all in our heads  
Get out of this bed get up  
Easy money in my hand Body  
under my command I can let go  
This is my disco Easy money in  
my hand Drawing lines in the  
Sand I don't tiptoe  
This is my disco  
This is my Disco  
You run me like a machine We go  
faster You know exactly what  
I mean It's all in our heads  
Get out of this bed get up  
Out of crushed carbon Build a  
hope diamond Then we run run run  
This be like a hammer in my  
chest My heart is pumping  
Through my vest I know  
exactly what it means  
Hey.  
Hey. Hey!  
Hey you wanna show me how to  
do those fancy spins of yours?  
Come on.  
I hope you don't think I  
kind of ditched you guys.  
You more than kind of ditched  
us. But, I don't blame you for  
getting back to what you're

meant to do. I don't know how we're going to make it at this audition, but if we do, it's because of you.

That is not true. You guys are an amazing team. Here. It's the medal from my first meet. I want you to have it.

So are you going to be at the audition?

I can't. Coach Val wants me at practice that day.

No problem. Come on.

Easy money in my hand Body under my command I can let go This is my disco Easy money in my hand Drawing lines in the Sand I don't tiptoe This is my disco This is my disco You run me like a machine We go faster You know exactly what I mean It's all in our heads Get out of this bed get up We're learning life skills. That's what's important. But I do respect the discipline needed for training. If you're going to do a sit-up, you do that one sit-up the very best that you can. You don't take anything for granted. You don't assume that you have tomorrow. Everything we do in life is a choice. Everything. And those choices dictate the kind of life that you're gonna lead. And as soon as you can understand that, then you start to take ownership of your life, you start to be able to design your life to turn out whatever way you want it to. And I have a secret for you, this isn't about gymnastics. It's about life.

Hello?

Hey. I just wanted to wish you luck one last time.

Listen, we just got tossed a huge curve ball. It's Ariana.

Wait, what's going on?

The usual.

Is your inhaler working?

I just need a minute.

Hey, yeah, no, she's seen this before, she'll be fine. I just don't think she'll be able to dance.

Well who's going to do the handspring pass?

I guess we're just gonna have to lose it. Okay, gotta go.

Bruins, let's go!

Miss Val?

Yes, Ariana.

Remember when you told me to feel it? Now I know what you mean. I'm feeling it.

Well that's great,

Ariana. Now you go get ready.

What I'm saying is, I'm really, really feeling it.

Are you okay?

Next up, team G-Raid.

Oh I've been down down lately but I'm coming' up

Ohh I'm coming' up

I'm off the ground now

baby and I'm coming' up

Ohh I'm coming up

You know I'm comin'

up-up-up-up-up-up-up-up-up-up

Just live for the moment Let

me know that you want it

We got this locked and

loaded I'm coming up

You know I'm comin'

up-up-up-up-up-up-up-up-up-up

Just live for the moment Let me

know that you want it I'm comin' up  
Up, I'm comin' up-up-up Base  
bass I'm comin' up Bass  
Bass I'm comin' up-up-up-up  
Come along children  
Base I'm comin' up  
Aight y'all, let me watch  
you guys run it from the top.  
What for? We're done.  
How are we going  
to go on without you?  
We'll be out of  
balance. It won't look right.  
Then we'll improvise?  
We'll make it work. Just go  
full out and hope for the best.  
Okay?  
I'm off the ground now  
baby and I'm coming' up  
Ohh I'm coming up You know I'm  
comin' up-up-up-up-up-up-up-up-up-up-up  
Next up! Team Soul Flow.  
It's now or never.  
Just make this work, okay?  
Let's do this.  
Got that booty Alright  
Hey number tutti fruity  
Get on the floor if you got that  
booty You know you wanna dance.  
One, two three, hit it. Hey number  
tutti fruity Get on the floor if you  
Got that booty.  
Alright  
Hey number tutti fruity Get on  
the floor if you got that booty.  
Thank you.  
We'll let you know.  
Thank you for  
that. You saved us.  
You owe me one.  
Oh okay, is that how it is now?  
Mhm.  
If gonna keep keeping  
score like this we might find

ourselves into some trouble.

