

LEVEL 3 ROUTINES

VAULT

Run, hurdle with **backwards arm circle**, punch spring board to **handstand flatback** on 32" mat

BARS

Glide swing, return to stand

Pullover

Front hip circle, cast

Shoot through or leg cut forward, **mill circle**, leg cut back

Cast to **back hip circle** connected to **underswing dismount**

BEAM

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

Swing legs backwards to bad knee kneel, step good foot in front, stand (arms in "V")

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

3 relevé steps backwards (arms in crown)

Rond De Jambe to arabesque hold 2 seconds (side arms)

Step bad foot, good leg **split leap**, hold landing 1 second (side arms)

Bring feet together, **straight jump**, **straight jump connection**, finish arms down

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

Step bad foot, kick good leg to step into heel snap turn prep (arms in turn prep), **heel snap half turn**, finish

Step backwards to fish pose, step kick to lunge, **side handstand ¼ turn dismount**

FLOOR

Split jump, **straight jump connection**, finish

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

Step kick to lunge, **handstand forward roll** step out with good leg, finish

Bad leg **chassé**, good leg **split leap**, hold landing 1 second (side arms)

Step feet together (arms to ears), **backward roll to push up**, jump feet to hands, stand up, finish

Step bad foot, kick good leg to turn prep (arms to turn prep), **half turn** in forward passé (arms in crown), finish

Step together (arms down), **round off back handspring**, finish, pose (optional)