Shemoves Level Map

Perth WA

Pole Level Mapper

NEWBIE
7 moves

-  Back slide
-  Body Rolls
-  Dip Turn
-  Hip swing
-  Kick out slide
-  Pirouette
-  Pole Walk

LOW BEGINNER
10 moves

-  Attitude Spin
-  Back Hook
-  Carousel Spin
-  Chair Spin
-  Fan Kick
-  Fireman Spin
-  Front Hook
-  Hollywood Spin
-  Knee Spin
-  Rockstar Spin

HIGH BEGINNER
16 moves

-  Baby Snake
-  Boomerang Spin
-  Climb
-  Cradle Spin
- Forearm Stand
-  Juliet Spin
-  Lady Seat
-  Reverse Grab
-  Scissor Seat
-  Secretary Seat
-  Side Climb
-  Skater Spin
-  Snowflake
-  Straddle Invert
-  Upright Crucifix
-  Wrist Seat

LOW INTERMEDIATE
18 moves

-  Air Walk
-  Cross Knee Layback
-  Embrace
-  Figurehead
-  Flatline
-  Genie
-  Iguana
- Inside Leg Hang
- Inverted Crucifix
- Jamilla
- Jasmine
- Martini
- Mercury
- Outside Leg Hang
- Remi Seat
- Stargazer
- Superman
- Violator

HIGH INTERMEDIATE
25 moves

- Aerial Straddle Invert
- Allegra
- Ballerina
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Butterfly
- Caterpillar Climb
- Chest Press Butterfly
- Cross Ankle Layback
- Dove
- Dragonfly
- Eros
- Extended Butterfly
- Foot Mount
- Gemini Climb
- Goddess
- Hip Hold
- Inverted D

ADVANCED
50 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
7 moves	10 moves	16 moves	18 moves	25 moves	50 moves
				Jade	Flying K
				Leg Switch	Fonji
				Reiko Split	Gargoyle
				Shoulder Mount	Hang Glider
				Side Saddle	Helix
				Teddy	Icarus
					Iron X
					Jackknife
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Machine Gun
					Marion Amber
					Marley
					Meathook
					Phoenix
					Poisson
					Rainbow Marchenko

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
7 moves	10 moves	16 moves	18 moves	25 moves	50 moves


Rocketman


Russian Layback


Russian Split


Seahorse


Sneaky V


Spatchcock


Starfish


Torso Switch


Tulip


Upright Sailboat


Vortex


Yogini