

Spring Festival Routines

Green Level 1 Girls:

Vault: Run, jump on board, straight jump to 8" mat freeze finish

Bars: 3 sec. chin hold then down **or** just jump chin up if they can't hold Jump up to front support on bar, 2 tic tocs, 3 casts push away freeze finish.

Beam: Squat, stand, arabesque, 4 walks forward walk to x, passé hold, ¼ turn sideways, side walks to the end straddle jump freeze finish

Floor: dance, handstand, forward roll, pike, bridge hold, candle stand up, cartwheel, cartwheel, skip, tuck jump, finish

Pink and Felines:

Vault: Run, jump on board, straddle jump to 8" mat to freeze, kick to handstand flat back sit up finish

Bars: Chin up hold, Pullover walking up the block, 4 tic tocs, 3 casts push away freeze and finish.

Beam: Squat, stand, arabesque, 4 walks forward, passé hold, ¼ turn 4 sidewalks, 1/4 turn, plie toes, turn sideways straddle jump Freeze and finish

Floor: dance, handstand, forward roll, pike, bridge hold, candle stand up, cartwheel, cartwheel, skip, tuck jump, finish

Red:

Vault: Run, jump on board, straight jump up to 2 8" mats, kick to handstand flat back sit up finish straddle jump off freeze finish.

Bars: Pullover (may walk up the block), leg over and back no hand movements or 4 tic tocs, 3 casts push away to block jump toe on(in pike straddle or tuck)shoot off.

Beam: Squat, stand, arabesque, kick forward lunge "T" lunge 4 forward walk , passé hold, passe walks to the end, step lock pivot turn, straight jump, turn sideways to straddle jump freeze

Floor: cartwheel, cartwheel, forward to squat, to candlestick, bridge, kick over or stand up, skip split jump ½ turn on one foot run hurdle round off rebound, knees, turn knees, finish

Purple:

Vault: Run jump up to 3 8" mats handstand fall to back straddle jump freeze off mats

Bars: Pullover, 3 casts back hip circle (may have a spot), cast off freeze. * Bonus choose a leg cut in/out and cast stoop on dismount or jump from block shoot off.

Beam: Squat, stand, arabesque, 2 kicks on each leg, lunge lever "T" lever lunge, passe up to releve down, passe tip toe walks to the end, pivot turn, straight jump, fish pose no arms turn sideways, straddle jump freeze or side handstand.

Floor: : cartwheel, cartwheel, forward to squat, to candlestick, bridge, kick over or stand up, skip split jump ½ turn on one foot, dance steps back, run hurdle round off rebound, knees, turn knees, kneel, and pick their own arm pose finish!

Blue: This level has a lot of options for certain routines. Please choose the skills that best fit the kids in your class. Not all the kids need to do the same skills. Do the skills that they look best doing 😊!

Vault: Handstand flat back to small port a pit or 2 8" mats or higher

Bars: Pullover, choose 1 circling element (cast back hip circle, front hip circle, **or** leg cut mil circle) then choose 1 dismount (cast push away; cast undershoot or right out of back hip circle if that is their circling element; straddle squat **or** stoop on under swing shoot off.

Beam: Squat stand, 2 poses, step kick, lunge, lever, lunge, or small split handstand pose snap turn, straight jump, pose, side handstand.

Floor: Pre-Team Xcel routine modified- hip hip clap clap ½ turn 4 steps back with arms; pose run **choose 1 acro connection** cartwheel round off; round off rebound backward roll **or** cartwheel, cartwheel; bend pose down and up to releve, chasse' leap straight jump (**or** tuck jump), step arms up one at a time pivot turn arms down one at a time acro skill **choose one** (forward roll; handstand; handstand roll; front limber; or front walkover)

Step sideways cross arms go down to knees roll over to bottom and elbows 4 kicks on each leg roll over to knees pose pose roll over end pose

PreTeam Xcel:

Vault: Handstand flat back up to port a pit (they can use tramp board)

Bars: Pullover, choose 1 or 2 circling element(s) (cast back hip circle, front hip circle, **or** leg cut mil circle) then choose 1 dismount (cast push away; cast undershoot or right out of back

hip circle if that is their circling element; straddle squat **or** stoop on under swing shoot off

Beam: Squat stand, poses, step kick, lunge, mini handstand, lunge, pose, half turn, straight jump, pose, side handstand.

Floor: Xcel 1 routine modified- hip hip clap clap ½ turn 4 steps back with arms; pose run cartwheel round off; round off rebound backward roll **or** cartwheel, cartwheel; bend pose down and up to releve chasse' leap straight jump **or** tuck jump step arms up one at a time pivot turn arms down one at a time acro skill **choose one** (forward roll; handstand; handstand roll; front limber; or front walkover)

Step sideways cross arms go down to knees roll over to bottom and elbows 4 kicks on each leg roll over to knees pose pose roll over end pose

Xcel 1:

Vault: Handstand flat back up to port a pit or higher (they can use tramp board)

Bars: **Optional glide swing if good** Pullover, **choose one circling element** (1 cast back hip circle **or** front hip circle **or** leg cut mil circle), **choose 1 dismount** (cast stoop/straddle on dismount **or** squat on straight jump off **or** cast underswing dismount)

Beam: Squat stand, poses, step kick, lunge, mini handstand, lunge, pose, half turn, straight jump, pose, side handstand.

Floor: Xcel 2 routine modified (MJ)- bounce, bounce pose, bounce bounce, pose tumbling connection,

Mini Jets:

Vault: Run, jump up to 16" mat- Kick up to handstand flat back sit up finish . straddle jump off finish

Bars: Pullover, 3 **or** 1 casts back hip circle, 4 tic toc swings, forward roll down jump straddle on (can do one foot at a time) shoot off.

Beam: Squat, stand, arabesque, 4 walks, passé hold, passe walks to the end, step lock pivot turn, plie toes, ¼ turn straddle jump off.

Floor: Step kick Handstand hold, step kick cartwheel, cartwheel, candlestick hold lie down bridge up stand up or kick over, step passe hold step passe hold step releve hold, tuck jump, tuck jump, chasse and finish

Jets:

Vault: Handstand flat back to 2, 8" mats.

Bars: Pullover, cast back hip circle, tight leg over and back (no hand movement), stoop on dismount.

Beam: Squat, stand, arabesque, step, kick forward, kick backward plie toes, step, kick forward, kick "T" lunge, passé hold then up down in passe, passe walks to the end, pivot turn, straight jump, fish pose no arms hands on hips side handstand.

Floor: Level 2 modified floor routine Step kick handstand hold lunge finish, step hurdle round off, 3 steps back, back backward roll to pike, jump ½ turn, candlestick, lay flat, bridge kick over step kick step kick, step leap, tuck jump, tuck jump, passe hold, chasse and finish

Ruby:

Level 2 routines may be modified:

Vault: handstand flat back to 3 8" mats or higher

Bars: Pullover, cast back hip circle, leg cut forward, mil circle if they can do alone, leg swing, cast stoop on dismount

Beam: Squat, stand releve green foot in front, point red or blue, ron de jambe "bring it around town", arabesque, point, step kick green leg, kick red or blue backwards, plie, releve, step, kick, lunge, lever, lunge, finish, passe hold, step, lock, pivot turn, straight jump, fish pose, "take the fish out of the water", step kick side handstand hold.

Floor: Step kick handstand hold, step hurdle round-off, three steps back, backward roll to pike stand, finish, squat candlestick hold to pike sit, lie down bridge, kickover. Step lock pivot, step pivot, point red or blue- chasse, leap step leg swing passe with green foot on ground, ¼ turn, ¼ turn step close together, split jump, releve, plie and finish.

Level 2:

Vault: handstand flat back to the port a pit

Bars: Pullover, cast back hip circle, leg cut forward, mill circle, leg swing, cast stoop on dismount

Beam: Squat, stand releve green foot in front, point red or blue, ron de jambe "bring it around town", arabesque, point, step kick green leg, kick red or blue backwards, plie, releve, step, kick, lunge, lever, lunge, finish, passe hold, step, lock, pivot turn, straight jump, fish pose, "take the fish out of the water", step kick side handstand hold.

Floor: Step kick handstand hold, step hurdle round-off, three steps back, backward roll to pike stand, finish, squat candlestick hold to pike sit, lie down bridge, kick over finish. Step lock pivot, step pivot, point red or blue- chasse, leap step leg swing passe with green foot on ground, ¼ turn, ¼ turn step close together, split jump, releve, plie and finish.

Diamond

Level 3 routines

Vault: 7 step run Handstand flat back to port a pit or higher

Bars: glide swing or kip, pull-over, front hip circle, cast, cast shoot through, mil circle, leg cut, cast back hip circle, undershoot freeze finish

Beam: leg swing over, arm circle, swing to kneel, stand step pose point kick handstand **or** small split handstand **or** lever lunge finish, step back pose ¼ turn pose, 2 steps back, point ron de jon to arabesque, toe touch step leap, step criss cross pose, step together straight jump straight jump, step close pivot step pivot, passe' arm circle pose, step kick passe' snap turn finish step back fish pose step kick side handstand twist off **can be with spot**

Floor: arm; arm; kick plie kick plie split jump straight jump releve pose step kick handstand to bridge kick over finish; pose pose step kick handstand hold forward roll step out finish; chasse' leap step kick on releve; step together straight arm backward roll to push-up; slide to knees lunge slide to split hold; slide to tummy roll to site pose arm circle to kneel stand up lunge ½ turn finish on releve step together run round off bhs **or** round off bhs with spot