Nice timing.

UCLA need a 9.85 to finish with the National Championship title. It appears that Coach Kondos Field is gonna be putting Ariana Berlin up last on the floor routine.

Only a few years ago Ariana made a huge comeback into the world of gymnastics after suffering a debilitating car accident.

I was watching practice earlier today and it seemed like Ariana was having a lot of difficulty with her final tumbling pass. The Full Out.

This is a somewhat controversial move for Coach Kondos Field. We'll see how she does.

Thought you said she was never going to compete?

Did I say that?

We will come alive

The music never dies

We will come alive

The music never dies

We've been high and low Pulls us under Light's beyond the door

Never let it go Won't let these locked doors Shut me out anymore

I will break them down

Let the daylight show we...

We all have our ups and

downs, but it's how you deal

with them that defines who you are. You must do the thing that

you think you cannot do.

What do you think? She

gonna stick the landing?

Focus. Two flips with a full

twist. Push off with the right



leg, momentum  
through the round off.  
Gymnastics is  
pretty much off the table.  
She'll never compete.  
I have a metal rod in  
my leg. Mom, watch out!  
You're not ready. You can't  
do this. Get up. You're broken.  
You'll never compete.  
Look, sometimes when the  
front door gets slammed in your  
face you have to go  
through the back door.  
You don't take anything for  
granted. You don't assume that  
you have tomorrow.  
You're gonna be okay.  
There's always a way in.  
Go make room 404 proud. Get up.  
You've got this. You've got this.  
You've got this.  
Let the daylight show  
Mind if I borrow this?  
Nope.  
I realize this is kind of  
unorthodox, but nothing about  
the past few years of my life  
has been orthodox, so here it  
goes. Several years ago, I was  
told by my doctors that I was  
likely to never do gymnastics  
again. But I didn't believe  
them. I had a bunch of  
people who stood behind me and  
encouraged me every step of the  
way. I want to give a special  
shoutout to my friend, Caity,  
because I know you're watching  
this right now. Caity, even  
though you're a little behind me  
in your recovery, you'll be  
running circles around me  
forever. With every person

you make walk again, the world  
becomes a better place. There's  
no medal for that, but what's a  
medal anyway, right? And  
Michelle, there's definitely no  
medal I could give you to truly  
show my thanks. But I just might  
be able to get you your million  
hits. That's gotta be worth  
something, right?

I'm putting on the gloves  
'cause today is another fight  
Swinging through the jungle  
and hanging on to every vine  
The animals keep on nipping at my  
heels You can pull me down but  
I'm made of steel

I ain't no fool Mama didn't  
raise no fool I make the rules  
You can knock me over

but I'm getting up again

I ain't no fool Mama didn't  
raise no fool I make the rules  
You can knock me over

but I'm getting up again

Flying through the air like a  
daredevil acrobat I can do it on  
My own without no safety net Let  
my engine purr like a wildcat

I'm facing you now you  
see whatcha can't get

I ain't no fool Mama didn't  
raise no fool I make the rules  
You can knock me over

but I'm getting up again

Is that from Crystal Image?

Guys, it's not good

news... it's great news.

What?

Let me see this.

We won?

We won Crystal Image!

I ain't no fool Mama didn't  
raise no fool I make the rules

You can knock me over but I'm  
getting up again I ain't no fool  
Mama didn't raise no fool I make  
the rules You can knock me over  
But I'm getting up again I ain't  
no fool Mama didn't raise no fool  
I make the rules  
Mama didn't raise no fool  
I make the rules You can knock  
me over but I'm getting up again  
Just kidding.

Hey Ari! Wow. You  
nailed it out there.

Could you imagine what  
it would be like to make the  
Olympics?

It would be so unbelievable  
but I doubt it's something I'll  
ever get to experience.

Me neither. I  
wish I could go.

I think Miss Val is the most  
brilliant woman on the planet.

Really? Do you know her?

I don't, but I would love  
to get to know her some day.

She's good. She's not great.

Who's that on the bars?

Ariana Berlin.

From San Diego.

She's gonna be a star.