

## EXPO BEAM ROUTINES

Beginner	Class 1/2	Class ¾, Novice and Intermediate Advance
A. Start standing on beam	A. Front support, lift leg over to straddle sit	A. Front support to cross sit, pose, knee swing up to stand
B. Knee Scale	B. Reach Hands Behind, lift legs to V-sit 3 sec	B. Pose, Straight Jump, Straight • <u>Alternate option, any 2 jumps in a series (Straight Jump, Tuck Jump)</u>
C. Stand in Y, Passé to Kick	C. Step out of V-sit to standing position, arms in Y	C. Bow, Passé, ride to Relevé, step pivot turn • <u>Alternate, Passé snap ½ turn or ½ turn in Passé to finish</u>
D. Arms in Crown, Walk 5 steps forward in Relevé	D. Lower arms to T, Arabesque for 3 seconds • <u>Finish with toe point behind</u>	D. Step kick to lever, lunge • <u>Alternate options Mini Handstand, Full Handstand or Cartwheel</u>
E. Walk 3 steps backward in Relevé	E. Step, Kick Forward, Kick back-ward arms in T, Plie arms down, relevé lift to crown	E. Turn to side, arm change, turn to front
F. Passé	F. Reach hands down to camel, lift one leg for 3 sec • <u>Alternate option Kick, lever to T, finish in lunge</u>	F. Step to leap, step kick pivot
G. Arabesque	G. Relevé 3 steps backward, Straight Jump hands on hips	G. Pose
H. Straight Jump and Finish in Y	H. Step forward to Passé 3 sec, Pivot Turn	I. Straight jump or ¾ side HS dismount • <u>Legs should join together at peak of HS</u>
	I. Turn to side, Straight jump or Straddle jump dismount, Finish in Y	

## EXPO BAR ROUTINES

Beginner	Class 1/2	Class ¾, Novice and Intermediate Advance
A. Tuck Hold for 3s	A. Straight arm jump to bar	A. 3s. Undergrip chin hold • Chin lifted above bar
B. Front Support rocks side to side	B. Forward roll down • Forward roll should be controlled down to pike position	B. 3s. Pike hold • Legs at or above horizontal
C. Forward Roll Spotted	C. Chin hold for 3 seconds • <u>Alternate option, forward roll straight to chin hold</u>	C. Kick over pull over • Finish in straight body front support
D. Sole Circle Hang for 3s	D. Pike Hold and Straddle hold for 3 seconds each, return to stand • <u>Alternate option, Stalder Hold</u>	D. Cast
E. Spotted Pullover • Finish in front support	E. Kick to pullover (spot if necessary)  • Finish in Support position	E. Back hip circle • <u>Alternate options after performing Back hip circle. Forward leg cut, Forward leg cut and Mill Circle, Forward leg cut knee swing. Everything ending with a back leg cut to get to front support position</u>
F. Cast away dismount	F. Cast 3 times to Dismount  • <u>Alternate cast to Back hip circle and then cast back to dismount</u>	• Finish in front support
		F. Cast away dismount • <u>Alternate Cast Sole Circle undershoot dismount</u>

## EXPO FLOOR ROUTINES

Class 1/2 MOANA	Class 3/4, Novice, & Advanced HANDCLAP
Step Together, Step Together, chasse	Right Arm, Left Arm and Clap up
Run , Run Sissone, straight jump, Jump ½ turn	Straight Jump, Straight Jump - Any 2 Jumps
I, Y Handstand then I, Y Forward Roll	Jump Open, Jump Cross, Jump full turn
Step Kick, Step Kick, Step Arabesque and hold -Arms in a T	You have 3, 4 counts to tumble Run Hurdle round off with Backward Roll or Back handspring
Step to Skip, Pivot Turn Turn	Bend Knees, Clap and Grasp hands. Hands go up to the sky.
Tumbling Pass -Cartwheel Cartwheel -Cartwheel, Round off	Arms to left, Arms to right, Arms left, Step Pivot
Candlestick Hold	Step Skip, Step Skip, Run, Run Leap
Pike Stretch, Bridge, Fall to Back	Feet Together, Backward Roll to Push Up, Bring to knees, step split
Roll to belly -Straight Body	Fall to open, Fan Kick. Come back to knees, Arms circle up to body roll
Seal Stretch and Hold	Lunge to Stand Pivot Turn
Arm's roll Up to sky and Hold	Tumbling Pass - Cartwheel, Cartwheel - Front Handspring..etc - RO Backhandspring
	Handstand land back in lunge, Finish and Pose