

LEAPS

L- Grand Jete

R- Grand Jete

Leap in second

Calypso

Switch Leap Right

Switch Leap Left

TURNS

L- Double

R- Double

L- Triple

R- Triple

L-Quad

R-Quad

(2) 8-count Straight Leg Fuede

(2) 8-count Bent Leg Fuede

FLEXIBILITY

L- Split

R-Split

Middle Splits

R- Kick

L-Kick

TRICKS

Axel

Leg Spin

Leg Catch

Turning Disk

Toe Touch