



# BEGINNER 2

## **FLOOR: (BEGIN 1/4 OFF WALL)**

1. STEP, KICK HANDSTAND, STEP DOWN TO LUNGE.
2. STEP TOGETHER, ROLL BACK TO CANDLE STICK.
3. LAY DOWN, BRIDGE KICK OVER.
4. ROUND OFF REBOUND.
5. BACKWARD ROLL TO PIKE.
6. STEP, KICK, 1/2 TURN ON 1 FOOT.
7. STEP TOGETHER, SPLIT JUMP.

## **BAR: (SINGLE BAR)**

1. PULL OVER WITH A SPOT
2. CAST
3. CAST, BACK HIP CIRCLE WITH SPOT
4. CAST, PUSH AWAY DISMOUNT

## **BEAM: (MEDIUM/HIGH BEAM)**

1. STRADDLE SIT MOUNT, SWING TO 1 LEG KNEEL, STAND.
2. STEP, KICK, T IN/ TOUCH BEAM T OUT.
3. STEP PASSE, STEP PASSE, STEP TOGETHER.
4. STRAIGHT JUMP.
5. PIVOT TURN ON RELEVE.
6. CARTWHEEL TO SIDE HANDSTAND (CAN SPOT)

## **VAULT: (TWO VAULT ALLOWED BEST ONE SCORED)**

1. STRAIGHT JUMP UP TO TWO-8 INCH MATS, LUNGE  
HANDSTAND FLAT BACK.