Dana Level Map

Cardiff, UK

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
14 moves

- Boomerang Spin
- Climb
- Dragonfly
- Figurehead
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Martini
- Outside Leg Hang
- Reverse Grab
- Side Climb
- Snowflake
- Straddle Invert
- Violator

LOW INTERMEDIATE
19 moves

- Aerial Straddle Invert
- Air Walk
- Baby Snake
- Cross Ankle Layback
- Cross Knee Layback
- Embrace
- Flatline
- Gemini Climb
- Genie
- Goddess
- Jasmine
- Leg Switch
- Mercury
- Reiko Split
- Remi Seat
- Scissor Seat
- Stargazer
- Torso Switch
- Wrist Seat

HIGH INTERMEDIATE
22 moves

- Allegra
- Ballerina
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Butterfly
- Caterpillar Climb
- Chest Press Butterfly
- Dove
- Eros
- Extended Butterfly
- Foot Mount
- Hang Glider
- Inverted D
- Jackknife
- Jade
- Jamilla
- Poisson
- Shoulder Mount

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	14 moves	19 moves	22 moves	47 moves
				 Side Saddle	 Flying K
				 Sneaky V	 Fonji
				 Superman	 Gargoyle
					 Helix
					 Icarus
					 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	14 moves	19 moves	22 moves	47 moves


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini