Shine Level Map

North Richland Hills, TX

Pole Level Mapper

NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

LOW BEGINNER
17 moves

- Attitude Spin
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Fan Kick
- Fireman Spin
- Forearm Stand
- Front Hook
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Lady Seat
- Rockstar Spin
- Secretary Seat
- Skater Spin
- Upright Crucifix

HIGH BEGINNER
12 moves

- Boomerang Spin
- Climb
- Genie
- Goddess
- Inverted Crucifix
- Jasmine
- Martini
- Reverse Grab
- Side Climb
- Snowflake
- Straddle Invert
- Violator

LOW INTERMEDIATE
18 moves

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

HIGH INTERMEDIATE
20 moves

- Allegra
- Ayesha
- Baby Snake
- Ballerina
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Cross Knee Layback
- Foot Mount
- Gemini Climb
- Hang Glider
- Jade
- Leg Switch
- Machine Gun
- Marion Amber
- Scissor Seat
- Shoulder Mount
- Stargazer
- Torso Switch

ADVANCED
52 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Batwing
- Bee's Knees
- Bird of Paradise
- Brass Bridge
- Brass Monkey
- Broken Doll
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dove
- Dragontail
- Duchess

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	17 moves	12 moves	18 moves	20 moves	52 moves
				 Wrist Seat	 Eagle  Eros  Flag  Flying K  Fonji  Gargoyle  Helix  Icarus  Iguana  Iron X  Jallegra  Jamilla  Janeiro  Knee Bocker  Libellula  Marley  Meathook  Phoenix  Rainbow Marchenko

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	17 moves	12 moves	18 moves	20 moves	52 moves


Rocketman


Russian Layback


Russian Split


Seahorse


Side Saddle


Sneaky V


Spatchcock


Starfish


Superman


Teddy


Tulip


Upright Sailboat


Vortex


Yogini