

LEVEL 4 ROUTINES

VAULT

Run, hurdle with **backwards arm circle**, punch spring board to **handspring** over vault table

BARS

Glide kip to cast, back hip circle

Front hip circle

Shoot through or leg cut forward, **mill circle**, leg cut back

Cast to **squat on**, straight jump forward to dismount bar, land on feet in stick position, finish

BEAM

Step bad foot, swing good leg over for **straddle sit mount**, bring arms up to "V", down to hold beam in front

Swing legs backwards to bad knee kneel, step good foot in front, stand (arms in "V")

Step kick to lunge, **cartwheel**, finish in lunge

2 relevé steps backwards (arms in crown)

Rond De Jambe to scale hold 2 seconds (side arms)

Step bad foot, good leg **split leap**, hold landing 1 second (side arms)

Step kick to lunge, **handstand**, finish in lunge

Step bad foot, swing good leg forward and backward (side arms) to lock behind bad foot in relevé, **pivot turn**

Demi-plié (arms down), **split jump, straight jump connection**, finish arms down

Step bad foot, kick good leg to turn prep (arms to turn prep), **half turn** in forward passé (arms in crown), finish

Step backwards to fish pose, step kick to lunge, **side handstand ¼ turn dismount**

FLOOR

Straddle jump, straight jump with ½ turn connection, finish

Running steps into **front handspring**, finish

Back extension roll, finish in lunge, step together (arms down)

Good leg **sissonne**, bad leg **chasse**, good leg **split leap** (side arms)

Step bad foot, kick good leg to turn prep (arms to turn prep), **full turn** in forward passé (arms in crown), finish

Point good foot in front (arms to ears), **back walkover**, finish

Step bad foot in front, lunge turn (arms down), step good foot backwards and together

Round off back handspring back handspring, finish, pose (optional)