

# **Routine 1 - Tariff 7**

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

Present to judge

Single leg balance- lifted leg bent with toe pointing to floor- 3 seconds

Stretch

Forwards roll to pike sit

Straddle sit (3 seconds showing extension)

Tuck shape

Dish to arch roll (showing both shapes)

Press up to Front support

Side support

Roll to Back support

Rock to shoulder stand (supported) - 3 seconds

Rock forwards to stand without hands

Stretch ½ turning jump x 2

Chasse x 2

High bunny jump (hips above head)

Tuck jump, star jump (linked)

Present to judge