

Spring Festival Routines

Felines:

Bars-Bar circle

Vault and Beam circuit-

Floor (Tequila) shoulders, dance, pose, dance pose, cartwheel, cartwheel back, candlestick, bridge, candlestick stand up dance, handstand, handstand, skip, forward roll, tuck jump, straddle jump, spin finishing pose.

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 up to chin and down if they can't hold Jump up to front support on bar, 2 tic tocs, 3 casts push away freeze finish.

Beam: squat, stand up, 4 steps to arabesque, 4 walks forward, passe' 4 walks' kick kick pick a jump off, freeze, finish

Floor: bounce, jumps (together apart together) twist twist step kick handstand, 4 runs forward, 4 claps, pose flick, skips, cartwheel, turn sit taco, bridge, candlestick stand up, passe hold, free dance, hair flick pose, finish

Pink

Vault: Run jump on board straight jump up to 16 inch mat freeze kick to handstand flat back sit up finish

Bars chin hold, pullover can also walk up the block slide to the middle 4 tic tocs (2 on each leg) 3 casts push away freeze, finish

Beam: squat, stand up relieve hold, 4 walks, arabesque, 4 walks forward, passe' hold, 4 walks, plie releve' kick kick pick a jump off, freeze, finish

Floor: bounce, jumps (together apart together) twist twist step kick handstand, 4 runs forward, 4 claps, forward roll, pose flick, skips, cartwheel, turn sit taco, bridge, candlestick stand up, passe hold, free dance, hair flick pose 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) slide to the middle, 4 tic tocs (2 on each leg) 3 casts push away freeze finish.

Beam: Squat, stand, relive hold, arabesque, step kick forward lunge "T" lunge 4 forward walk, passé hold, Kneeling side handstand or straddle jump freeze

Floor: Dance, dance to the side, forward roll forward roll jump, candlestick step out handstand, step skip cartwheel, backward roll to knees, sit wave lie down, bridge up, leg hold, stand up, passe' hold, step leap to kneel, Twist twist 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 use spot), cast off freeze. * Bonus choose a leg cut in/out and stoop on dismount or cast undershoot

Beam: Squat, stand, arabesque, 2 kicks one on each leg, passe hold, lunge lever "T" lever lunge, straight jump, pose, side handstand dismount finish.

Floor: **Floor:** Dance, dance to the side, forward roll forward roll jump, candlestick step out handstand, step skip cartwheel, backward roll to knees, sit wave lie down, bridge up, leg hold, stand up, passe' hold, step leap to kneel, Twist twist 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 port a pit or 2 8" mats or higher

Bars: Pullover or jump to front support, 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, passe hold, step kick step kick, pivot, pivot straight jump, pose, side handstand or round off.

Floor: Arm arm cross down, forward roll step out cartwheel, cross turn, jump apart hip hip, step hurdle round off back ward roll, shoulder, shoulder, side pose, ½ turn, chasse' leap straight jump down to knees, fan fan, sit back to bridge, stand up, free dance pose' finish.

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: Arm arm cross down, forward roll step out cartwheel, cross turn, jump apart hip hip, step hurdle round off back ward roll, shoulder, shoulder, side pose, ½ turn, chasse' leap straight jump down to knees, fan fan, sit back to bridge, stand up, free dance pose' finish.

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 1 routine modified- hip hip clap clap ½ turn **or** 1/1 turn 4 steps back with arms; pose run cartwheel round off; **or** round off rebound backward roll **or** round off back handspring; 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; front handspring **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

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 casts back hip circle, 2 tic tocs (1 on each leg) 2 arm tic tocs (1 on each arm) forward roll down jump stoop on shoot off.

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

Floor: Handstand, cartwheel, cartwheel, backward roll to squat, candlestick, bridge, stand up, step lock, step lock, straight jump passe' hold chasse split jump finish

Jets:

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

Bars: Pullover, cast back hip circle, 2 tic tocs with arms and legs(1 on each side)
, cast stoop or straddle 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, rebound, back backward roll to pike, candlestick, bridge kick
over step lock step lock chasse step kick forward kick backward step passe hold
step together split jump releve step forward plie finish

Advanced Jets:

Level 2 routines:

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

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, 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 performing level 3:

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, mill 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 side 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

