Wonderland Pole & Dance Level Map

Richland, WA

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
12 moves

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

LOW INTERMEDIATE
13 moves

-  Aerial Straddle Invert
-  Air Walk
-  Baby Snake
-  Cross Ankle Layback
-  Cross Knee Layback
-  Embrace
-  Flatline
- Mercury
- Reiko Split
- Remi Seat
- Scissor Seat
- Stargazer
- Wrist Seat

HIGH INTERMEDIATE
18 moves

- Allegra
- Ballerina
- Bee's Knees
- Caterpillar Climb
- Chest Press Butterfly
- Dove
- Dragonfly
- Figurehead
- Foot Mount
- Hang Glider
- Hip Hold
- Inside Leg Hang
- Jade
- Jamilla
- Outside Leg Hang
- Shoulder Mount
- Side Saddle
- Superman

ADVANCED
59 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Ayesha
- Batwing
- Bird of Paradise
- Brass Bridge
- Brass Monkey
- Broken Doll
- Butterfly
- Cheeba Split
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	17 moves	12 moves	13 moves	18 moves	59 moves


Duchess


Eagle


Eros


Extended Butterfly


Flag


Flying K


Fonji


Gargoyle


Gemini Climb


Helix


Icarus


Iguana


Inverted D


Iron X


Jackknife


Jallegra


Janeiro


Knee Bocker


Leg Switch

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	17 moves	12 moves	13 moves	18 moves	59 moves


Libellula


Machine Gun


Marion Amber


Marley


Meathook


Phoenix


Poisson


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Sneaky V


Spatchcock


Starfish


Teddy


Torso Switch


Tulip


Upright Sailboat

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	17 moves	12 moves	13 moves	18 moves	59 moves



Vortex



Yogini