Cierra Harris Level Map

Richmond, Va

Pole Level Mapper

NEWBIE
9 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Chair Spin
- Dip Turn
- Fireman Spin
- Front Hook
- 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
12 moves

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

LOW INTERMEDIATE
17 moves

- Aerial Straddle Invert
- Air Walk
- Cross Ankle Layback
- Dragonfly
- Embrace
- Fan Kick
- Figurehead
- Flatline
- Forearm Stand
- Hip Hold
- Inside Leg Hang
- Lady Seat
- Mercury
- Outside Leg Hang
- Reiko Split
- Remi Seat
- Upright Crucifix

HIGH INTERMEDIATE
25 moves

- Allegra
- Ayesha
- Baby Snake
- Ballerina
- Bee's Knees
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Cross Knee Layback
- Dove
- Foot Mount
- Gemini Climb
- Hang Glider
- Jade
- Jamilla
- Leg Switch
- Machine Gun
- Marion Amber
- Scissor Seat

ADVANCED
52 moves

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

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
9 moves	8 moves	12 moves	17 moves	25 moves	52 moves
				 Shoulder Mount	 Eros
				 Side Saddle	 Extended Butterfly
				 Stargazer	 Flag
				 Superman	 Flying K
				 Torso Switch	 Fonji
				 Wrist Seat	 Gargoyle
					 Helix
					 Icarus
					 Iguana
					 Inverted D
					 Iron X
					 Jackknife
					 Jallegra
					 Janeiro
					 Knee Bocker
					 Libellula
					 Marley
					 Meathook
					 Phoenix

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
9 moves	8 moves	12 moves	17 moves	25 moves	52 moves


Poisson


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Sneaky V


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini