Lauren S Level Map

Kansas

Pole Level Mapper

NEWBIE
39 moves

- Attitude Spin
- Ayesha
- Baby Snake
- Back Hook
- Body Rolls
- Brass Bridge
- Brass Monkey
- Butterfly
- Chair Spin
- Cheeba Split
- Cross Knee Layback
- Dip Turn
- Dragonfly
- Eros
- Extended Butterfly
- Fan Kick
- Figurehead
- Fireman Spin
- Forearm Stand

LOW BEGINNER
16 moves

- Bee's Knees
- Carousel Spin
- Cradle Spin
- Dove
- Gemini Climb
- Hollywood Spin
- Jamilla
- Juliet Spin
- Knee Spin
- Leg Switch
- Rockstar Spin
- Secretary Seat
- Side Saddle
- Skater Spin
- Superman
- Torso Switch

HIGH BEGINNER
9 moves

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

LOW INTERMEDIATE
8 moves

- Aerial Straddle Invert
- Air Walk
- Cross Ankle Layback
- Embrace
- Flatline
- Mercury
- Reiko Split
- Remi Seat

HIGH INTERMEDIATE
8 moves

- Allegra
- Ballerina
- Caterpillar Climb
- Chest Press Butterfly
- Foot Mount
- Hang Glider
- Jade
- Shoulder Mount

ADVANCED
43 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
39 moves	16 moves	9 moves	8 moves	8 moves	43 moves


Front Hook


Genie


Goddess


Hip Hold


Inside Leg Hang


Inverted D


Jackknife


Jasmine


Lady Seat


Machine Gun


Marion Amber


Outside Leg Hang


Pirouette


Poisson


Pole Walk


Scissor Seat


Sneaky V


Stargazer


Upright Crucifix


Gargoyle


Helix


Icarus


Iguana


Iron X


Jallegra


Janeiro


Knee Bocker


Libellula


Marley


Meathook


Phoenix


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Spatchcock


Starfish

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
39 moves	16 moves	9 moves	8 moves	8 moves	43 moves
 Wrist Seat					 Teddy  Tulip  Upright Sailboat  Vortex  Yogini