

Australian Women's Levels Program






Compulsory Levels

Level 6

Vault

The gymnast may perform the vault twice with the higher score to count.




Element	Value	Images	Technical Description
Handspring to feet:	10.0	  	<p>From a maximum run of 25m, perform a front handspring vault.</p> <p>The run should be smooth on approach to the board with the gymnast standing tall with a quick cadence and fast reaction off the floor.</p> <p>The hurdle to the board should be flat joining the feet together at the top of the board, with the body travelling forwards.</p> <p>The arms move quickly onto the vault table, the heels will drive quickly from the board.</p> <p>The objective is to perform a maximum repulsion from the vaulting table, while maintaining an open shoulder angle, and straight body position.</p> <p>Land with control, arms forward horizontal in a secure position.</p>



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Compulsory Levels Level 6 Uneven Bars

Element	Value	Images	Technical Description
Glide kip, cast to 45° above horizontal 	1.0 x 2		Execute a glide kip, smooth action into the kip. Straddle glide permitted. Arms and legs are to remain straight throughout the entire kip to the front support position. Immediately cast to 45° above horizontal with legs together and hip open. Straddle cast incurs deductions. Cast away from the bar, with hips extended and no back arch. Chest remains in throughout. Arms straight and body tight.
Clear hip circle to horizontal 	1.0		From the cast, immediately execute a clear hip circle, minimum horizontal. A dish body shape must be maintained during the circle with the chest / upper back. The hips must be straight / open. Arms straight and body tight. At completion of the clear hip circle, maintain support away from the bar and continue into the glide kip.





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Element	Value	Images	Technical Description
Glide kip cast 	1.0	  	Execute a glide kip, smooth action into the kip. Straddle glide permitted. Arms and legs are to remain straight throughout the entire kip to the front support position.
Cast to squat on OR pike on OR sole circle Jump to grasp high bar 	0.5		Cast with torso concave to place feet between hands in a squat OR pike position. There is no minimum height requirement for this cast. Sole Circle: From this position circle in a backwards direction around the bar for almost an entire revolution, then; Jump from the low bar with feet pointed, legs together and open hips to grasp the high bar.







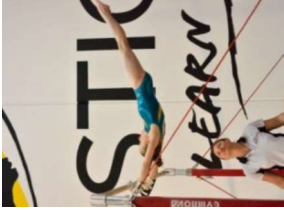
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Element	Value	Images	Technical Description
Long kip cast to above horizontal 	1.0		Execute a long kip, smooth action into the kip. Arms and legs are to remain straight throughout the entire kip to the front support position. Immediately cast to above horizontal with legs together, hips extended and no back arch. Chest remains in throughout. Straddle cast incurs deductions. Arms straight and body tight.
Long swing pullover 	1.0		At the peak of the cast, push away from the bar into a long swing. At the front of the swing, pull over the bar to a front support position, turning wrists quickly. Chest remains in with hips open / extended, arms straight. As the wrists are turning to front support the hands should not release the bar. If they do, 0.3 deduction.

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Element	Value	Images	Technical Description
Underswing (to finish at top of backward swing)	1.0		From the pullover, continue circling the bar in backwards direction, until inverted.
<div>  </div> OPTIONAL - Additional Long swing (full swing forward then back) before either dismount		<div>       </div>	Then let the body swing away from the bar into an immediate underswing (forwards).
			An additional long swing may be performed after the underswing before the dismount. This will not incur an "additional swing" deduction, however, the swing itself will be judged.



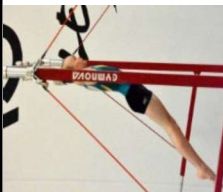



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Element	Value	Images	Technical Description
Dismount: A: Flyaway dismount - may be tucked, piked OR stretched 	1.0	    	Chest remains in with hips open/extended, arms straight. From a long swing with strong tap action tuck, pike or stretched body into a flyaway. Hips continue to rise after hands release the bar. Land with control, arms forward horizontal in a secure position.

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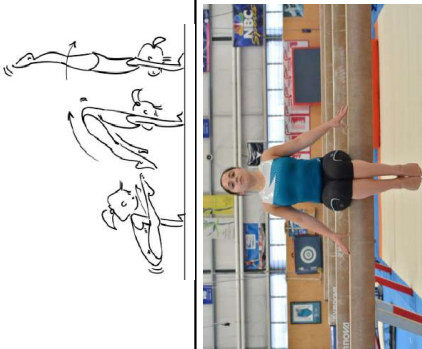






Element	Value	Images	Technical Description
Dismount: B: Swing ½ turn and release dismount 	1.0	    	<p>Alternate Dismount - incurs 0.5 deduction from Start Score.</p> <p>At the height of the swing forward perform a ½ turn to finish in mixed grip. When releasing the bar, if not in mixed grip 0.3 deduction.</p> <p>Keep head neutral, arms straight and feet together.</p> <p>Maintain a dish body shape, chest in during the turn.</p> <p>Show a momentary support on the HB. Push off the HB to land on feet. Landing deductions apply.</p> <p>The specific height requirement in Level 6 is that the swing 1/2 turn should reach horizontal. If it doesn't, then 0.1 or 0.3 deduction for lack of amplitude applies.</p>

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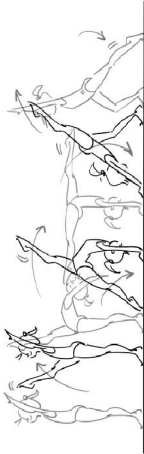










Compulsory Levels Level 6 Beam



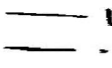
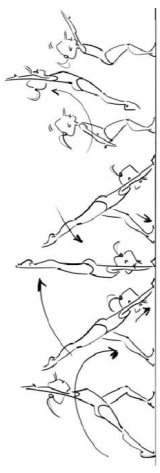

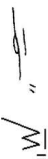



Element	Value	Images	Technical Description
The mount may take place anywhere along the beam that will fit with the following acrobatic skill. Whichever mount is performed, the final position must be consistent with the starting position of the next skill. Transition optional.			
Jump or Press to handstand 	1.0		Jump or press with a smooth continuous action to handstand, arms straight throughout. Lower to optional position on beam.
OR Tuck through to sit 			Jump 2 feet through between the arms without touching beam to a tuck sit position. Arms remain straight throughout. There should be one continuous, smooth movement from the jump take off to the sit position, without hesitation/pause as legs pass between arms.
OR Jump onto the end of the beam 			Run jump off a board to land on the end of the beam, on 1 or 2 feet. Jump may either land with 2 feet together or show momentary arabesque position.

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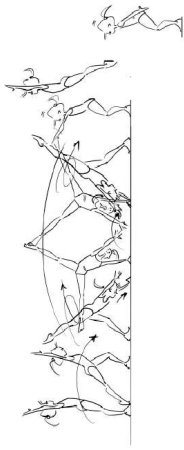

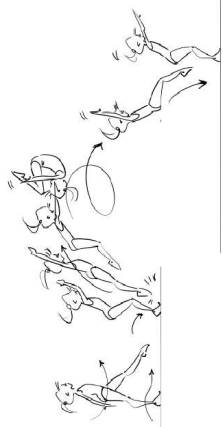

Element	Value	Images	Technical Description
Backward walkover 	1.0		Start standing on 1 leg, free leg pointed in front, arms vertical, palms turned out. Enter the skill with the arms by ears and kick / walkover to an overhead split (180°), with a strong handstand position shown.
OR forward walkover 			Except flic flac: Start with the legs in modified 5th with arms vertical.
OR tic toc 			Bwd Walkover/Tic Toc/Flic Flac: Finish in lunge or step in position, arm position optional.
OR cartwheel ¼ turn 			Cartwheel ¼ Turn: Finish either in a lunge OR in a step in position with feet together, arm position optional.
OR flic flac 			Fwd walkover: Finish standing on 1 leg, front foot pointed, arms vertical palms turned out.

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Element	Value	Images	Technical Description
Full turn on 1 foot 	1.0		Optional start position. Turn must complete 360° rotation on relevé. Arms optional during the turn. Optional finish position.
Handstand, straight jump series 	1.0 & 0.5		Stand on 1 leg, with the other leg pointed in front, arms vertical, palms turned out. Split position may be shown before joining the legs. In handstand - straight vertical line from hands to toes including head in a neutral position. Eyes should focus on hands in handstand position and eyes transition to see the feet and beam during step in phase before the straight jump. Hold handstand with legs together (2 secs). After the handstand, the legs may split prior to stepping down. The step down into the jump should be a dynamic connection.
Tuck jump, split jump (180°) series (may be reversed) OR  Wolf jump, split jump (180°) series (may be reversed) 	1.0 x 2		Arms are vertical during the straight jump, body vertical and hips open. Land in flat 5th position with the arm position optional. Start with feet flat either together or in 5th position, arm position optional. Arms will swing down and up to initiate the jumps. Arms may swing down between jumps. Land the 2nd jump in a plié, arm position optional.
Split leap (180°) 	1.0		2-3 running steps, split leap (180° split). Bent or straight leg entry acceptable. Arms pressed back sideways in leap. On landing, pass through arabesque / fondu (not required to be held), step through to a finish of standing on 1 leg, back leg pointed, arms pressed sideways.

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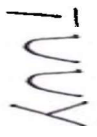


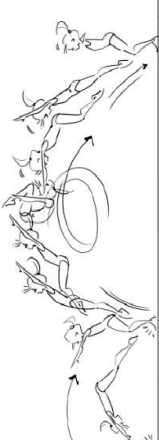


Element	Value	Images	Technical Description
A. Cartwheel OR roundoff OR flic flac on the beam to immediate straight jump off the end of the beam OR 	0.5 & 0.5		Flic Flac dismounts: Start with feet together in modified 5th position and arms vertical.
B. Cartwheel OR roundoff OR flic flac, immediate tucked back salto dismount OR 	OR 1.0		Cartwheel or Round-off dismounts: Commence skill from a standing start OR from 2–3 steps preparation OR from hurdle.
C. Tucked front salto 			Front salto: 2–3 steps into a tuck front salto from the end of the beam.
			All dismounts: Landing in plié with feet together, arms in forward horizontal.

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Compulsory Levels Level 6 Floor

Element	Value	Images	Technical Description
Backward walkover OR  Tic Toc OR  Forward Walkover OR  Aerial cartwheel (1 step entry) OR  Aerial walkover (1 step entry) 	1.0	  	Start standing on one leg, free leg pointed in front, arms vertical, palms turned out. Bwd walkover / Tic Toc: Enter with the arms by ears and kick/walkover to an overhead split (180°), with a strong handstand position shown. Finish skill to a lunge or step in position, arm position optional. Fwd walkover: Enter with the arms by ears and walkover to an overhead split (180°), with a strong handstand position shown. Finish standing on one leg, free leg pointed in front, arms vertical, palms turned out. Aerial cartwheel & Aerial walkover: Must commence from 1 step entry. If more than 1 step performed in the hurdle, 0.3 deduction applies. No split requirement during aerial skill. Optional finish position.
Round-off, flic flac, flic flac, rebound  OR round-off, flic flac, tucked back salto 	0.5, 0.5, 0.5	 	3-4 running steps, hurdle round-off, flic flac, flic flac immediate rebound OR round-off flic flac tucked back salto. A controlled rebound, with tight body can be performed after the back salto. This rebound from salto should be stuck.

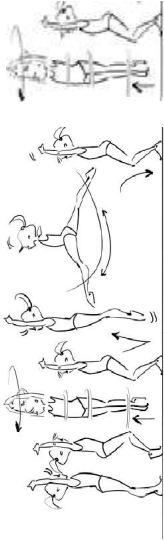





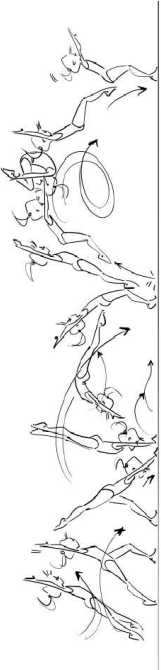

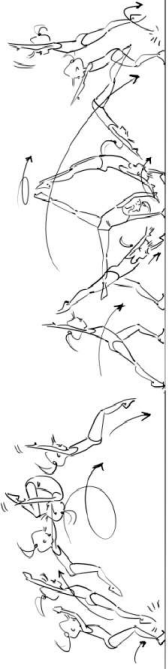
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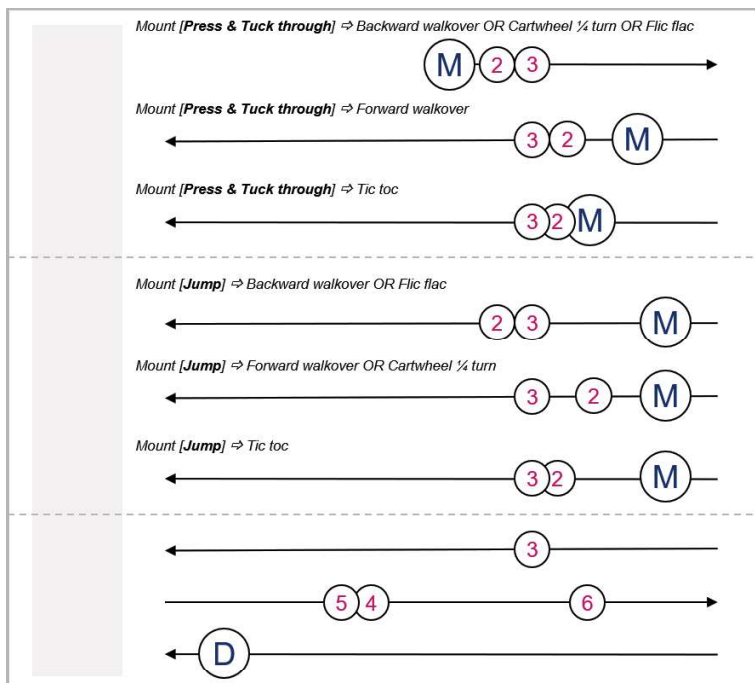
Element	Value	Images	Technical Description
Passage of Dance	1.0 x 2		Passage of dance is composed of 2 different leaps or hops from the National Levels Table of elements, 1 of them with 180° cross / side split or straddle. Elements are connected directly or indirectly with running steps, small leaps, hops, chassé, and chaîné turns. The effect is to create a large flowing, travelling movement pattern.
Full turn on one foot	1.0		Optional finish position. The arms will start in a high 3rd position. Standing in a 4th position lunge. The forward arm moves to a 2nd position at the start of the turn, lifting into 5th during the turn. Turn must be on a high relevé. On completion of turn, step through plie to stand on 1 leg, back leg pointed, arms pressed back at side.
Backward roll to handstand	1.0		Standing with legs together, roll to ground with straight legs and execute a backward roll with straight arms to handstand. If legs bend at anytime during the element, bent leg deduction applies 0.1/0.3/0.5. Hands should not touch the floor during the "roll" to ground phase, however, there is no deduction if they do touch the ground. Finish by stepping down from handstand into a lunge, arm position optional.

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Element	Value	Images	Technical Description
Jump ½ turn, immediate split jump OR straddle pike OR straddle jump (180°), immediate jump ½ turn series 	0.5 & 1.0 & 0.5		Start with feet together, arm position optional. Torso remains vertical on all jumps. Jumps should be <u>dynamic</u> , lifting vertically with no forwards travel. Arms should be vertical in the jump ½ turns, then sideways in the split/straddle jump. Both jump ½ turns must be in the same direction. If not, 0.3 deduction applies.
Tucked front salto 	1.0		3–4 running steps into tucked front salto OR stretched front salto OR handspring front salto OR front salto step out round-off.
OR Stretched front salto 			A controlled rebound, with tight body can be performed after the tuck/stretch front salto. This rebound should be stuck.
OR handspring front salto 			Finish with legs together, arms forward horizontal.
OR front salto step out, roundoff 			

National Choreography Notes Level 6 | Beam



- M** ⇒ Press to handstand OR Tuck through to sit OR
Jump onto the end of the beam
- 2** ⇒ Backward walkover OR Forward walkover OR Tic
toc OR Cartwheel ¼ turn OR Flic flac
- 3** ⇒ Full turn on 1 foot
- 4** ⇒ Handstand (hold 2 sec) straight jump series
- 5** ⇒ Tuck jump or wolf jump immediate split jump
series
- 6** ⇒ Split leap
- D** ⇒ Cartwheel/roundoff/ff on end of beam straight
jump off OR Cartwheel/roundoff/ff
immediate back tuck salto dismount OR
Front tuck salto dismount

Mount options [Press & Tuck through] to Acrobatic element options

Mount to Backward walkover OR Flic flac	Mount to Forward walkover	Mount to Tic toc	Mount to Cartwheel ¼ turn
Start / Approx. ½ way. Stand facing sideways to beam.	Start / Close to non- dismount end. Stand facing sideways to beam.	Start / 1 long step from non-dismount end. Stand facing sideways to beam.	Start / Approx. ½ way. Stand facing sideways to beam.
Stand from mount / Facing dismount end.	Stand from mount / Facing dismount end.	Stand from mount / Facing dismount end.	Stand from mount / Facing away from dismount end.
Mount Press or jump to handstand OR Tuck through to sit.	Mount Press or jump to handstand OR Tuck through to sit.	Mount Press or jump to handstand OR Tuck through to sit.	Mount Press or jump to handstand OR Tuck through to sit.

Finish |
Press



From the finish position of the mount, bend 1 leg (closest to non-dismount end of beam) to a sitting side stag position. Extend body along beam (away from straight leg) with straight free arm extended to side overhead. Return body to upright position, taking straight leg behind body to sit in stag facing out of the beam, 1 arm extended forward.



Finish | Tuck



Turn to sit on beam (facing dismount end), and swing both legs through straddle to tight tuck on toes, then to standing pike and stand on flat feet, arms by side.



Bend both legs, with toes of front leg tucked under, with horizontal sweep of arm across body with a curl to finish down at side.

Straighten legs, circling arms to vertical and prepare for element.



Finish |
Press



From the finish position of the mount, bend 1 leg (closest to non-dismount end of beam) to a sitting side stag position. Extend body along beam (away from straight leg) with straight free arm extended to side overhead. Return body to upright position, taking straight leg behind body to sit in stag facing out of the beam, 1 arm extended forward.

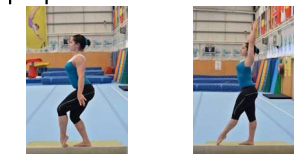


Turn to sit on beam (facing dismount end), and swing both legs through straddle to tight tuck on toes, then to standing pike and stand on flat feet, arms by side.



Bend both legs, with toes of front leg tucked under, with horizontal sweep of arm across body with a curl to finish down at side.

Straighten legs, circling arms to vertical and prepare for element.



Finish | Tuck



Finish |
Press



From the finish position of the mount, bend 1 leg (closest to non-dismount end of beam) to a sitting side stag position. Extend body along beam (away from straight leg) with straight free arm extended to side overhead. Return body to upright position, taking straight leg behind body to sit in stag facing out of the beam, 1 arm extended forward.

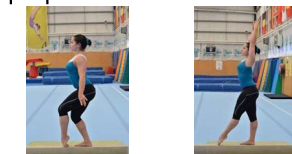


Turn to sit on beam (facing dismount end), and swing both legs through straddle to tight tuck on toes, then to standing pike and stand on flat feet, arms by side.



Bend both legs, with toes of front leg tucked under, with horizontal sweep of arm across body with a curl to finish down at side.

Straighten legs, circling arms to vertical and prepare for element.



Finish | Tuck



Finish |
Press



From the finish position of the mount, bend 1 leg (closest to dismount end of beam) to a sitting side stag position. Extend body along beam (away from straight leg) with straight free arm extended to side overhead. Return body to upright position, taking straight leg behind body to sit in stag facing out of the beam, 1 arm extended forward.



Turn to sit on beam (facing non-dismount end), and swing both legs through straddle to tight tuck on toes, then to standing pike and stand on flat feet, arms by side.












Bend both legs, with toes of front leg tucked under, with horizontal sweep of arm across body with a curl to finish down at side.

Straighten legs, circling arms to vertical and prepare for element.



















Finish | Tuck



<p>Start <i>Standing on 1 leg, front leg pointed, arms vertical palms turned out.</i></p> <p>Element <i>Backward walkover (min. 180° split)</i></p> <p>Finish <i>Lunge or step in, arms in front just below horizontal.</i></p> <div> <p>Start position</p>  </div> <div> <p>Finish position</p>  </div>	<p>Start <i>Standing on 1 leg, front leg pointed, arms vertical palms turned out.</i></p> <p>Element <i>Forward walkover (min. 180° split)</i></p> <p>Finish <i>Standing on 1 leg, front leg points, arms vertical.</i></p> <div> <p>Start position</p>  </div> <div> <p>Finish position</p>  </div>	<p>Start <i>Standing on 1 leg, front leg pointed, arms vertical palms turned out.</i></p> <p>Element <i>Tic toc (min. 180° split)</i></p> <p>Finish <i>Lunge or step in, arms in front just below horizontal.</i></p> <div> <p>Start position</p>  </div> <div> <p>Finish position</p>  </div>	<p>Start <i>Standing on 1 leg, front leg pointed, arms vertical palms turned out.</i></p> <p>Element <i>Cartwheel ¼ turn</i></p> <p>Finish <i>Lunge or Step in, arms forward horizontal.</i></p> <div> <p>Start position</p>  </div> <div> <p>Finish position</p>  </div>
<p>Start <i>Stand on 2 legs, arms vertical, palms turned out.</i></p> <p>Element <i>Flic flac</i></p> <p>Finish <i>Lunge, arms in front just below horizontal.</i></p> <div> <p>Start position</p>  </div> <div> <p>Finish position</p>  </div> <p>Small curl of wrists and arms forward, down and up to high oblique behind body. Without steps, transfer weight to preparation position. Prepare for element.</p>	<p>Small curl of wrists and arms forward, down and up to high oblique behind body. Without steps, transfer weight to preparation position. Prepare for element.</p>	<p>Small curl of wrists and arms forward, down and up to high oblique behind body. Without steps, transfer weight to preparation position. Prepare for element.</p>	<p>Small curl of wrists and arms forward, down and up to high oblique behind body. Without steps, transfer weight to preparation position. Prepare for element.</p>

Mount options [Jump onto beam] to Acrobatic element options

Mount to Backward walkover OR Flic flac	Mount to Forward walkover	Mount to Tic toc	Mount to Cartwheel ¼ turn
Start / Facing dismount end.	Start / Facing dismount end.	Start / Facing dismount end.	Start / Facing dismount end.
Finish / Facing dismount end.	Finish / Facing dismount end.	Finish / Facing dismount end.	Finish / Facing dismount end.
Mount	Mount	Mount	Mount
Jump onto the end of the beam	Jump onto the end of the beam	Jump onto the end of the beam	Jump onto the end of the beam
<p>Finish position</p>  <p>Bend both legs, with toes of front leg tucked under, with horizontal sweep of arm across body with a curl to finish down at side.</p>  <p>Step onto straight front leg, free leg bent up to back, knees together, arms extending forward.</p> <p>3 strong fast steps forward on relevé with curl of arms to finish on relevé with feet together, arms above head, palms facing out. Lower heels and prepare for element.</p>  	<p>Finish position</p>  <p>Bend both legs, with toes of front leg tucked under, with horizontal sweep of arm across body with a curl to finish down at side.</p>  <p>Step onto straight front leg, free leg bent up to back, knees together, arms extending forward.</p> <p>1 strong fast step forward on relevé with curl of arms to finish on relevé with feet together, arms above head, palms facing out. Lower heels and prepare for element.</p>  	<p>Finish position</p>  <p>Bend both legs, with toes of front leg tucked under, with horizontal sweep of arm across body with a curl to finish down at side.</p>  <p>Step onto straight front leg, free leg bent up to back, knees together, arms extending forward.</p> <p>2 strong fast steps forward on relevé with curl of arms to finish on relevé with feet together, arms above head, palms facing out. Lower heels and prepare for element.</p>  	<p>Finish position</p>  <p>Bend both legs, with toes of front leg tucked under, with horizontal sweep of arm across body with a curl to finish down at side.</p>  <p>Step onto straight front leg, free leg bent up to back, knees together, arms extending forward.</p> <p>1 strong fast step forward on relevé with curl of arms to finish on relevé with feet together, arms above head, palms facing out. Lower heels and prepare for element.</p>  

Start | *Standing on 1 leg, front leg pointed, arms vertical palms turned out.*

Element

Backward walkover (min. 180° split)

Finish | *Lunge or step in, arms in front just below horizontal.*

Start position



Finish position



Start | *Standing on 1 leg, front leg pointed, arms vertical palms turned out.*

Element

Forward walkover (min. 180° split)

Finish | *Standing on 1 leg, front leg points, arms vertical.*

Start position



Finish position



Start | *Standing on 1 leg, front leg pointed, arms vertical palms turned out.*

Element

Tic toc (min. 180° split)

Finish | *Lunge or step in, arms in front just below horizontal.*

Start position



Finish position



Start | *Standing on 1 leg, front leg pointed, arms vertical palms turned out.*

Element

Cartwheel ¼ turn

Finish | *Lunge or step in, arms forward horizontal.*

Start position



Finish position



Start | *Stand on 2 legs, arms vertical, palms turned out.*

Element

Flic flac

Finish | *Lunge, arms in front just below horizontal.*

Start position



Finish position



Small curl of wrists and arms forward, down, and up to high oblique behind body. Without steps, transfer weight to preparation position. Prepare for element.

Small curl of wrists and arms forward, down, and up to high oblique behind body. Without steps, transfer weight to preparation position. Prepare for element.

Small curl of wrists and arms forward, down, and up to high oblique behind body. Without steps, transfer weight to preparation position. Prepare for element.

Relevé onto 2 feet, ¼ turn, arms optional. Small curl of wrists and arms forward, down, and up to high oblique behind body. Transfer weight to preparation position. Prepare for element.

Start | *Optional.*

Element

Full turn on 1 foot

Turn must complete 360° rotation on relevé.

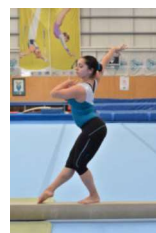
Arms position optional during rotation.

Finish | *Optional.*

Start position



From finish position of pivot, 1 step onto bent support leg, taking free leg to passé position, 1 arm bending into chest, the other extended to high oblique.
Step to pose on bent support leg, free leg pointed forward on beam, arms move to opposite position.



1 or 2 steps on relevé with $\frac{1}{4}$ turn to face out of beam, free leg pointed to side.
Strong movement of 1 arm to side horizontal, focus along arm and beam towards dismount end.
Bring 'inside' foot into other, bent legs, on toes of free leg, with horizontal sweep of arm across body with a curl to finish at side.



Step to side towards dismount end, onto straight wide legs in relevé. Arms high oblique.
Bring feet together on bent legs, straight arms by side.
Relevé on straight legs, $\frac{1}{4}$ turn to face along beam, gymnasts back to dismount end.
Arms by side.



Prepare for element.

Start | Standing on 1 leg, front leg pointed, arms vertical palms turned out.

Element

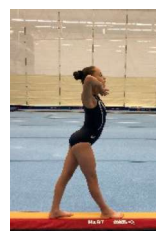
***Handstand (hold 2 sec.)
straight jump series***

Finish | Arms forward horizontal.



From landing position, 3 strong poses.

1. Lift to passé on relevé, arms above head.
2. Free leg steps back to wide 4th position, back of hands near chin.
3. Swing arms to pose with 1 arm behind body at horizontal, 1 arm forward horizontal, torso reaching forwards.



Prepare for element.

Start | *Arms forward horizontal.*

Element

Tuck jump, split jump (min. 180° split) series

OR

Wolf jump, split jump (min. 180° split) series

Jumps may be reversed.

Arms swing down between each jump.

Finish | *Arms forward horizontal.*

From landing position, swing 1 leg forward, then bend and cross over support leg, swing out to front and prepare for element. Hands flick to palm up on cross of legs.



Start | *2-3 steps.*

Element

Split leap (min. 180° split)

Finish | *Pass through arabesque/fondue (not required to be held), step through to a finish of standing on 1 leg, back leg pointed, arms pressed back at side.*



Dismount options

Forward entry

Cartwheel or roundoff or flic flac on end of beam straight jump off

OR

Cartwheel or roundoff or flic flac immediate back tuck salto dismount

OR

Front tuck salto dismount



From landing position of leap, step and tap free foot on beam into ½ turn to face dismount end. Turn with knees together and free leg tucked behind, arms by side.

Backward entry

Cartwheel or roundoff or flic flac on end of beam straight jump off

OR

Cartwheel or roundoff or flic flac immediate back tuck salto dismount





1 - 3 fast strong steps **forward** on relevé, arms circling in opposite directions to stop on relevé, arms by side. Lower onto heel of 1 foot, free leg bent and pointed in front. Arms alternately lift forward and up, perform small circle of wrist to pose with 1 extended forward, the other high oblique above head.



Relevé to feet together, arms above head and turned out. Prepare for dismount.



From landing position of leap, 3 fast strong steps **backward** on relevé, arms circling in opposite directions to stop on relevé, arms by side. Lower onto heel of 1 foot, free leg bent and pointed in front. Arms alternately lift forward and up, perform small circle of wrist to pose with 1 extended forward, the other high oblique above head.

Relevé to feet together, arms above head and turned out. Prepare for dismount.



Dismount.

Cartwheel or roundoff or flic flac on end of beam straight jump off

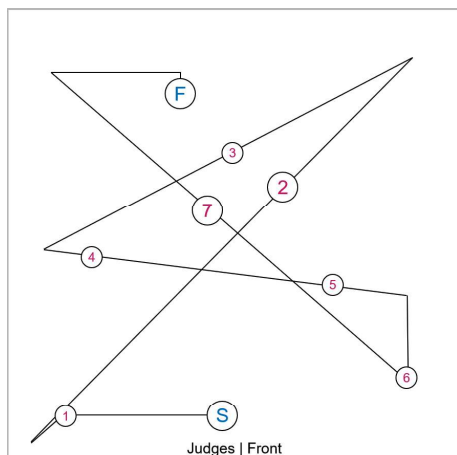
OR

Cartwheel or roundoff or flic flac immediate back tuck salto dismount

OR

Front tuck salto dismount

National Choreography Notes Level 6 | "Rock Prelude" – David Garrett (1:09)



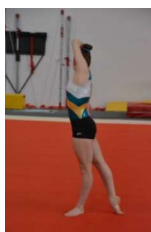
- 1 ⇒ Backward walkover OR Forward walkover OR Tic Toc OR Aerial cartwheel OR Aerial walkover
- 2 ⇒ T1 | Round-off, flic flac, flic flac, rebound | Round-off, flic flac, tucked back salto
- 3 ⇒ Passage of dance
- 4 ⇒ Full turn on 1 foot
- 5 ⇒ Backward roll to handstand
- 6 ⇒ 3 x jump series
- 7 ⇒ T2 | Front tuck salto OR Front stretched salto OR Handspring front tuck or stretched salto OR Front salto, step out round-off rebound

Notes regarding overall performance level.

- All choreography for this routine contains a mix of hard, strong shapes / poses and strong tension filled arm movements as a contrast.
- All arm and body movements to be performed with amplitude and must be complete.
- Softer movements (arm, and body contractions) to utilise phrasing of music.
- Must start and finish elements as per outline stated in ALP manual.
- No unnecessary/unchoreographed steps to be performed.
- Dance into tumblers & elements (if stated) must be fluid and without long pause (more than 2 seconds).
- All choreography and dance must finish in the starting position of the required element.
- Begin the routine in a position that is relative to the distance travelled to get to corner in preparation for 1st tumble.
- Forward tumblers are designed to be short in length to encourage fewer steps.

Start pose | Weight on turned out L foot, R leg pointed behind. L arm bent over head, hand soft, R arm extended down to floor along the side of body. Focus into middle of the floor.

Extend L arm vertically and sweep over head and down to L side of body (towards judges), changing focus to the front of the floor. R arm remains at side of body.



Both wrists sweep around to front horizontally, curl into body, up and out to horizontal, then vertically move down to side. R foot moves forward to have toes tucked under, both legs bent.

2-3 quick small steps forward to end facing front of floor ($\frac{1}{4}$ turn). Feet wide on full relevé, both arms strongly placed above head, palms turned out.

Both arms move straight and strongly down to the side of the body, focus to L.




3 strong 'bounces' in time to music, emphasis on the down beat, arms and focus remain as above.

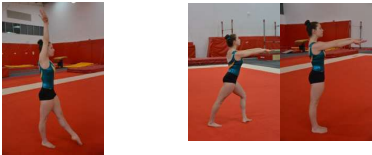


Pivot forward around R foot to face back of floor in wide foot position, flat feet.

Strong movement of L arm to side horizontal. Focus to side of floor. R arm remains at side of body.



Acrobatic elements options

<p><i>Backward walkover (min. 180° split)</i> OR <i>Tic toc (min. 180° split)</i></p>	<p><i>Forward walkover (min. 180° split)</i> OR <i>1 step entry into aerial walkover</i></p>	<p><i>1 step entry into aerial cartwheel</i></p>
<p>Bring R foot into L (slight turn of body to face into the diagonal), toes tucked under, legs bent, with horizontal sweep of L arm across body with a curl to finish down at side.</p>	<p>Bring R foot into L (slight turn of body to face into the diagonal), toes tucked under, legs bent, with horizontal sweep of L arm across body with a curl to finish down at side.</p>	<p>Bring R foot into L ($\frac{1}{2}$ turn of body to face out of the diagonal), toes tucked under, legs bent, with horizontal sweep of L arm across body with a curl to finish down at side.</p>
 	 	 
<p>Relevé with both feet together.</p>	<p>Relevé with both feet together.</p>	<p>Relevé with both feet together.</p>
<p>Prepare for element. Lower to stand on support foot.</p>	<p>Prepare for element. Lower to stand on support foot.</p>	<p>Prepare for element. Lower to stand on support foot.</p>
<p>Start <i>Start standing on 1 leg, free leg pointed in front, arms vertical, palms turned out.</i></p>	<p>Start <i>Start standing on 1 leg, free leg pointed in front, arms vertical, palms turned out.</i></p>	<p>Start <i>Start standing on 1 leg, free leg pointed in front, arms vertical, palms turned out.</i></p>
<p>Element <i>Backward walkover (min. 180° split)</i></p>	<p>Element <i>Forward walkover (min. 180° split)</i></p>	<p>Element <i>1 step entry into aerial cartwheel</i></p>

<p>OR</p> <p><i>Tic toc (min. 180° split)</i></p> <p>Finish <i>Optional finish position.</i></p>	<p>OR</p> <p><i>1 step entry into aerial walkover</i></p> <p>Finish <i>Optional finish position.</i></p>	<p>Finish <i>Optional finish position.</i></p>
		

Step back foot to front foot (if from lunge) to bring legs together, bend both legs (R foot tucked under), move both arms horizontally forward, bend into body and uncurl down to side in strong pose.

Swing R leg forward and around to back of body smoothly, step onto R and repeat with L leg, showing 2 strong circular steps backward into corner, arms remain down at side.
Pass through these prescribed shapes (see photos).

¼ turn on last step into corner to pose with weight on L leg, R leg bent on toes into support foot. R arm by ear, L arm down to side.

Begin tumble from this position.



Start | 3-4 running steps, hurdle round-off.

Element

Run, round-off, flic flac, flic flac, rebound

OR

Run, round-off, flic flac, tucked back salto.

Must show straight body in the air, with the body acting as 1 unit.

Rebound must show vertical lift and may have some displacement backward.

Finish | *Land legs together, arms in forward horizontal.*



Landing from rebound/back salto must be controlled.

No presentation after tumble.

Dance begins from landing position.

4 strong poses with shoulder twists:

1. Small step forward along diagonal to place feet in wide 2nd position in full relevé, arms strongly to 'V' above head, palms facing out.
2. Strong hands at chin height, elbows lifted, with shoulder twist to L. Feet flat.
3. Arms straight down to side with shoulder twist to R.
4. 1 strong horizontal push of R arm to R side, with transfer of weight onto R foot.

Turn to face R side of floor and take 2 strong backward steps (parallel to back line) with strong push of both arms horizontal in front of body (no contraction of upper body, no soft arm movements).

½ turn during 3rd step and immediate preparation for leap series.

Leap line heads to the halfway point of the L side of the floor.

Element

Passage of dance

Passage of dance, 1 with min. 180° cross/side split or straddle position, 1 with min. 180° split.

Finish | *Optional*

From relevé, ¼ turn to face into floor.

Movement into pivot | soft and flowing, showing upper body movement and contractions. Use the phrasing of the music.



Softly lift both arms to side to high oblique. 1 step forward onto turned out, straight front support leg, (front leg of lunge), free leg pointing behind body.

Arms softly push forward head to curl and then uncurl down to front and circle back to high oblique. Weight remains on front foot.

Arms lower to preparation position for turn, front support leg bends into lunge, back heel lowers to floor.

Start | Arms in high 3rd position, legs in 4th lunge position. Forward arm moves to 2nd position at start of turn, then lift to 5th during turn.

Element

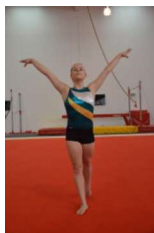
Full turn on 1 foot

Finish | Step through plie to stand on 1 leg, back leg pointed, arms pressed back at side.

Dance from finish position of the turn. Place back foot from lunge forward and turn shoulders, lift front hip and 'lean' back whilst arms 'push' down to the front, weight on back leg. Both legs are bent.

3-4 steps in small arc (moving towards side of floor), arms opening and moving on horizontal plane to finish on high relevé on 2 feet facing into floor. finishing with arms lifting to vertical, palms out.

Small reverse bodywave (with arch, head release and full contraction), showing full range of movement, beginning on full relevé and finishing on flat feet in preparation for element.



Start | *Standing with straight legs together, arms vertical.*

Roll to ground with straight legs.

Element

Backward roll to handstand

Finish | *Step down from handstand into a lunge, arm position optional.*

Dance begins from lunge position with rock back onto back foot (now support foot) free / front foot pointed onto floor (bent or straight support leg), arms high above head, palms facing out for 3 strong arm movements:

1. Bend R arm into face, palm facing outwards, elbow high.
2. Bend L arm into face, palm facing outwards, elbow high.
3. Shoot both arms out to horizontal side with change of focus to front of floor.

Strong high side L chasse towards front of floor with strong arm movement out to horizontal, wrists flexed. Finish with weight on L leg, R leg crossed over in front of L leg, arms down by side, facing into floor. Step forward or relevé to feet together and prepare for element.

Start | *Feet together, arm position optional.*

Element | 3 x jump series

Jump ½ turn, split jump (min. 180° split), jump ½ turn

OR

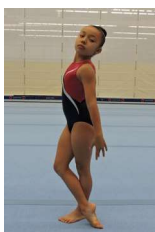
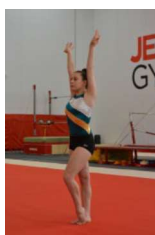
Jump ½ turn, straddle pike jump, jump ½ turn

OR

Jump ½ turn, straddle jump (min. 180° split), jump ½ turn

All jumps must turn in the same direction.

Arms should be vertical in the jump ½ turns.



Arms optional in the jumps with shape.

Finish / Feet together, arm position optional.

Immediate strong step back onto L leg, with twist of hips and shoulders (hips and shoulders to face into floor), arms strongly down to side, focus towards back L corner. Bring feet together on flat feet. Arms bend up into shoulders with hands as fists.

On relevé, immediate straightening of arms down to low oblique side, hands opening into strong position.

Start / 3-4 running steps into element.

Element

Front tuck salto

OR

Front stretched salto

OR

Handspring front tuck or stretched salto

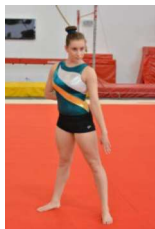
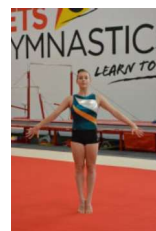
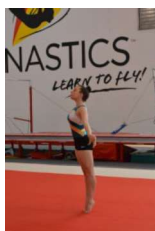
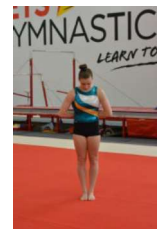
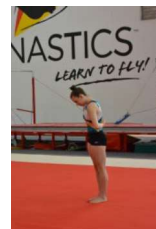
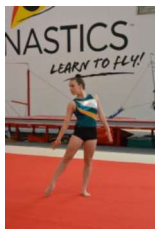
OR

Front salto, step out round-off rebound

Finish / Legs together, arms forward horizontal.

No presentation after tumble.

Dance begins from landing position with strong step with R foot, towards back of floor (now facing side of floor), with strong movement of R arm (starting from bent behind back) to horizontal side. Step together to prepare for backward roll to headstand with arms vertical.



Backward roll to headstand, with small pause in headstand position. Feet positioned in an even narrow straddle.

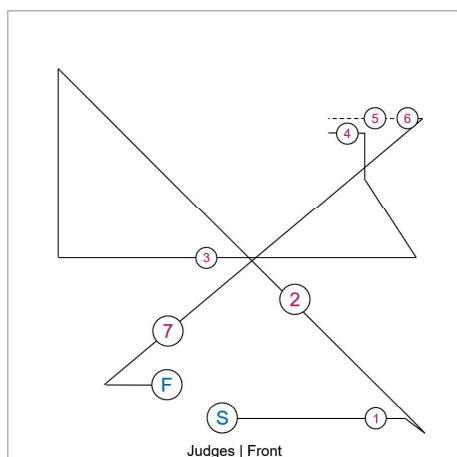
Land softly (over tops of feet), with knees together.

Finish pose | Turn on knees to face front, end sitting in stag position, R knee bent in front. Large arm circle of L arm to strongly push out towards front, focus forward.



National Choreography Notes

Level 6 | “Don't Cry for me Argentina” – Andrew Lloyd Webber & Madonna (1:08)



- 1 ⇒ Backward walkover OR Forward walkover OR Tic Toc OR Aerial cartwheel OR Aerial walkover
- 2 ⇒ **T1** | Round-off, flic flac, flic flac, rebound | Round-off, flic flac, tucked back salto
- 3 ⇒ Passage of dance
- 4 ⇒ Full turn on 1 foot
- 5 ⇒ Backward roll to handstand
- 6 ⇒ 3 x jump series
- 7 ⇒ **T2** | Front tuck salto OR Front stretched salto OR Handspring front tuck or stretched salto OR Front salto, step out round-off rebound

Notes regarding overall performance level.

- This routine is broadly based Latin/Spanish choreography. Strong staccato poses and movements with specific hand positions.
- All arm and body movements to be performed with amplitude and must be complete.
- Must start and finish elements as per outline stated in ALP manual.
- No unnecessary/unchoreographed steps to be performed.
- Dance into tumblers & elements (if stated) must be connected and without long pause (more than 2 seconds).
- All choreography and dance must finish in the starting position of the required element.
- Begin the routine in a position that is relative to the distance travelled to get to corner in preparation for 1st tumble.
- Forward tumblers are designed to be short in length to encourage fewer steps.

Start pose | Facing the back of the floor, weight evenly distributed between wide feet. Arms high oblique to the side, with hands held open with fingers curled.



Transfer weight onto L leg, R leg bends and foot crosses above L knee, turned out. Hands to hips.

Straighten R leg and place toes on ground to side, R leg bent. L hand remains on hip, R arm extends to side, palm up. Focus to R.

¼ turn of body to R, transferring weight onto R leg, L leg circles to high cross on R leg. Both hands on hips. Focus forward.

Circle L leg back to place on floor behind body, bend R leg and lift onto toe. Arms lift to side, palms up. Focus forward.



Acrobatic elements options

Backward walkover (min. 180° split)

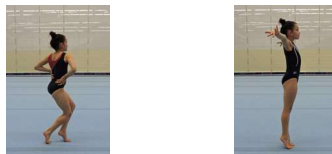
3 quick steps on bent legs, high heels, forward. Hands on hips, shoulders turned to L. On last step perform a ½ turn to finish feet together on relevé, hands in 2nd position, palms up.



Lower to heels, arms by head. Prepare for element.

Forward walkover (min. 180° split)
OR
1 step entry into aerial walkover
OR
Tic toc (min. 180° split)

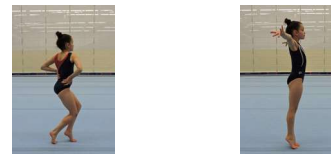
3 quick steps on bent legs, high heels, forward. Hands on hips, shoulders turned to L. Finish feet together on relevé, hands in 2nd position, palms up.



Lower to heels, arms by head. Prepare for element.

1 step entry into aerial cartwheel

3 quick steps on bent legs, high heels, forward. Hands on hips, shoulders turned to L. Finish feet together on relevé, hands in 2nd position, palms up.



Lower to heels, arms by head. Prepare for element.

Start | Start standing on 1 leg, free leg pointed in front, arms vertical, palms turned out.

Element

Backward walkover (min. 180° split)

Finish | Optional finish position.

Start | Start standing on 1 leg, free leg pointed in front, arms vertical, palms turned out.

Element

Forward walkover (min. 180° split)

OR

1 step entry into aerial walkover

OR

Tic toc (min. 180° split)

Finish | Optional finish position.

Start | Start standing on 1 leg, free leg pointed in front, arms vertical, palms turned out.

Element

1 step entry into aerial cartwheel

Finish | Optional finish position.

Finish positions



Step in to finish with arms in 2nd, palms up.

Lift L leg to high passé position, take the back of both wrists together at horizontal in front of body.

Place L leg forward, bent and lifting onto toe. Both hands swing back to low oblique behind body. Focus to front of floor.

2 strong heel lowers of R heel.



Step backwards to L to slide onto L leg into corner. Arms swing through side horizontal to vertical.



Step in to finish with arms in 2nd, palms up.

Lift L leg to high passé position, take the back of both wrists together at horizontal in front of body.

Place L leg back behind body, R leg bends and lifts onto toe. Both hands swing back to low oblique behind body. Focus to front of floor.

2 strong heel lowers of R heel.



¼ turn of body to R to slide onto L leg into corner. Arms swing through side horizontal to vertical.



Finish in lunge, arms horizontal forward.

Lift L leg to high passé position, take the back of both wrists together at horizontal in front of body.

Place L leg back behind body, R leg bends and lifts onto toe. Both hands swing back to low oblique behind body. Focus to front of floor.

2 strong heel lowers of R heel.



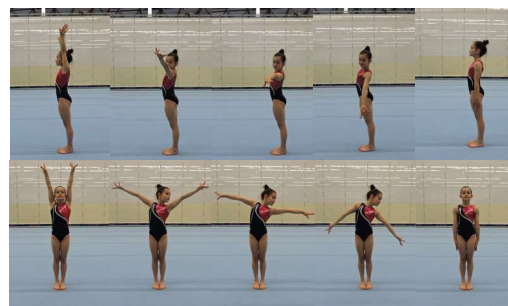
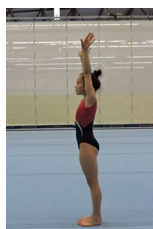
Step backwards to L to slide onto L leg into corner. Arms swing through side horizontal to vertical.



Bring feet together and stand in corner facing along diagonal, arms above head, palms out. Using 4 notes of the music, perform 4 poses. All poses have a bounce of the heels, emphasis is on the 'down' accent.

1. Arms in high oblique, palms to ceiling.
2. Arms at horizontal, palms down.
3. Arms at low oblique, palms open.
4. Arms by side, focus forward.

Prepare for tumble.



Start | 3-4 running steps, hurdle round-off.

Element

Run, round-off, flic flac, flic flac, rebound

OR

Run, round-off, flic flac, tucked back salto.

Must show straight body in the air, with the body acting as 1 unit.

Rebound must show vertical lift and may have some displacement backward.

Finish | Land legs together, arms in forward horizontal.

Landing from rebound/back salto must be controlled.

No presentation after tumble.

Dance begins from landing position.

2 strong poses:

1. Lift R knee to high passé, L wrist pulls into face, R arm straight and behind body in high oblique. Shoulders are turned to the R.
2. Close feet together with bent legs. R heel lifts, arms out to horizontal side, palms up.

5 long steps with travelling and turning, all steps performed on relevé.

1. Step R forward, L hand on hip, R arm straight, palm up and moving/leading into the turn.
2. Step L with $\frac{1}{4}$ turn to face side of floor), R arm leading to back of floor.
3. Facing back of floor, step back onto R foot, then L. R hand now stylised, wrist bent.
4. $\frac{1}{2}$ turn with step onto R foot to bring feet together on relevé (now facing front). R wrist bent into shoulder, L arm extended to side.



3 fast poses with music. 1st & 3rd poses the same, starting pose and 2nd pose the same. Accent on poses 1 & 3.

1. 1st & 3rd poses ⇒ Drop to heel of L leg, R heel lifted, and knee bent to L side of body. L wrist bent into shoulder, R arm extended to side.
2. 2nd pose ⇒ Relevé onto 2 feet, R wrist bent into shoulder, L arm extended to side. Body square to front of floor.

Step to R side onto R bent leg, L leg extended, shoulders twisted to side. Back of wrists together with arms bent to make a 'diamond' shape. Shoulders tilted to front of floor. Focus to front of floor.

Take R leg behind body (the line of both feet is parallel to the front of the floor), both legs bent, R heel lifted. R hand on hip, L arms straight to side, wrist bent. Focus to front of floor.

Keeping feet in place, twist body to face back of floor. Weight evenly distributed between wide feet. Arms high oblique to the side, with hands held open with fingers curled.

With $\frac{1}{4}$ turn of body to R, take R leg back (the line of both feet is parallel to the front of the floor), weight is on front L bent leg. L hand on hip, R arm straight in front at low oblique, wrist bent. Focus forward.

1 or 2 steps forward to turning catleap, knees parallel, arms by side. Continue into element.

Element

Passage of dance

Passage of dance, 1 with min. 180° cross/side split or straddle position, 1 with min. 180° split.

Finish | *Optional*



Finish position #1



Finish position #2



Slight turn to the R. Perform 4 small bouncy steps diagonally backwards, beginning with L step. Free leg lifts to passé on each step. Steps 1-3 ⇒ Arms above head at high oblique, with wrists bending side to side on each step.

Step 4 ⇒ Hands move to hips.

2 slow long steps backwards (now travelling parallel to side of floor), onto L then R. Hands remain on hips. ¼ turn to face into floor as feet come together.

Prepare for element.

Start | Arms in high 3rd position, legs in 4th lunge position. Forward arm moves to 2nd position at start of turn, then lift to 5th during turn.

Element

Full turn on 1 foot

Finish | Step through plie to stand on 1 leg, back leg pointed, arms pressed back at side.

Dance from finish position of the turn. Transfer or step back onto straight R leg, L leg bent in front of body, heel lifted. L hand on hip, R arm performs 2 large backward circles to finish forward high oblique. Torso leans backward in pose.

Step to feet together on relevé, as both arms cross horizontally with hands on opposite upper arms, elbows lifted, immediately 'throw' both arms to high oblique on relevé.

Prepare for element.

Start | Standing with straight legs together, arms vertical.

Roll to ground with straight legs.

Element

Backward roll to handstand

Finish | Step down from handstand into a lunge, arm position optional.



Start position



Finish position



Start position



Finish position



Dance begins from lunge position with slide back onto L leg with $\frac{1}{4}$ turn to face front of floor. L arm swings to be beside head, R arm by side. Focus down to R.

R leg lifts to passé, L leg bends, L arm lifts to forward horizontal with flourish of hand, palm up.

Close feet together with $\frac{1}{4}$ turn to face into floor, arms vertical, hands turned out.

Prepare for element.

Start | Feet together, arm position optional.

Element | 3 x jump series

Jump $\frac{1}{2}$ turn, split jump (min. 180° split), jump $\frac{1}{2}$ turn

OR

Jump $\frac{1}{2}$ turn, straddle pike jump, jump $\frac{1}{2}$ turn

OR

Jump $\frac{1}{2}$ turn, straddle jump (min. 180° split), jump $\frac{1}{2}$ turn

All jumps must turn in the same direction.

Arms should be vertical in the jump $\frac{1}{2}$ turns.

Arms optional in the jumps with shape.

Finish | Feet together, arm position optional.

From landing position, step sideways onto straight L leg. Tightly bent R leg sweeps across to the L, back to the R to place to the R onto bent leg, heel raised. Arm down by side in the 'sweep'. In the pose, L arm vertical by ear, R extended to side.



Start position



Jump



Finish position



Relevé onto straight legs, arms vertical.
Transfer onto straight R leg, L leg bent to side, heel lifted. R arm vertical by ear, L extended to side.
Transfer back to straight L leg, R leg bent, knees together. R arm straight forward with bent wrist, L hand on hip. Tumble begins from this position, not from feet together.

Prepare for element.

Start / 3-4 running steps into element.

Element

Front tuck salto

OR

Front stretched salto

OR

Handspring front tuck or stretched salto

OR

Front salto, step out round-off rebound

Finish / Legs together, arms forward horizontal.

No presentation after tumble.

Dance begins from landing position.

From forward tumble

Keeping feet together, bend L leg, L arm by side, R arm vertical. Focus down to L side.

From backward tumble

Keeping feet together, bend R leg, R arm by side, L arm vertical. Focus down to R side.

¼ turn to face R side of floor, lift one leg, bent with knees together. Arms high oblique to the side.



Finish position



From the single leg pose, cartwheel with change of leg to split in handstand (see video).

Land over the back of front foot to end in stag position on floor.

R leg stag position \Rightarrow turn to L for end position.

L leg stag position \Rightarrow turn to R for end position.

Finish pose | Turn to supine position, legs straight, weight on both elbows.

Using 3 notes of music:

1. Lift R leg to vertical.
2. Cross R leg over straight L leg.
3. Lift L leg to 45° , with head back on last note.

