

LEVEL 3 ROUTINES

VAULT

Run, hurdle, punch springboard to **handstand flatback** on resi mat

BARS

Glide swing back to stand

Pullover with feet together

1 cast to **double back hipcircle**

Front hipcircle

Cast **squat-on** dismount

BEAM

Level 3 mount

Releve bad foot in front, **pivot turn**, step **pivot turn**

Step **leap**, land in arabesque

Demi plie, **split jump-straight jump** combination

Lunge, **handstand with feet together**, lunge

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

Lunge, **side handstand twist off** dismount

FLOOR

Lunge, **handstand forward roll** (straight arms)

Lunge, **front limber** (finish with arms by ears)

Feet together, **straight-arm backward roll** to push-up position, jump to squat and stand up

Chasse step **leap**, step fish pose (good knee bent with knees together, wrists crossed in front)

Point good foot forward, **back walkover**, land in lunge

Point good foot forward, **half turn**, finish

Step side and close, **round-off back handspring rebound**, finish

Drop to bad knee good foot flat, good leg side (arms side middle), sit on heels and pose