Chrome Kittens Pole & Dance Level Map

Kelowna, BC

Pole Level Mapper

NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

LOW BEGINNER
13 moves

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

HIGH BEGINNER
26 moves

- Baby Snake
- Boomerang Spin
- Climb
- Cross Knee Layback
- Dragonfly
- Fan Kick
- Figurehead
- Forearm Stand
- Genie
- Goddess
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Jasmine
- Lady Seat
- Martini
- Outside Leg Hang
- Reverse Grab
- Scissor Seat

LOW INTERMEDIATE
25 moves

- Aerial Straddle Invert
- Air Walk
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Butterfly
- Cross Ankle Layback
- Dove
- Embrace
- Eros
- Extended Butterfly
- Flatline
- Gemini Climb
- Inverted D
- Jackknife
- Jamilla
- Leg Switch
- Mercury
- Poisson

HIGH INTERMEDIATE
12 moves

- Allegra
- Ayesha
- Ballerina
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Foot Mount
- Hang Glider
- Jade
- Machine Gun
- Marion Amber
- Shoulder Mount

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
4 moves	13 moves	26 moves	25 moves	12 moves	43 moves
		Side Climb	Reiko Split		Gargoyle
		Snowflake	Remi Seat		Helix
		Stargazer	Side Saddle		Icarus
		Straddle Invert	Sneaky V		Iguana
		Upright Crucifix	Superman		Iron X
		Violator	Torso Switch		Jallegra
		Wrist Seat			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
4 moves	13 moves	26 moves	25 moves	12 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini