Teresa McAllister Level Map

Lake Worth, Florida

Pole Level Mapper

NEWBIE
4 moves

-  Body Rolls
-  Dip Turn
-  Pirouette
-  Pole Walk

LOW BEGINNER
12 moves

-  Fan Kick
-  Genie
-  Goddess
-  Hollywood Spin
-  Jasmine
-  Juliet Spin
-  Knee Spin
-  Lady Seat
-  Rockstar Spin
-  Secretary Seat
-  Skater Spin
-  Upright Crucifix

HIGH BEGINNER
19 moves

-  Attitude Spin
-  Baby Snake
-  Back Hook
-  Boomerang Spin
-  Chair Spin
-  Climb
-  Cross Knee Layback
-  Fireman Spin
-  Front Hook
-  Inverted Crucifix
-  Martini
-  Reverse Grab
-  Scissor Seat
-  Side Climb
-  Snowflake
-  Stargazer
-  Straddle Invert
-  Violator
-  Wrist Seat

LOW INTERMEDIATE
21 moves

-  Aerial Straddle Invert
-  Air Walk
-  Bee's Knees
-  Carousel Spin
-  Cradle Spin
- Cross Ankle Layback
- Dove
- Dragonfly
- Embrace
- Figurehead
- Flatline
- Forearm Stand
- Hip Hold
- Inside Leg Hang
- Jamilla
- Mercury
- Outside Leg Hang
- Reiko Split
- Remi Seat

HIGH INTERMEDIATE
16 moves

- Allegra
- Ballerina
- Butterfly
- Caterpillar Climb
- Chest Press Butterfly
- Extended Butterfly
- Foot Mount
- Gemini Climb
- Hang Glider
- Inverted D
- Jackknife
- Jade
- Leg Switch
- Poisson
- Shoulder Mount
- Torso Switch

ADVANCED
51 moves

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

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	12 moves	19 moves	21 moves	16 moves	51 moves
			Side Saddle		Eagle
			Superman		Eros
					Flag
					Flying K
					Fonji
					Gargoyle
					Helix
					Icarus
					Iguana
					Iron X
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Machine Gun
					Marion Amber
					Marley
					Meathook
					Phoenix

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	12 moves	19 moves	21 moves	16 moves	51 moves


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Sneaky V


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini