Level 1 Balance Beam Time	0:35							D.Hanford 8.3.2023
MOUNT: Jump to Front Support		Relevé Balance	Forward Passé	Stretch Jump	Arabesque 30°	Right & Left Fv	vd Leg Swings	Cartwheel to ¾ HS Dismount
(to Single leg V sit, Tuck stand, Pike stand)	(≥ horizontal)	Lock Stand	Mark position	(plié to relevé lock)	Mark position	(to relevé l	ock stand)	(from Kneel to Lunge pose)
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Level 1 Balance Beam Time	0:35							D.Hanford 8.3.2023
MOUNT: Jump to Front Support	Needle Leg Kick		Forward Passé	Stretch Jump	Arabesque 30°	Right & Left F	wd Leg Swings	Cartwheel to ¾ HS Dismount
(to Single leg V sit, Tuck stand, Pike stand)	(≥ horizontal)	Lock Stand	Mark position	(plié to relevé lock)	Mark position	(to relevé	lock stand)	(from Kneel to Lunge pose)
1		2 seconds			<i>                                     </i>			22.5°
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