

Routine 4 - Tariff 10

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

Present to judge

Y scale or side scale - 3 seconds

Stretch

Forwards roll to straddle stand, hands through legs to roll forwards into pike sit

Dish to arch roll

Press up to Front support

Side support

Roll to Back support

Bridge held for 3 seconds,

Kick over with straight legs or (come down and rock forwards into perch hold 3 secs)

Backwards roll to straddle (pushing towards h/stand before straddling)

Tuck jump, star jump, full turning jump - linked

Stag leap or 150° split leap

Handstand forwards roll

2-1 handed cartwheels linked

Roundoff

Present to judge