

Winter Fest

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, releve hold 2sec. 4 walks arabesque hold, 4 walks, passé hold, 4 walks kick kick straddle jump Freeze and finish

Floor: (Taylor Swift) dance, handstand, forward roll, pike, bridge hold, candle stand up, cartwheel, cartwheel, skip, tuck jump, 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 for example** (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, step point, step point,

½ turn, shoulder shoulder shoulder, cartwheel to kneel, pose, forward roll to stand, chasse leap jump connection, cross leg turn, kick step 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 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 releve, kick kneel side handstand

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 or higher.

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

t 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.

Level 2/3's

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