

CENTRAL BUCKS GYMNASTICS & DANCE

GYMSTARS LEVEL II ROUTINES

VAULT

Run, hurdle, punch springboard to **handstand flatback** on two 8" mats

BARS

Glide swing, back to stand

Pullover

1 cast to **back hip circle**

Underswing dismount

BEAM

Jump to front support and swing leg over to straddle sit, stand up on beam

Arabesque hold for 2 seconds (arms side middle)

Swing bad leg forward, kick good leg forward (arms side middle), lunge, **lever pop**, lunge

Bring bad foot to **passe, lift to releve**

Step forward on bad foot to releve, **pivot turn**

Straight jump-straight jump combination

Lunge, **side handstand dismount**

FLOOR

Lunge, **handstand**, land in lunge

Step hurdle, **round-off rebound**

Straight arm backward roll to push-up position

Jump to squat and stand up

Backbend, kickover, land in lunge

Chasse step leap, land in arabesque

Bring bad leg to passe, arms in turn prep, **heel snap half turn** (arms in crown), finish

Close feet together, **split jump**, finish