

2014 SSF Snowflake Festival Girls Routines

	Girls Level 1	Girls level 2	Girls Level 3
Vault	Salute. Run, punch, controlled straight jump, stick, stretch. Salute.	Salute. Run, punch, dive roll on to one 8-incher + incline, stick, finish. Salute.	Salute. Run, punch, handstand flatback onto three 8-inchers, stick, finish. Salute.
Bars	<ul style="list-style-type: none"> • Jump to front support OR pullover to front support • 3 tight –body casts • Fwd roll to chin– hang, stand, stretch. Salute 	<ul style="list-style-type: none"> • Salute. Pullover to front support. • Cast back hipcircle • Cast to push away dismount OR sole-circle dismount, stick. Stretch, Salute. 	<ul style="list-style-type: none"> • Salute. Pike glide swing to stand, • Pullover to front support • Cast back hipcircle • Single leg cut, Knee swing uprise • Mixed grip 1/2 turn to front support (bring straight back leg over the bar) • Cast sole-circle dismount, finish. Salute.
Beam	<ul style="list-style-type: none"> • Stretch, Jump to front support, leg cut to straight-leg straddle. • Hands behind bottom, show for 1 sec. each : tuck, v-sit, straddle v-sit. • Straight legs swing down to straddle, arms up (1 sec.). Hands move in front t of body , toes reach behind to beam , push up to squat , stand and stretch. • Hands on hips: Coupe, point, step, coupe, point, step. • (Hands on hips): Rise to relevé, 2 relevé steps • (Hands still on hips): Feet to fifth, small jump, stretch. • Relevé 1/4 turn • Straight jump dismount, stick, stretch. Salute. 	<ul style="list-style-type: none"> • Stretch, Jump to front support, leg cut to straight-legged straddle. • Hands behind bottom, show for 1 sec. each : tuck, v-sit, straddle v-sit. • Straight legs swing down through straddle, hands move in front of body • Whip up to squat, stand and stretch. • Arms out: Standing on “ good” leg : arabesque (hold 1 sec.) • Hands on hips: Back leg swings fwd to step coupe, passé point, step, coupe, passé, point, step. • (Hands on hips): 2 chasses • Step, relevé balance with feet in fifth (hold 2 sec.) Arms move through beach ball to finish in high “ crown” for the hold. • Tuck jump (with arms up to crown and comeback to side). • Relevé 1/4 turn, • Tuck jump dismount, stick, stretch, Salute. 	<ul style="list-style-type: none"> • Salute. Stretch, from springboard, squat-on mount, 1/4 turn, stand. • Arms out: step, straight leg lift , step, straight leg lift • Swing back leg fwd. to relevé pivot turn OR Step, kick, back ward swing turn. • Step, step leap, • Step, lunge, cross hand stand. • Coupe 1/2 turn, lunge finish. • Back foot step fwd. to meet front foot, stretch. • Tuck jump , split jump • 1/4 turn, • Tuck jump dismount, stick , stretch. Salute
Floor	<ul style="list-style-type: none"> • Salute. • 3/4 handstand, lunge, finish • Cartwheel, lunge, finish • Backward roll tucked (down incline), stand, finish • 1/2 jump turn • Candlestick (hold 1 sec.), forward roll, stand , finish • Step left, right, left (feet turned out, releve to flat) • Hold passe, (flat, releve, flat) • Forward chasse, step, leg swing • Tuck jump, releve balance • Step forward. pose, finish • Salute 	<ul style="list-style-type: none"> • Salute. • Handstand, lunge, finish • Power-hurdle cartwheel, lunge, finish • Backward roll tucked, stand, finish • Candlestick (hold 1 sec.), forward roll, stand , finish • Step left, right, left (feet turned out, releve to flat) • Hold passe, (flat, releve, flat) • Forward chasse, step, leg swing • Split jump, releve balance • Step forward. pose, finish • Salute 	<ul style="list-style-type: none"> • Salute. • Handstand, lunge, finish • Power-hurdle round-off, freeze, finish • Backward roll tucked, stand, finish • Candlestick (hold 1 sec.) • Bridge, kick-over, finish • Step lock, pivot, pivot (Arms in crown) • Chasse, split leap • 1/2 Turn , finish • Split jump, releve balance • Step forward. pose, finish • salute