Danielle Francois Level Map

Seattle, WA

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
17 moves


Boomerang Spin


Climb


Fan Kick

Forearm Stand


Genie


Goddess


Inverted Crucifix


Jasmine


Lady Seat


Martini


Reverse Grab


Scissor Seat


Side Climb


Snowflake


Straddle Invert


Upright Crucifix


Violator

LOW INTERMEDIATE
28 moves


Aerial Straddle Invert


Air Walk


Bee's Knees


Brass Bridge


Brass Monkey


Butterfly

Cross Ankle Layback

Dove

Dragonfly

Embrace

Eros

Extended Butterfly

Figurehead

Flatline

Hip Hold

Inside Leg Hang

Inverted D

Jackknife

Jamilla

HIGH INTERMEDIATE
18 moves

Allegra

Ayesha

Baby Snake

Ballerina

Caterpillar Climb

Cheeba Split

Chest Press Butterfly

Cross Knee Layback

Foot Mount

Gemini Climb

Hang Glider

Jade

Machine Gun

Marion Amber

Reiko Split

Shoulder Mount

Torso Switch

Wrist Seat

ADVANCED
43 moves

A-Frame

Advanced Plank

Aerial Shoulder Mount

Archer

Batwing

Bird of Paradise

Broken Doll

Chopsticks

Cocoon

Cupid

Dangerous Bird

Daredevil

Deathlay

Dragontail

Duchess

Eagle

Flag

Flying K

Fonji

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	17 moves	17 moves	28 moves	18 moves	43 moves
			 Leg Switch		 Gargoyle
			 Mercury		 Helix
			 Outside Leg Hang		 Icarus
			 Poisson		 Iguana
			 Remi Seat		 Iron X
			 Side Saddle		 Jallegra
			 Sneaky V		 Janeiro
			 Stargazer		 Knee Bocker
			 Superman		 Libellula
					 Marley
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman
					 Russian Layback
					 Russian Split
					 Seahorse
					 Spatchcock
					 Starfish

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	17 moves	17 moves	28 moves	18 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini