



INTERMEDIATES

FLOOR:

1. BACK HANDSPRING DOWN WEDGE (CAN SPOT).
2. JUMP 1/2 TURN
3. CHASSE, LEAP, TUCK JUMP
4. CARTWHEEL, CARTWHEEL
5. STEP, KICK, 1/2 TURN ON TOE, PLIE FINISH.
6. SIDE CHASSE, TO SIDE LUNGE POSE
7. STEP TOGETHER
8. ROUND-OFF, BACKWARD ROLL **OR** BACKHANDSPRING

BARS: (SINGLE BAR)

1. GLIDE SWING
2. 2 FEET PULL OVER
3. 1 or 2 CASTS, BACK HIP CIRCLE
4. 1 or 2 CASTS, SQUAT ON, JUMP FORWARD DOWN TO STICK IT. (Alternative: climb up, jump off)

BEAM: (MEDIUM/HIGH BEAM)

Mount at middle of beam

1. STRADDLE MOUNT, SWING TO KNEEL, STAND.
2. STEP TOGETHER, SPLIT JUMP.
3. STEP, KICK, HANDSTAND (CAN SPOT)
4. STEP, KICK, 1/2 TURN ON TOE, PLIE FINISH.
5. 2 STEPS, LEAP, PLIE FINISH.
6. ROUND OFF, OFF END OF BEAM.

VAULT: (TWO VAULTS ALLOWED BEST ONE SCORED)

1. HANDSTAND FLAT BACK ONTO
RESI MAT.