

Routine 3 - Tariff 9

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

Present to judge

Wine glass stand or frog balance - 3 seconds

Stretch

Forwards roll to straddle, jump feet together and then forwards roll to sit in pike

Straddle sit

180 Circle roll x 2

Dish to arch roll

Press up to Front support

Side support

Roll to Back support

Bridge (straight legs with good shoulder extension) - 3 seconds

Rock forwards to stand without hands

Backwards roll

Stretch full turning jump

(Chasse) full turning cat leap

Double cartwheel

Present to judge