Adele Luong Level Map

Stoke on Trent

Pole Level Mapper

NEWBIE
4 moves


Body Rolls


Dip Turn


Pirouette


Pole Walk

LOW BEGINNER
14 moves


Attitude Spin


Back Hook


Carousel Spin


Chair Spin


Cradle Spin


Fireman Spin


Front Hook


Hollywood Spin


Juliet Spin


Knee Spin


Rockstar Spin


Scissor Seat


Secretary Seat


Skater Spin

HIGH BEGINNER
28 moves


Bee's Knees


Boomerang Spin


Climb


Dove


Dragonfly


Embrace


Fan Kick


Figurehead

Forearm Stand


Genie


Goddess


Hip Hold


Inside Leg Hang


Inverted Crucifix


Jamilla


Jasmine


Lady Seat


Martini


Outside Leg Hang

LOW INTERMEDIATE
15 moves


Air Walk


Butterfly


Cross Ankle Layback

Extended Butterfly

Flag

Flatline

Gemini Climb

Inverted D

Jackknife

Leg Switch

Mercury

Poisson

Reiko Split

Remi Seat

Torso Switch

HIGH INTERMEDIATE
21 moves

Aerial Straddle Invert

Allegra

Ayesha

Baby Snake

Ballerina

Brass Bridge

Brass Monkey

Caterpillar Climb

Cheeba Split

Chest Press Butterfly

Cross Knee Layback

Eros

Foot Mount

Hang Glider

Jade

Machine Gun

Marion Amber

Shoulder Mount

Sneaky V

ADVANCED
41 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

Flying K

Fonji

Gargoyle

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	14 moves	28 moves	15 moves	21 moves	41 moves
		 Reverse Grab		 Stargazer	 Helix
		 Side Climb		 Wrist Seat	 Icarus
		 Side Saddle			 Iguana
		 Snowflake			 Iron X
		 Straddle Invert			 Jallegra
		 Superman			 Janeiro
		 Upright Crucifix			 Knee Bocker
		 Upright Sailboat			 Libellula
		 Violator			 Marley
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman
					 Russian Layback
					 Russian Split
					 Seahorse
					 Spatchcock
					 Starfish
					 Teddy

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	14 moves	28 moves	15 moves	21 moves	41 moves



Tulip



Vortex



Yogini