

LEVEL 2 ROUTINES

VAULT

Run, hurdle with **backwards arm circle**, punch spring board to **handstand flatback** on 16" mat

BARS

Pullover

1 cast into **back hip circle**

Shoot through, mill circle, leg cut back

Cast to **pike or straddle on, sole circle dismount**

BEAM

Front support, swing good leg over for **straddle sit mount**, bring arms up to "V", down to hold beam in front

Swing legs back to push up position, jump to squat, stand to **relevé hold 2 seconds** (arms in crown)

Arabesque hold 2 seconds (side arms)

Step bad foot, kick good foot forward and close in front, kick bad foot behind and close in back

Demi-plié (arms down), relevé hold 2 seconds (arms in crown)

Step kick to lunge, **Lever** to beam, finish in lunge, bring bad foot to **passé hold 2 seconds** (hands on hips)

Step bad foot, lock good foot behind in relevé, **pivot turn** (arms in crown), **straight jump**, finish arms down

Fish pose, step bad foot (arms full circle backwards), kick good foot to lunge (arms to ears)

Side handstand dismount

FLOOR

Step kick to lunge, **handstand**, finish in lunge

Roundoff

Backward pike roll, finish standing (arms in "V")

Candlestick, sit up to pike sit (arms in "V"), lay down, push up to **bridge kickover**, finish in lunge

Step bad foot, lock good foot behind in relevé, **pivot turn**, lock bad foot in front, pivot turn (arms in crown)

Bad leg **chassé**, step bad foot, **good leg split leap** (side arms)

Step bad foot, kick good foot, step good foot, bring bad leg to passé (arms to turn prep)

2 **quarter heel snap turns**, step bad foot forward to demi-plié, finish (arms in "V")

Step forward and together, **split jump** (side arms), feet together relevé hold 2 seconds (arms in crown)

Finish in pose