Liz Level Map

Worcester ma

Pole Level Mapper

NEWBIE
0 moves

LOW BEGINNER
17 moves

-  Attitude Spin
-  Back Hook
-  Body Rolls
-  Carousel Spin
-  Chair Spin
-  Cradle Spin
-  Dip Turn
-  Fireman Spin
-  Front Hook
-  Hollywood Spin
-  Juliet Spin
-  Knee Spin
-  Pirouette
-  Pole Walk
-  Rockstar Spin
-  Secretary Seat
-  Skater Spin

HIGH BEGINNER
23 moves

-  Baby Snake
-  Boomerang Spin
-  Climb
-  Cross Knee Layback
-  Dragonfly
-  Fan Kick
-  Figurehead
- Forearm Stand
-  Hip Hold
-  Inside Leg Hang
-  Inverted Crucifix
-  Lady Seat
-  Martini
-  Outside Leg Hang
-  Reverse Grab
-  Scissor Seat
-  Side Climb
-  Snowflake
-  Stargazer

LOW INTERMEDIATE
14 moves

-  Aerial Straddle Invert
-  Air Walk
-  Cross Ankle Layback
-  Embrace
- Flatline
- Gemini Climb
- Genie
- Goddess
- Jasmine
- Leg Switch
- Mercury
- Reiko Split
- Remi Seat
- Torso Switch

HIGH INTERMEDIATE
22 moves

- Allegra
- Ballerina
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Butterfly
- Caterpillar Climb
- Chest Press Butterfly
- Dove
- Eros
- Extended Butterfly
- Foot Mount
- Hang Glider
- Inverted D
- Jackknife
- Jade
- Jamilla
- Poisson
- Shoulder Mount

ADVANCED
47 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Ayesha
- Batwing
- Bird of Paradise
- Broken Doll
- Cheeba Split
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Flag

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	17 moves	23 moves	14 moves	22 moves	47 moves
		Straddle Invert		Side Saddle	Flying K
		Upright Crucifix		Sneaky V	Fonji
		Violator		Superman	Gargoyle
		Wrist Seat			Helix
					Icarus
					Iguana
					Iron X
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Machine Gun
					Marion Amber
					Marley
					Meathook
					Phoenix
					Rainbow Marchenko
					Rocketman
					Russian Layback

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	17 moves	23 moves	14 moves	22 moves	47 moves


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini