Alice Reid Level Map

SOUTHAMPTON

Pole Level Mapper

NEWBIE
8 moves

- Body Rolls
- Dip Turn
- Fan Kick
- Forearm Stand
- Lady Seat
- Pirouette
- Pole Walk
- Upright Crucifix

LOW BEGINNER
8 moves

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

HIGH BEGINNER
17 moves

- Attitude Spin
- Back Hook
- Boomerang Spin
- Chair Spin
- Climb
- Fireman Spin
- Front Hook
- Genie
- Goddess
- Inverted Crucifix
- Jasmine
- Martini
- Reverse Grab
- Side Climb
- Snowflake
- Straddle Invert
- Violator

LOW INTERMEDIATE
27 moves

- Aerial Straddle Invert
- Air Walk
- Baby Snake
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Butterfly
- Cross Ankle Layback
- Cross Knee Layback
- Dove
- Embrace
- Eros
- Extended Butterfly
- Flatline
- Inverted D
- Jackknife
- Jamilla
- Mercury
- Poisson

HIGH INTERMEDIATE
17 moves

- Allegra
- Ayesha
- Ballerina
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Dragonfly
- Figurehead
- Foot Mount
- Hang Glider
- Hip Hold
- Inside Leg Hang
- Jade
- Machine Gun
- Marion Amber
- Outside Leg Hang
- Shoulder Mount

ADVANCED
46 moves

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

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
8 moves	8 moves	17 moves	27 moves	17 moves	46 moves
			Reiko Split		Gargoyle
			Remi Seat		Gemini Climb
			Scissor Seat		Helix
			Side Saddle		Icarus
			Sneaky V		Iguana
			Stargazer		Iron X
			Superman		Jallegra
			Wrist Seat		Janeiro
					Knee Bocker
					Leg Switch
					Libellula
					Marley
					Meathook
					Phoenix
					Rainbow Marchenko
					Rocketman
					Russian Layback
					Russian Split
					Seahorse

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
8 moves	8 moves	17 moves	27 moves	17 moves	46 moves


Spatchcock


Starfish


Teddy


Torso Switch


Tulip


Upright Sailboat


Vortex


Yogini