

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 or flank, **mill circle**, leg cut back

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

BEAM

Front support, swing good leg over to **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 kick to lunge, **split handstand**, finish in lunge

(Hands on hips) bring bad foot to passé, lift heel to **passé hold in relevé** 1 second, lower heel

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

Step bad foot, 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 to bridge prep, push up to **bridge kickover**, finish in lunge

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