Amanda Roxas Level Map

Gaithersburg, MD

Pole Level Mapper

NEWBIE
8 moves

- Ayesha
- Bee's Knees
- Cheeba Split
- Dove
- Machine Gun
- Marion Amber
- Side Saddle
- Superman

LOW BEGINNER
11 moves

- Carousel Spin
- Cradle Spin
- Front Hook
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Pirouette
- Pole Walk
- Rockstar Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
25 moves

- Attitude Spin
- Baby Snake
- Back Hook
- Body Rolls
- Boomerang Spin
- Brass Bridge
- Chair Spin
- Climb
- Cross Knee Layback
- Dip Turn
- Eros
- Fireman Spin
- Genie
- Goddess
- Inverted Crucifix
- Jasmine
- Martini
- Reverse Grab
- Scissor Seat

LOW INTERMEDIATE
25 moves

- Aerial Straddle Invert
- Air Walk
- Brass Monkey
- Butterfly
- Cross Ankle Layback
- Dragonfly
- Embrace
- Extended Butterfly
- Fan Kick
- Figurehead
- Flatline
- Forearm Stand
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Jamilla
- Lady Seat
- Mercury

HIGH INTERMEDIATE
11 moves

- Allegra
- Ballerina
- Caterpillar Climb
- Chest Press Butterfly
- Foot Mount
- Gemini Climb
- Hang Glider
- Jade
- Leg Switch
- Shoulder Mount
- Torso Switch

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	11 moves	25 moves	25 moves	11 moves	43 moves
		Side Climb	Outside Leg Hang		Gargoyle
		Snowflake	Poisson		Helix
		Stargazer	Reiko Split		Icarus
		Straddle Invert	Remi Seat		Iguana
		Violator	Sneaky V		Iron X
		Wrist Seat	Upright Crucifix		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	11 moves	25 moves	25 moves	11 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini