

2018

Routine 2 - Tariff 8

To be performed along a floor strip, dance/ linking movements optional.

Present to judge

Arabesque- 3 seconds

Stretch

Forwards roll stretch and then roll to sit in pike

Straddle sit (3 seconds showing extension)

180 Circle roll x 1

Dish to arch roll

Press up to Front support

Side support

Roll to Back support

Rock to shoulder stand (unsupported) - 3 seconds

Rock forwards to stand without hands

Stretch full turning jump

Chasse cat leap

Cartwheel

Present to judge