Tease Aerial Dance and Fitness Level Map

Aurora, Illinois

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
9 moves

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

LOW INTERMEDIATE
21 moves

-  Aerial Straddle Invert
-  Air Walk
-  Bee's Knees
-  Cross Ankle Layback
-  Dove
-  Dragonfly
-  Embrace
-  Figurehead
-  Flatline
-  Genie
- Goddess
- Hip Hold
- Inside Leg Hang
- Jamilla
- Jasmine
- Mercury
- Outside Leg Hang
- Reiko Split
- Remi Seat

HIGH INTERMEDIATE
25 moves

- Allegra
- Baby Snake
- Ballerina
- Brass Bridge
- Brass Monkey
- Butterfly
- Caterpillar Climb
- Chest Press Butterfly
- Cross Knee Layback
- Eros
- Extended Butterfly
- Foot Mount
- Gemini Climb
- Hang Glider
- Inverted D
- Jackknife
- Jade
- Leg Switch
- Poisson

ADVANCED
47 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Ayesha
- Batwing
- Bird of Paradise
- Broken Doll
- Cheeba Split
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Flag

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	17 moves	9 moves	21 moves	25 moves	47 moves
			 Side Saddle	 Scissor Seat	 Flying K
			 Superman	 Shoulder Mount	 Fonji
				 Sneaky V	 Gargoyle
				 Stargazer	 Helix
				 Torso Switch	 Icarus
				 Wrist Seat	 Iguana
					 Iron X
					 Jallegra
					 Janeiro
					 Knee Bocker
					 Libellula
					 Machine Gun
					 Marion Amber
					 Marley
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman
					 Russian Layback

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	17 moves	9 moves	21 moves	25 moves	47 moves


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini