

Little Lights

Vault	step (arms back) jump down from block to board - stretch jump off - stick finish
	mountain climber into handstand - fall to flatback w/ spot
	3 board jumps - stretch on - stretch off block - stick finish
	WWW handstand
Bars	straddle bat hold - 3sec, straight legs
	chin hold - 3sec
	straight arms tiger bounce to front support - hold 3sec
	L hold - 3sec, straight legs
	pullover with ramp
Beam (ALL FLOOR BEAM)	straight leg kicks all down floor beam
	pivot turn in relevé w/ hands on hips
	arabesque hold - 3sec, straight leg
	passé hold - 3sec, each leg
	beam feet pike stand feet switches
	stretch jump
Floor	cartwheel over speed jump - mountain climber (ish) start, lunge finish
	backward roll down cheese mat to straddle stand - hands on elbows
	forward roll down cheese - stand up no hands
	hands on panel mat - kick up - step down "1 - 2" straight leg lunge finish
	sitting pike hold - 5sec, straight legs
Tramp	stretch jump - tuck jump - straddle jump
	jump jump forward roll on tramp
	3 in a row seat drops - straight legs, feet together, stand up in between w/ no hands
	seat drop - doggy drop - tummy drop - stand
	3 in a row donkey kicks - straight legs in air

Star Lights

Vault	madcat hops on board
	WWW handstand hold - 5sec
	Handstand hold - fall to flatback
	run - hurdle - stretch on - stretch off - stick
	water bugs - 3+ in a row
Bars	L hold - 1sec - straddle batwing - toes under, head in
	front dump over - tuck hold for 3sec before feet touch ground
	1 good cast finish in front support hold - 3 times (not connected)
	front support walk 5 steps - hold shape WHOLE time
	pullover by self - finish in front support for 3sec
	spotted slo-mo back hip circle
Beam (ALL FLOOR BEAM)	straight legs pivot turn - finish in relevé
	passé 1/4-1/4 - hands on hips
	tuck stand - pike stand - straight leg kick up to straight stand
	stretch jump - plié - relevé
	straight front leg kick close - back leg kick close - relevé
	cartwheel to handstand dismount by self (land in madcat since on floor beam)
Floor	backward roll down cheese mat - finish in standing pike - big girl arms
	candle roll sit up to pike arms by ears - pike stretch - then bridge hold 3sec
	mountain climber handstand - 2sec hold - step down "1 - 2" straight leg lunge finish
	mountain climber cartwheel - finish in straight leg lunge
	straight arm forward roll - stand up w/ arms by ears
	chasés in a row (gallops)
Tramp	2 peanut rolls in a row
	stretch jump - tuck jump - straddle jump - pike jump - split jump - split jump
	standing tight round shape - fall to dead bug on back - straight legs & arms
	spotted good form back handspring to madcat (or by self over boulder)
	seat drop to stand w/ 1/4 turn - jump 1/4 turn to seat drop

Shooting Stars

Vault	TT - spotted run - jump - front handspring over block
	handstand hops on board
	handstand pop - fall flatback
	run - hurdle - jump - handstand flatback on 8" or 16" by self
	TT - T flip
Bars	L hold - 2sec, then pike hold - toes under - straight legs - head in
	1 cast back hip circle by self
	3 pullups
	1 cast - squat on - jump off
	jump hollow - glide out and back in - straight legs
	spotted slo-mo front hip circle
Beam <small>(ALL MEDIUM BEAM)</small>	kick close front leg, kick close back leg, split jump
	stretch jump - stretch jump - plié - relevé
	straight leg swing to madcat
	mountain climber - handstand - finish in straight leg beam feet
	1/2 heel snap turn in passé - step forward to lock
	cartwheel to handstand dismount
	pistol squat to at least 90°
Floor	fast cart-off - "1 foot 2 foot" to feet together - land in C-shape
	handstand - HIT - straight arm forward roll down cheese to stand (hands on floor, back on cheese)
	lay down - bridge up (feet on 1/2 block) - kick over - finish
	straight arm backward roll to madcat on floor
	chasé - step - leap - land in arabesque
Tramp	back handspring by self
	front tuck by self
	flyspring
	back tuck in belt
	stretch jump - tuck jump - straddle jump - pike jump - split jump - split jump - 1/2 turn - 1/2 turn - full - stick finish

