

# Level 4 Routines 2023

## Level 4 Floor – Music – Pirates of the Caribbean

Start: Present to judges (Start facing away from the stereo)  
 - Start pose: Sitting down with legs tucked in, toes on floor and hands pressed behind with fingers touching floor.  
 - Music starts, arms cross body to lay down with legs together in the air. Legs do a full circle bending at the knees while staying connected.  
 - Tuck right leg under and step left in front to stand up nicely with arms pressed back  
 - Bring feet together and arms push out to side and up to rocket.  
 - ACRO SERIES: (A) T-HAND CARTWHEEL Step feet together into BACKWARD ROLL with straight arms to front support 3 secs  
 (B) T-HAND CARTWHEEL into BACKWARD WALKOVER.  
 (C) FORWARD WALKOVER into T-HAND CARTWHEEL.  
 - Other options: Front handspring, roundoff, front walkover  
 - 2 x Spring points. Arms up first two then arms down second two.  
 - Step together and arms out to present.  
 - Step into ARABESQUE 3 secs  
 - Rocket HANDSTAND into FORWARD ROLL with straight arms to stand.  
 Dance element: Step left towards stereo and slide with left arm vertical and right horizontal.  
 - Step feet together to face tramp arms down. Arms tap crossed on shoulders, uncrossed then down with flexed hands and head looking right  
 - Step Left foot in and hands cross around head.  
 - Connected SPLIT JUMP (135 degree split) STRAIGHT JUMP to motorbike 3 secs  
 - Rocket into FULL TURN on 1 FOOT/ JUMP Full turn  
 Finish pose: Step back leg behind and kneel to lunge. Left arm over head with stretched fingers, palm down. Right arm horizontal to side with stretched fingers and palm down. Head looking at right hand.

Finish: Face Judge and present

## Level 4 Beam - Start: Present to judges

- Front support MOUNT to straddle.
- LOW TO BEAM Optional. (hip to shoulder touching beam) Star skill: Push up to front support from prone
- Stand, lift arms to present position, raise onto toes, hold 2 secs then 4 X BACKWARDS STEP ON TOES with straight legs.
- 1/2 TURN ON ONE FOOT
- Step feet together, TUCK JUMP to motorbike 3 secs
- Step into ARABESQUE Held 3 secs.
- Step, SCORPION start and finish in lunge position. (One leg vertical and 1 horizontal = STAR Skill).
- ROUND OFF dismount.

Finish: Face Judge and present

## Level 4 Bars - Start: Present to judges

- 2 X GLIDE SWINGS connected to motorbike landing 3 secs.
- PULL OVER finish in front support shape.
- CAST Straight arms, must reach 60 degrees below horizontal.
- BACK HIP CIRCLE
- Forward roll or castaway - Star skill: TOE SHOOT dismount to motorbike 3 secs.

Finish: Face Judge and present

## Level 4 Vault - Start: Present to judges

- Underarm entry into HANDSTAND SPRING FLAT BACK from beat board. Landing on 60cm crash mat.
- DIVE ROLL from beat board landing on 60cm crash mat.

Finish: Face Judge and present

## Level 4 P-Bars -Start: Present to judges

- Jump to CROSS SUPPORT for 3sec.
- PENGUIN WALK x 4
- L-HOLD or TUCK HOLD Held 3 secs.
- Kick out from L-HOLD into 1.5 SWINGS (feet at bar height at front and back of swing). Finish final swing at front and straddle legs onto rails.
- STRADDLE TRAVEL Move hands in front of legs and hold in star shape with hips open for 3 Secs, then with straight legs swing back through the middle into straddle shape
- Lift legs through L-HOLD into 2.5 SWINGS (feet at bar height at front and back of swing).
- DISMOUNT with feet at back of last swing, held 3 secs or SIDE SWING DIMOUNT (feet at the back).

Finish: Face Judge and present

## Level 4 Rings - Start: Present to judges

- CHIN UP HOLD- hold for 3 seconds
- TUCK or L- HANG held for 3 sec. Legs at hip height.
- 2 X SWINGS to INVERTED HANG held 3sec.
- To BASKET HANG Held 3 secs.
- From basket and lower down into DORSAL HANG 3 secs, Hips open, chin up and body as straight as possible (can return back from dorsal if able) or...
- DISMOUNT at back in MOTORBIKE.

Finish: Face Judge and present