

## LEVEL 2 ROUTINES

### VAULT

Run, hurdle, punch springboard to **handstand flatback** on two 8" mats

### BARS

**Glide swing**, back to stand

**Pullover**

1 cast to **back hipcircle**

**Perch, jump forward** dismount

### BEAM

Jump to front support and swing leg over to straddle sit, stand up on beam

**Arabesque** hold for 2 seconds (arms side middle)

Swing bad leg forward, kick good leg forward (arms side middle), lunge, **lever pop**, lunge

Bring bad foot to **passe, lift to releve**

Step forward on bad foot to releve, **pivot turn**

Demi plie, **straight jump-straight jump** combination

Lunge, **side handstand dismount**

### FLOOR

Lunge, **handstand**, land in lunge

Step hurdle, **round-off rebound**

**Straight arm backward roll** to push-up position

Jump to squat and stand up

**Backbend, kickover**, land in lunge

**Chasse** step **leap**, land in arabesque, bring feet together

Bring bad leg to passe, arms in turn prep, **heel snap half turn** (arms in crown), finish

Close feet together, **split jump**, finish