

B	I	N	G	O
step hurdle	3 T shapes	6 plie releve	handstand feet on wall 6 sec	beam mini jump with correct feet
5 forward roll	run step 1 foot 2 feet on board	casts in a row	4 cartwheel (over the top)	good bridge 3 sec
releve walks 20 steps	walk lock pivot	FREE	4 needle shapes	8 kicks each leg
arabesque 5 sec both legs	pullover off two feet w/mat	back hip circle coach can help	7 seesaw tight	bridge kick over w/help
7 pivots stright legs	5 backward roll	chasse right leg & left leg & front	walk stand passe on low beam	5 handstand toe touch

B	I	N	G	O
walk lock pivot	4 cartwheel (over the top)	handstand feet on wall 6 sec	5 forward roll	casts in a row
6 plie releve	walk stand passe on low beam	beam mini jump with correct feet	5 backward roll	good bridge 3 sec
arabesque 5 sec both legs	4 needle shapes	FREE	8 kicks each leg	3 T shapes
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walk lock pivot	good bridge 3 sec	handstand feet on wall 6 sec	walk stand passe on low beam	6 plie releve
8 kicks each leg	3 T shapes	casts in a row	5 forward roll	7 pivots stright legs