Cheryl T Level Map

Singapore, Singapore

Pole Level Mapper

NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

LOW BEGINNER
30 moves

- Attitude Spin
- Baby Snake
- Back Hook
- Carousel Spin
- Cradle Spin
- Cross Knee Layback
- Dragonfly / Goldrush / Tammy
- Fan Kick
- Figurehead
- Fireman Spin
- Forearm Stand
- Front Hook
- Genie
- Goddess / Matrix / Maxi
- Hip Hold
- Hollywood Spin
- Inside Leg Hang
- Jasmine
- Juliet Spin

HIGH BEGINNER
25 moves

- Bee's Knees
- Boomerang Spin
- Butterfly
- Chair Spin
- Climb
- Cross Ankle Layback
- Cupid
- Dove / Crescent
- Flag
- Flatline
- Gemini Climb
- Inverted Crucifix
- Jamilla
- Leg Switch
- Martini
- Poisson
- Reverse Grab
- Side Climb
- Side Saddle

LOW INTERMEDIATE
14 moves

- Brass Bridge
- Brass Monkey
- Chopsticks
- Embrace
- Eros
- Hang Glider / Symphony
- Jade
- Marley
- Mercury
- Reiko Split
- Remi Seat
- Tulip
- Upright Sailboat
- Yogini

HIGH INTERMEDIATE
19 moves

- Aerial Straddle Invert
- Air Walk
- Allegra
- Ballerina
- Broken Doll
- Caterpillar Climb
- Chest Press Butterfly
- Duchess
- Extended Butterfly
- Foot Mount / Step Up
- Helix
- Icarus
- Iguana
- Jallegra
- Rocketman
- Russian Layback
- Seahorse
- Shoulder Mount
- Sneaky V

ADVANCED
31 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Ayesha
- Batwing
- Bird of Paradise
- Cheeba Split
- Cocoon
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Eagle
- Flying K
- Fonji
- Gargoyle
- Inverted D
- Iron X

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	30 moves	25 moves	14 moves	19 moves	31 moves
	 Knee Spin	 Snowflake			 Jackknife
	 Lady Seat	 Straddle Invert			 Janeiro
	 Outside Leg Hang	 Superman			 Knee Bocker
	 Rockstar Spin	 Teddy			 Libellula
	 Scissor Seat	 Torso Switch / Holly Drop			 Machine Gun
	 Secretary Seat / Martini	 Vortex			 Marion Amber
	 Skater Spin				 Meathook
	 Stargazer				 Phoenix
	 Upright Crucifix				 Rainbow Marchenko
	 Violator				 Russian Split
	 Wrist Seat				 Spatchcock
					 Starfish