Andrea Whelan Level Map

Ireland

Pole Level Mapper

NEWBIE
0 moves

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
13 moves


Body Rolls


Boomerang Spin


Climb


Dip Turn


Inverted Crucifix


Martini


Pirouette


Pole Walk


Reverse Grab


Side Climb


Snowflake


Straddle Invert


Violator

LOW INTERMEDIATE
22 moves


Aerial Straddle Invert


Air Walk


Baby Snake


Butterfly


Cross Ankle Layback


Cross Knee Layback


Embrace


Fan Kick


Figurehead


Flatline

Forearm Stand

Gemini Climb

Hip Hold

Inside Leg Hang

Lady Seat

Mercury

Outside Leg Hang

Poisson

Reiko Split

HIGH INTERMEDIATE
23 moves

Allegra

Ayesha

Ballerina

Bee's Knees

Caterpillar Climb

Cheeba Split

Chest Press Butterfly

Dove

Dragonfly

Extended Butterfly

Foot Mount

Hang Glider

Inverted D

Jamilla

Leg Switch

Machine Gun

Marion Amber

Scissor Seat

Shoulder Mount

ADVANCED
49 moves

A-Frame

Advanced Plank

Aerial Shoulder Mount

Archer

Batwing

Bird of Paradise

Brass Bridge

Brass Monkey

Broken Doll

Chopsticks

Cocoon

Cupid

Dangerous Bird

Daredevil

Deathlay

Dragontail

Duchess

Eagle

Eros

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	16 moves	13 moves	22 moves	23 moves	49 moves
			Remi Seat	Side Saddle	Flag
			Stargazer	Superman	Flying K
			Upright Crucifix	Torso Switch	Fonji
				Wrist Seat	Gargoyle
					Helix
					Icarus
					Iguana
					Iron X
					Jackknife
					Jade
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Marley
					Meathook
					Phoenix
					Rainbow Marchenko
					Rocketman

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	16 moves	13 moves	22 moves	23 moves	49 moves


Russian Layback


Russian Split


Seahorse


Sneaky V


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini