# Rúdtánc Debrecen Level Map

Debrecen, Hungary

Pole Level Mapper

## NEWBIE
4 moves


Body Rolls


Dip Turn


Pirouette


Pole Walk

## LOW BEGINNER
8 moves


Carousel Spin


Cradle Spin


Hollywood Spin


Juliet Spin


Knee Spin


Rockstar Spin


Secretary Seat


Skater Spin

## HIGH BEGINNER
21 moves


Attitude Spin


Back Hook


Boomerang Spin


Chair Spin


Climb


Fan Kick


Fireman Spin


Forearm Stand


Front Hook


Genie


Goddess


Inverted Crucifix


Jasmine


Lady Seat


Martini


Reverse Grab


Side Climb


Snowflake


Straddle Invert

## LOW INTERMEDIATE
18 moves


Aerial Straddle Invert


Air Walk


Baby Snake


Cross Ankle Layback


Cross Knee Layback


Dragonfly


Embrace


Figurehead


Flatline


Hip Hold


Inside Leg Hang


Mercury


Outside Leg Hang


Reiko Split


Remi Seat


Scissor Seat


Stargazer


Wrist Seat

## HIGH INTERMEDIATE
21 moves


Allegra


Ballerina


Bee's Knees


Butterfly


Caterpillar Climb


Chest Press Butterfly


Dove


Extended Butterfly


Foot Mount


Gemini Climb


Hang Glider


Inverted D


Jackknife


Jade


Jamilla


Leg Switch


Poisson


Shoulder Mount


Side Saddle

## ADVANCED
51 moves


A-Frame


Advanced Plank


Aerial Shoulder Mount


Archer


Ayesha


Batwing


Bird of Paradise


Brass Bridge


Brass Monkey


Broken Doll


Cheeba Split


Chopsticks


Cocoon


Cupid


Dangerous Bird


Daredevil


Deathlay


Dragontail


Duchess

| NEWBIE | LOW BEGINNER | HIGH BEGINNER | LOW INTERMEDIATE | HIGH INTERMEDIATE | ADVANCED |
|---|---|---|---|---|---|
| 4 moves | 8 moves | 21 moves | 18 moves | 21 moves | 51 moves |
| | | Upright Crucifix | | Superman | Eagle |
| | | Violator | | Torso Switch | Eros |
| | | | | | Flag |
| | | | | | Flying K |
| | | | | | Fonji |
| | | | | | Gargoyle |
| | | | | | Helix |
| | | | | | Icarus |
| | | | | | Iguana |
| | | | | | Iron X |
| | | | | | Jallegra |
| | | | | | Janeiro |
| | | | | | Knee Bocker |
| | | | | | Libellula |
| | | | | | Machine Gun |
| | | | | | Marion Amber |
| | | | | | Marley |
| | | | | | Meathook |
| | | | | | Phoenix |

| NEWBIE | LOW BEGINNER | HIGH BEGINNER | LOW INTERMEDIATE | HIGH INTERMEDIATE | ADVANCED |
|---|---|---|---|---|---|
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Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Sneaky V


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini