Mélanie M Level Map

Ireland

Pole Level Mapper

NEWBIE
8 moves

- Body Rolls
- Dip Turn
- Fan Kick
- Forearm Stand
- Lady Seat
- Pirouette
- Pole Walk
- Upright Crucifix

LOW BEGINNER
16 moves

- Attitude Spin
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Fireman Spin
- Front Hook
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
24 moves

- Baby Snake
- Boomerang Spin
- Butterfly
- Climb
- Cross Knee Layback
- Dragonfly
- Extended Butterfly
- Figurehead
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Inverted D
- Jackknife
- Martini
- Outside Leg Hang
- Poisson
- Reverse Grab
- Scissor Seat
- Side Climb

LOW INTERMEDIATE
16 moves

- Aerial Straddle Invert
- Air Walk
- Bee's Knees
- Cross Ankle Layback
- Dove
- Embrace
- Flatline
- Gemini Climb
- Jamilla
- Leg Switch
- Mercury
- Reiko Split
- Remi Seat
- Side Saddle
- Superman
- Torso Switch

HIGH INTERMEDIATE
16 moves

- Allegra
- Ayesha
- Ballerina
- Brass Bridge
- Brass Monkey
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Eros
- Foot Mount
- Hang Glider
- Jade
- Machine Gun
- Marion Amber
- Shoulder Mount
- Sneaky V

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
8 moves	16 moves	24 moves	16 moves	16 moves	43 moves
		Snowflake			Gargoyle
		Stargazer			Helix
		Straddle Invert			Icarus
		Violator			Iguana
		Wrist Seat			Iron X
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Marley
					Meathook
					Phoenix
					Rainbow Marchenko
					Rocketman
					Russian Layback
					Russian Split
					Seahorse
					Spatchcock
					Starfish

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
8 moves	16 moves	24 moves	16 moves	16 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini