

Spring Festival Routines

Green Level 1 Girls:

Vault: Run, jump on board, straight jump to 16" mat freeze finish

Bars: jump up to chin up and hold 3 sec. then come down to stand **or** just jump to chin up and then come back to stand (if they can't hold). Jump up to front support on bar, 1 tic toc on each leg(right leg swing above the bar then left leg swing above bar, 3 casts push away freeze finish. salute

Beam: (tie pictures to the beam if needed) Jump to Squat, stand up to tip toes hold for 2 seconds, tip toe walks forward, arabesque (straight leg to the back) hold for 2 seconds, 4 tip toe walks forward walk, passé (flamingo) hold for 2 seconds, tip toe walks forward kick right kick left straddle jump off the end of the beam stick finish salute.

Floor(Taylor Swift) dance, handstand, forward roll stay seated, pike sit, lay down bridge hold, candle stand up, cartwheel, cartwheel, skip, tuck jump, finish

Pink and Felines:

Vault: Run, jump on board, straight jump to 16" mat to freeze, kick to handstand flat back sit up finish stand up salute

Bars: Jump to Chin up hold for 3 seconds, come back to stand Pullover or walk up block pullover, 2 tic tocs on each leg (right leg swing left leg swing right leg swing left leg swing, 3 casts push away freeze and finish. Salute

Beam: (tie pictures to the beam if needed) Jump to Squat, stand up to tip toes hold for 2 seconds, tip toe walks forward, arabesque (straight leg to the back) hold for 2 seconds, 4 tip toe walks forward walk, passé (flamingo) hold for 2 seconds, tip toe walks forward kick right kick left straddle jump off the end of the beam stick finish salute

Floor: (Taylor Swift) 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. Salute

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: jump to Squat, stand up to tip toes hold 2 seconds, 2 tip toe steps, arabesque hold for 2 seconds, step kick forward lunge "T" lunge, 2 forward walks, passé hold, step kick to kneel side handstand from a kneel or straddle jump off the end

Floor: (Black Widow) 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 flat back.

Bars: Pullover, 3 casts back hip circle (let them try alone first and then spot if needed), Dismount Options

Option 1: cast off stick finish

Option 2: jump from a block stoop or straddle on dismount

Option 3: cast straddle, squat or stoop on shoot off.

Beam: Jump to Squat, stand up to tip toes/releve hold 2 seconds, arabesque hold 2 seconds, point kick right leg point kick left leg, passe hold 2 seconds, step kick lunge lever "T" lever lunge finish, step close in high releve, plie straight jump, any pose, kneeling side handstand or step kick side handstand.

Floor: (Black widow) 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 one circling element

Option 1: cast back hip circle,

Option 2: leg cut or leg over mil circle

Option 3: front hip circle

Option 4: sole circle

Choose one dismount

Option 1: cast push away stick finish

Option 2: cast undershoot

Option 3: undershoot from a back hip circle

Option 4: straddle, squat or stoop on dismount (can do it out of sole circle)

Beam: Jump to Squat, stand up to releve/tip toe hold for 2 seconds, 2 poses, acro skill

Option 1: lever

Option 2: small handstand split legs or regular handstand

Option 3: check with Mika

Passe hold for 2 seconds releve up down, point kick right leg point kick left leg, releve/tip toes, pivot turn step pivot turn straight jump pose,dismount

Option 1: straddle jump

Option 2: kneeling side handstand

Option 3: step kick side handstand

Option 4: round off the end

Option 5: check with Mika

Floor: (MJ) - bounce, bounce pose, bounce bounce, pose acro connection,

Option 1: forward step out handstand or cartwheel

Option 2: cartwheel swing through cartwheel or round off

Option 3: cartwheel through side cartwheel or round off

Option 4: check with Mika

step point, step point, ½ turn, shoulder shoulder shoulder, cartwheel or back walk over to kneel, pose, forward roll to stand, chasse leap jump connection, cross leg turn, kick step pose

Pre-Team Xcel:

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

Bars: Pick a skill from each category must have ONE cast and 4 skills total.

