

LEVEL 2 ROUTINES 2023

Level 2 Floor - Music – Dance Monkey

Start: Present to judges

- Start kneeling on one knee. Both hands stretch down by side.
- When the music starts playing, hold for 4 counts, then right arm presents up, then left. Then right arm down, then left. 4 counts to stand up neatly.
- 4 counts for arms to flow up into a rocket.
- Rocket, lunge, **SCORPIAN** and land in lunge
- Rocket, pike **FORWARD ROLL to stand.**
- Tall strong shape into a **CARTWHEEL.** (star or lunge entry)
- Step left foot to side and slide. Left arm up, right arm side. Arms around head, then place both arms in front horizontally with gymnastics fingers.
- Rocket shape **1/2 TURN JUMP** (land in motorbike)
- Rocket shape, **TUCK JUMP** (land in motorbike)
- Step right foot forward, arms to present. Then kneel down left leg, right leg to be on knees with arms behind body.
- Arms flow back and up, then into angry cat, straight into **FRONT SUPPORT** (hold for 3 seconds) then into **BACK SUPPORT** (hold for 3 seconds)
- From back support, go to **PIKE** hold for 3 seconds
- Finish pose- Sitting on the floor, lift one leg up crossed over the other, both hands back behind body, head up

Finish: Face Judge and present

Level 2 Beam - Start: Present to judges

- Jump to **FRONT SUPPORT** with **Straight arms**, swing one leg over to sit in straddle of beam. Toes on at back of beam, knees on to beam. Tuck toes under to finish in squat position then stand. (end of beam)
- Walking **BACKWARDS X 4** with straight legs. (flat feet or on toes)
- **1/2 TURN** on **two feet**, once turned hold for **2 secs.**
- **STEP KICKS x 2** with straight legs and pointed toe.
 - **Hold PASSÉ** for **3secs** on flat foot, toe must be next to knee.
- Raise arms to rocket and **STRAIGHT JUMP** to land in motorbike.
- **SMALL TUCK HANDSTAND.** Straight arms, feet touch bottom. Hold landing then stand up.
- Turn to side and **STAR JUMP dismount** to land in **MOTORBIKE** hold for 3 seconds

Finish: Face Judge and present

Level 2 Bars - Start: Present to judges

- **GLIDE** with no deduction for tuck return.
- **PULLOVER** with minimal coach assistance. Finish in cast position (front support). Start on acro box.
- **2 x SMALL CASTS** chest in with straight arms. Hips must clear the bar.
- **CAST AWAY** dismount with Straight arms to **MOTORBIKE** held for 3 seconds. (3rd cast off bar)

Finish: Face Judge and present.

Level 2 Vault - Start: Present to judges

- **Run, underarm entry, REBOUND** (Straight jump) off board, land on mat in **MOTORBIKE** held for **3sec.**
- **Underarm entry** into **HANDSTAND** on board. Coach is to assist holding handstand on top of board. Held for a minimum of **3 secs.** (Exit not judged)

Finish: Face Judge and present

Level 2 P-Bars - Start: Present to judges

- Jump to **CROSS SUPPORT** with straight arms. Hold for **3 sec.**
- Raise knees to chest to **TUCK SUPPORT** hold for **3 secs.**
- From tuck, kick through L position into **2 x SMALL SWINGS.** 45 degrees below horizontal. **Motorbike** at back of swing held for 3 seconds (2.5 swings, start at front and dismount at back.)

Finish: Face Judge and present

Level 2 Rings - Start: Present to judges

- Raise legs to **TUCK HANG** hold for **3 sec.**
- Kick through L into **2 SWINGS** (30 degrees from lower vertical)
- Swing up to **CANDLE/INVERTED HANG** hold for **3 secs.**
- **TUCK INVERTED HANG** hold for **3 secs.**
- Controlled lower down to long hang, drop to motorbike landing.

Finish: Face Judge and present