Elizabeth Acquaah-Harrison Level Map

Tampa, Fl

Pole Level Mapper

NEWBIE
0 moves

LOW BEGINNER
8 moves

-  Carousel Spin
-  Cradle Spin
-  Hollywood Spin
-  Juliet Spin
-  Knee Spin
-  Rockstar Spin
-  Secretary Seat
-  Skater Spin

HIGH BEGINNER
9 moves

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

LOW INTERMEDIATE
16 moves

-  Aerial Straddle Invert
-  Air Walk
-  Ayesha
-  Brass Bridge
-  Brass Monkey
-  Cheeba Split
-  Cross Ankle Layback
-  Embrace
-  Eros
-  Flatline
-  Machine Gun
-  Marion Amber
-  Mercury
-  Reiko Split
-  Remi Seat
-  Sneaky V

HIGH INTERMEDIATE
31 moves

-  Allegra
-  Baby Snake
-  Ballerina
-  Bee's Knees
-  Butterfly
-  Caterpillar Climb
-  Chest Press Butterfly
- Cross Knee Layback
- Dove
- Dragonfly
- Extended Butterfly
- Figurehead
- Foot Mount
- Genie
- Goddess
- Hang Glider
- Hip Hold
- Inside Leg Hang
- Inverted D

ADVANCED
59 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Attitude Spin
- Back Hook
- Batwing
- Bird of Paradise
- Body Rolls
- Broken Doll
- Chair Spin
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dip Turn
- Dragontail

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	8 moves	9 moves	16 moves	31 moves	59 moves
				 Jackknife	 Duchess
				 Jade	 Eagle
				 Jamilla	 Fan Kick
				 Jasmine	 Fireman Spin
				 Outside Leg Hang	 Flag
				 Poisson	 Flying K
				 Scissor Seat	 Fonji
				 Shoulder Mount	Forearm Stand
				 Side Saddle	 Front Hook
				 Stargazer	 Gargoyle
				 Superman	 Gemini Climb
				 Wrist Seat	 Helix
					 Icarus
					 Iguana
					 Iron X
					 Jallegra
					 Janeiro
					 Knee Bocker
					 Lady Seat

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	8 moves	9 moves	16 moves	31 moves	59 moves


Leg Switch


Libellula


Marley


Meathook


Phoenix


Pirouette


Pole Walk


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Torso Switch


Tulip


Upright Crucifix


Upright Sailboat

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	8 moves	9 moves	16 moves	31 moves	59 moves



Vortex



Yogini