Mount options

- Option 1: pull over
- Option 2: glide swing stand pull over
- Option 3: kip
- Option 4: glide single leg jam kip

Circling element

- Option 1: cast back hip circle, front hip circle,
- Option 2: leg cut or leg over mil circle
- Option 3: front hip circle
- Option 4: sole circle

Dismounts

- Option 1: cast push away
- Option 2: back hip undershoot
- Option 3: cast tuck, pike, or straddle on shoot off
- Option 4: cast undershoot alone

Beam: Squat stand, poses, acro skill

- Option 1: lever
- Option 2: small handstand
- Option 3: full handstand
- Option 4: cartwheel

pose, turn

- Option 1: pivot turns
- Option 2: snap turn
- Option 3: ½ turn

Jump

- Option 1: straight jump
- Option 2: tuck jump
- Option 3: split jump

pose,

Dismount

- Option 1: side handstand
- Option 2: round off, off the end
- Option 3: side handstand twist off

Floor: (MJ) - bounce, bounce pose, bounce bounce, pose acro connection,

- Option 1: forward step out handstand or cartwheel
- Option 2: cartwheel swing through cartwheel or round off
- Option 3: cartwheel through side cartwheel or round off

step point, step point, ½ turn, shoulder shoulder shoulder, cartwheel or back walk over to kneel, pose, forward roll to stand, chasse leap jump connection, cross leg turn, kick step pose

Xcel 1:

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

Bars: Pick a skill from each category must have ONE cast and 4 skills total.

Mount options

- Option 1: pull over
- Option 2: glide swing stand pull over

Option 3: kip

Option 4: glide single leg jam kip

Circling element

Option 1: cast back hip circle, front hip circle,

Option 2: leg cut or leg over mil circle

Option 3: front hip circle

Option 4: sole circle

Dismounts

Option 1: cast push away

Option 2: back hip undershoot

Option 3: cast tuck, pike, or straddle on shoot off

Option 4: cast undershoot alone

Beam: Squat, stand up, pose, acro skill

Option 1: lever

Option 2: small handstand

Option 3: full handstand

Option 4: cartwheel

finish, pose, pose, pivot turn, straight jump, pose, dismount.

Option 1: side handstand

Option 2: round off the end

Option 3: side handstand twist off

Floor: Spin, pose, tumble (acro connection)

Option 1: forward step out handstand or cartwheel

Option 2: cartwheel swing through cartwheel or round off

Option 3: cartwheel through side cartwheel or round off

finish, squat, pose, pose, leap series, finish, right, left, up, pose, turn, pop, pop, cross, open, individual acro skill

Option 1: cartwheel

Option 2: front walk over

Option 3: back walk over

Option 4: ask Mika

finish, pose, pose, blow a kiss, 1/2 turn, finish, forward roll, thigh, knee, ankle, pose.

Mini Jets:

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

Bars: Pullover, 3 casts back hip circle, 2 tic toc swings, 2 hand lifts forward roll down jump straddle on (can do one foot at a time) 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: 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. Sit up finish salute

Bars: Pullover, cast back hip circle, 2 tight leg tic tocs lifting same arm as hand, cast stoop on dismount. Stick finish salute

Beam: Squat, stand, arabesque, step, kick forward, kick backward plie high tip toes/releve, step, kick forward, lunge “T” lunge, finish passé hold, passe walks to the end, pivot turn, straight jump, fish pose, side handstand.

Floor: Level 2 modified floor routine Step kick handstand hold lunge finish, step hurdle round off, rebound, 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 back to front support, cast stoop on (pike on or tuck on then straighten to pike) 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, Level2/3 and GEMS

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 let (no spots for this if they can do it great if not they just do a side handstand dismount)

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 or just round off.