

# Tumbling Showcase Routines

## **Beginner**

Kick handstand to lunge\*, Forward roll, Cartwheel\*, Backward roll to pushup, Log roll to back, Bridge (3 sec. hold), Lay flat, Candlestick roll to stand, Straight jump + Tuck jump to stick

## **Intermediate**

Kick handstand + Forward roll, One-handed cartwheel\*, Roundoff + Tuck jump, Front limber, jump ½ turn, Backward roll to stand (preferably straight arms), Backbend + Kickover\*, Dive roll

## **Advanced**

Front handspring rebound, Front walkover, Step to corner and face the side, one-handed cartwheel (preferably ariel), Back extension roll, Back walkover, Roundoff back handspring rebound

\* = Finish, Step together