

Section		1	2	3	4	5	6	7	8
intro	1		new level	are you	ready	5	6	look up	
opening	2	roll/move/grab flyer		kick/kick dip		pose/lift		fwo/roll on ground	
opening	3							left dip	
2 man stun	4	right dip		heel stretch				clean	
2 man stun	5	down		clean	move				
trans	6	clap		roll/pose				clean	
standing	7	cone		bwo		bhs		cone	
standing	8	bwo		clean		turn		pose	
standing	9	clap	clean	move					
main	10	slap	slap	grab				ripple dip	
main	11	ripple dip		flip around				hold	
main	12	dip		1/4 turn		scale		hold	
main	13	1/4 turn hit lib		move		ripple down		ripple down	
main	14	ripple up to stretch		ripple up to stretch		hold		dip to 1/2 down	
main	15	1/2 turn down				move		ripple #1 "p"	ripple #2 "y"
main	16	ripple #3 "r"	ripple #4 "o"	ripple #5 "s"				flyers low cone	
main	17	high v/dip		1/2 cradle		catch		set	out
trans	18	clean		move				pose	
jumps	19	step out/fwo		rotate		cone		dip	tt
jumps	20	dip	tt			cone		dip	hurdler

Section		1	2	3	4	5	6	7	8
jumps	21	land		clean		move		motion	motion
running	22	motion		cone	bwo		b		
running	23	land		pose/clap		round off		dbl	bhs
running	24							pose	
running	25	down		pose		hold			
running	26					stand	clean	pose	walk
running	27	arms out	move	hips	to back	clean		jump start	
running	28	round off		bhs step out					
running	29	clean		move to pyramid					
pyramid	30	clean		set		dip		tick up to stretch	
pyramid	31	stretch kick lift		lib dip		dip		tick to hitch	
pyramid	32	hold/dip							
pyramid	33	move				clean		down to retake/grab	
pyramid	34	dip		dip/twist to lib		1/2 twist		toss to cradle	
pyramid	35	dip		twist to retake/dip		toss		cradle	
pyramid	36	move		reload		dip		1/2 twist to back	
pyramid	37	dip		twist up to extension/dip		show and go		shoulder sit	
pyramid	38			half/half moves		move			
pyramid	39	grab		turn		dip to belly		dismount kick	
pyramid	40	catch		hold		set out		clean	

