

Level 4 Floor

1. *Arm Wave



2. Small Bounces



3. Stretch Jump (.4), Split Jump 90° (.4)



4. *Handstand Forward Roll (.6)



5. 1/4 Pivot Turn



6. Side Chasse 1/4 turn

7. *Handstand to Bridge, Back Kick-Over (.6)

1/2 Pivot Turn



8. Leap (90°) (.6)



9. Slide to Floor, 1/2 Turn



10. Splits (.2)



12. Prance Steps

13. Weight Transfer (.2)



14. Back Roll to Push-Up Position (.6)



15. 1/2 Turn in Forward Coupe (.4)



16. *Round-Off (.4), Flic-Flac Rebound (.6)



17. Pose

