

Level 5 ACRO OPTIONS

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5 Floor

JDM 9/1/21

(*) FRONT HANDSPRING STEP-OUT

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(*) CARTWHEEL

STRAIGHT ARM BACKWARD ROLL TO HANDSTAND

(*) STRETCH JUMP 1/1 (360°) TURN

DANCE OPTIONS

STRAIGHT LEG LEAP 150°

SWITCH LEG LEAP 150°

STRADDLE JUMP 150°

FORWARD SPLIT

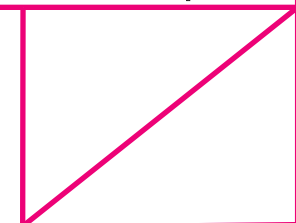
1/1 (360) TURN IN FORWARD PASSE

(*) ROUND-OFF FLIC-FLAC

BACKWARD SALTO TUCKED

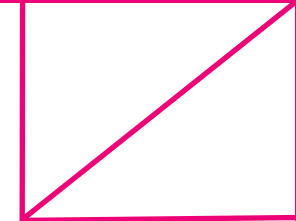


Gymnast



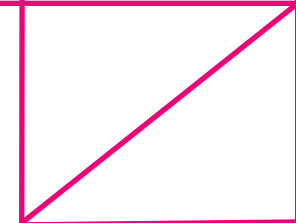
Final Score

Gymnast



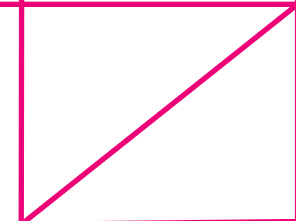
Final Score

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