Hannah Waters Level Map

Newport, RI

Pole Level Mapper

NEWBIE
19 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Chair Spin
- Dip Turn
- Fan Kick
- Fireman Spin
- Forearm Stand
- Front Hook
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Knee Spin
- Lady Seat
- Pirouette
- Pole Walk
- Scissor Seat
- Upright Crucifix

LOW BEGINNER
6 moves

- Carousel Spin
- Cradle Spin
- Juliet Spin
- Rockstar Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
19 moves

- Baby Snake
- Bee's Knees
- Boomerang Spin
- Climb
- Cross Knee Layback
- Dove
- Figurehead
- Inverted Crucifix
- Jamilla
- Martini
- Reverse Grab
- Side Climb
- Side Saddle
- Snowflake
- Stargazer
- Straddle Invert
- Superman
- Violator
- Wrist Seat

LOW INTERMEDIATE
18 moves

- Aerial Straddle Invert
- Air Walk
- Ballerina
- Butterfly
- Cross Ankle Layback
- Dragonfly
- Embrace
- Flatline
- Hip Hold
- Inside Leg Hang
- Inverted D
- Mercury
- Outside Leg Hang
- Poisson
- Reiko Split
- Remi Seat
- Seahorse
- Teddy

HIGH INTERMEDIATE
22 moves

- Advanced Plank
- Brass Monkey
- Caterpillar Climb
- Chest Press Butterfly
- Cupid
- Duchess
- Eros
- Extended Butterfly
- Flag
- Foot Mount
- Gemini Climb
- Hang Glider
- Helix
- Jackknife
- Jade
- Leg Switch
- Marley
- Russian Layback
- Shoulder Mount

ADVANCED
39 moves

- A-Frame
- Aerial Shoulder Mount
- Allegra
- Archer
- Ayesha
- Batwing
- Bird of Paradise
- Brass Bridge
- Broken Doll
- Cheeba Split
- Chopsticks
- Cocoon
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Eagle
- Flying K
- Fonji

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
19 moves	6 moves	19 moves	18 moves	22 moves	39 moves
				 Sneaky V	 Gargoyle
				 Torso Switch	 Icarus
				 Vortex	 Iguana
					 Iron X
					 Jallegra
					 Janeiro
					 Knee Bocker
					 Libellula
					 Machine Gun
					 Marion Amber
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman
					 Russian Split
					 Spatchcock
					 Starfish
					 Tulip
					 Upright Sailboat

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
19 moves	6 moves	19 moves	18 moves	22 moves	39 moves



Yogini