

## **Routine 5 - Tariff 11**

To be performed along a floor strip, dance/ linking movements optional.

Present to judge

Lift leg in front, carry around to the side and then around to arabesque

Handstand forwards roll to straddle stand

Reach through legs to free roll into straddle sit

Japana or splits

Bring legs together

Rock to stand then

Handspring to 2 feet or Walkover (forwards or backwards)

Backward roll through handstand

Tuck jump, star jump, full turning jump - linked

Chasse split leap 180° (straddle jump - boys)

2-1 handed cartwheels linked

Free cartwheel **or** Roundoff flick

Present to judge