

LEVEL 5 ROUTINES 2023

<p>Level 5 Floor – Show me how you Burlesque</p> <p>Start: Present to judges</p> <p>VIDEO</p>	<p>Level 5 Beam</p> <p>Start: Present to judges</p> <ul style="list-style-type: none"> • Front support MOUNT to straddle. • LOW TO BEAM Optional (hip to shoulder touching beam). • FULL PUSH UP ON BEAM start prone with straight legs and pointed toes front support push up, lower back to prone. • Stand, step feet together, STRAIGHT JUMP, TUCK JUMP to motorbike 3 secs. (does not need to be connected). • Star Skill: JUMP HALF TURN • Lift arms to present position then 4 X STEP KICKS with straight legs. • PASSÉ ½ TURN, ½ TURN (full turn with break). • Step, HANDSTAND start and finish in lunge position. (within 30 degrees of horizontal = STAR Skill). • ROUND OFF dismount to motorbike landing held 3 secs. <p>Finish: Face Judge and present</p>
<p>Level 5 Bars</p> <p>Start: Present to judges</p> <ul style="list-style-type: none"> • 2 X GLIDE SWINGS connected to motorbike landing 3 secs. • PULL OVER finish in front support shape. • CAST Straight arms, must reach above 45 degrees below horizontal. • OR CAST, BACK HIP CIRCLE and TOE SHOOT on low bar to dismount in motorbike 3 secs. • JUMP TO HIGH BAR (may climb or cast on) • 3 x LONG SWINGS on high bar dismount to motorbike 3 secs. <p>Finish: Face Judge and present</p>	<p>Level 5 Vault</p> <p>Start: Present to judges</p> <ul style="list-style-type: none"> • HANDSTAND SPRING FLAT BACK from beat board. Landing on 90cm crash mat. • DIVE ROLL from beat board landing on 30cm crash mat. <p>Finish: Face Judge and present</p>
<p>Level 5 P-Bars</p> <p>Start: Present to judges</p> <ul style="list-style-type: none"> • Jump to CROSS SUPPORT for 3sec. • PENGUIN WALK x 4. • Lift legs to straddle on bars then SHOULDER ROLL finish in straddle, hands behind and lower legs to cross support. • L-HOLD Held for 3 secs. • From L-HOLD kick into 3 SWINGS. Feet at bar height at front and back of swing. • SWING DISMOUNT to SIDE feet to BACK at horizontal or motorbike DISMOUNT between bars. Held landing for 3 secs. <p>Finish: Face Judge and present</p>	<p>Level 5 Rings</p> <p>Start: Present to judges</p> <ul style="list-style-type: none"> • CHIN UP HOLD held 3 secs. • L- HANG held for 3 sec. Legs at hip height. • 2 X SWINGS to INVERTED HANG held 3 secs. • Lower to BASKET HANG held 3 secs. • From basket lower down into DORSAL HANG held 3 secs. • From dorsal return to BASKET HANG held 3 secs. • From basket SWING DISMOUNT at back of swing to land in MOTORBIKE held 3 secs. <p>Finish: Face Judge and present</p>