Super Stars

Vault	spotted front handspring off aero board over sideways resi
	TT: round off, back handspring - connected w/ feet together
	TT: run - punch - front handspring over block
	run - punch - handstand flatback with real board onto big blue resi
Bars	straight leg glide swing - toes to bar - pointed
	3 "high bar" pull-UP pullovers - straight legs
	1 cast - squat on - jump off - tight jump, tight form in squat on
	front hip circle
	1 cast - 2 back hip circles connected - straight arms
Beam (ALL HIGH BEAM w/ mat under)	arabesque hold - tap - step arms down, leap arms - arms press up & out to T - step in, plié, relevé
	passé 1/2 turn - heel stays up - step forward to lock
	mountain climber - handstand - land in beam feet "1 - 2" straight leg lunge finish
	squat pivot turn
	stalter hold - 5sec - then press feet up to beam
	cartwheel to handstand 1/4 turn dismount
	pistol squat on both legs to at least 90°
Floor	back handspring by self down cheese mat
	back extension roll to 3/4 handstand on floor - big girl straight arms
	handstand - bridge hold - kickover w/ straight legs & arms
	chasé (fave-leg) - step (not-so-fave-leg) - leap to 90° or higher
	handstand hold - forward roll on floor - straight arms
	scoop-whip rolls - 5 times in a row w/ feet/hands off ground
Tramp	back handspring - back handspring connected
	back tuck by self
	straddle climb 1/2 up rope
	flyspring - stretch jump - front tuck connected

Spinners

Vault	madcat hops on board
	WWW handstand hold
	Handstand hold - fall to flatback
	run - hurdle - stretch on - stretch off - stick
	water bugs - 3+ in a row
Bars	front dump over - tuck hold for 3sec before feet touch ground
	1 good cast finish in front support hold - 3 times (not connected)
	front support weight transfer hand pickups 6 steps - hold shape WHOLE time
	pullover by self - finish in front support for 3sec
Beam (ALL FLOOR BEAM)	pivot turn - finish in relevé
	passé 1/4-1/4 - hands on hips
	tuck stand - pike stand
	stretch jump
	straight front leg kick close - back leg kick close
	cartwheel to handstand dismount by self (land in madcat since on floor beam)
Floor	backward roll down cheese mat - finish in standing pike - big girl arms
	candle roll sit up to pike arms by ears - pike stretch - then bridge hold 3sec
	mountain climber handstand - 2sec hold - step down "1 - 2" straight leg lunge finish
	mountain climber cartwheel - finish in straight leg lunge
	straight arm forward roll - stand up w/ arms by ears
	chasés in a row (gallops)
Tramp	2 peanut rolls in a row
	stretch jump - tuck jump - straddle jump - pike jump - split jump - split jump
	standing tight round shape - fall to dead bug on back - straight legs & arms
	spotted good form back handspring to madcat (or by self over boulder)
	seat drop to stand w/ 1/4 turn - jump 1/4 turn to seat drop

Fliers

Vault	spotted run - jump - front handspring over block
	handstand hops on board
	handstand pop - fall flatback
	run - hurdle - jump - handstand flatback on 8" or 16" by self
	TT - T flip
Bars	front support walk 5 steps - hold shape WHOLE time
	1 cast back hip circle by self
	1 cast - squat on - jump off
	jump hollow - glide out and back in - straight legs
	front hip circle drill by self - straight arms forward fall - chest/chin on block - back up to front support
Beam (ALL MEDIUM BEAM)	kick close front leg, kick close back leg, split jump
	stretch jump - stretch jump - plié - relevé
	straight leg swing to madcat
	mountain climber - handstand - finish in straight leg beam feet
	1/2 heel snap turn in passé - step forward to lock
	cartwheel to handstand dismount
Floor	fast cart-off - "1 foot 2 foot" to feet together - land in C-shape
	handstand - HIT - straight arm forward roll to stand down cheese to stand (hands on floor, back on cheese)
	lay down - bridge up (feet on 1/2 block) - kick over - finish
	straight arm backward roll to madcat on floor
	chasé - step - leap - land in arabesque
Tramp	back handspring by self
	front tuck by self
	flyspring
	back tuck in belt
	stretch jump - tuck jump - straddle jump - pike jump - split jump - split jump - 1/2 turn - 1/2 turn - full - stick finish

Twisters

Vault	spotted front handspring off aero board over sideways resi
	TT: round off, back handspring - connected w/ feet together
	TT: run - punch - front handspring over block
	run - punch - handstand flatback with real board onto big blue resi
Bars	straight leg glide swing - toes to bar - pointed
	3 "high bar" pull-UP pullovers - straight legs
	1 cast - squat on - jump off - tight jump, tight form in squat on
	front hip circle
	1 cast - 2 back hip circles connected - straight arms
Beam (ALL HIGH BEAM w/ mat under)	arabesque hold - tap - step arms down, leap arms - arms press up & out to T - step in, plié, relevé
	passé 1/2 turn - heel stays up - step forward to lock
	mountain climber - handstand - land in beam feet "1 - 2" straight leg lunge finish
	squat pivot turn
	stalter hold - 5sec - then press feet up to beam
	cartwheel to handstand 1/4 turn dismount
	pistol squat on both legs to at least 90°
Floor	back handspring by self down cheese mat
	back extension roll to 3/4 handstand on floor - big girl straight arms
	handstand - bridge hold - kickover w/ straight legs & arms
	chasé (fave-leg) - step (not-so-fave-leg) - leap to 90° or higher
	handstand hold - forward roll on floor - straight arms
	scoop-whip rolls - 5 times in a row w/ feet/hands off ground
Tramp	back handspring - back handspring connected
	back tuck by self
	straddle climb 1/2 up rope
	flyspring - stretch jump - front tuck connected