

Routine 6 - Tariff 12

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

Present to judge

Straddle jump, full turning jump - linked

Lift leg in front, carry around to the side and then around to arabesque

Handspring to 1, handspring to 2 feet or front tuck

Cartwheel flick to 1 foot

Backwards roll to handstand

Japana or splits

Bring legs together

Rock to stand

Forwards or backwards walkover

Chasse split leap 180° / change leg

Roundoff flick + optional tuck

Free cartwheel

Present to judge