VAULT

1. Stretch jump onto mat, then
2. Kick up to Handstand, fall to flat back

BARS

1. Mount: Pullover
2. Cast
3. Back hip circle
4. Dismount: Underswing (substitutes: cast, straddle-on or cast, sole circle)
BEAM

1. Mount: Jump to front support

2. Pike Lying Position; Relevé Balance
   - (L) position with legs straight – roll forward into tuck stand
   - Hold Relevé for 2 seconds

3. Arabesque
   - Pause 1 second

4. Step, Leg swing, step, Leg swing
   - First leg swing is with you “good” leg
   - Second leg swing is with your “bad” leg

5. Lever –
   - Step into Lever position and show “T” position
   - End in lunge

6. Leg balance in forward passé
   - Passé is on flat foot

7. Demi-plié, Stretch jump

8. Stretch jump

9. Dismount: From kneel on one leg, Cartwheel to Partial Side Handstand, lower to stand facing beam
1. ¾ Handstand (legs do not join)
   - step down to lunge

2. Cartwheel ¼
   - Forward entry and finish in lunge

3. Backward roll tuck

4. Candlestick

5. Forward roll, tucked

6. Walking steps
   - First, Coupé “bad” foot
   - Second, Coupé “good” foot

7. Forward passé balance
   - “good” leg is your base leg, balance in relevé on high toe

8. Forward Chassé, Leg swing

9. Relevé balance Split jump
   - From leg swing, step forward onto good foot, and close feet together.
   - Then, Split jump to relevé balance (hold relevé for 1 second)

10. Pose
    - Good leg in front, arms by your ears.