Sindy grace Level Map

New zealand

Pole Level Mapper

NEWBIE
4 moves

-  Body Rolls
-  Dip Turn
-  Pirouette
-  Pole Walk

LOW BEGINNER
15 moves

-  Carousel Spin
-  Cradle Spin
-  Fan Kick
- Forearm Stand
-  Genie
-  Goddess
-  Hollywood Spin
-  Jasmine
-  Juliet Spin
-  Knee Spin
-  Lady Seat
-  Rockstar Spin
-  Secretary Seat
-  Skater Spin
-  Upright Crucifix

HIGH BEGINNER
9 moves

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

LOW INTERMEDIATE
28 moves

-  Aerial Straddle Invert
-  Air Walk
-  Attitude Spin
-  Baby Snake
-  Back Hook
-  Bee's Knees
-  Chair Spin
-  Cross Ankle Layback
-  Cross Knee Layback
-  Dove
-  Dragonfly
-  Embrace
- Figurehead
- Fireman Spin
- Flatline
- Front Hook
- Hip Hold
- Inside Leg Hang
- Jamilla

HIGH INTERMEDIATE
24 moves

- Allegra
- Ayesha
- Ballerina
- Brass Bridge
- Brass Monkey
- Butterfly
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Eros
- Extended Butterfly
- Foot Mount
- Gemini Climb
- Hang Glider
- Inverted D
- Jackknife
- Jade
- Leg Switch
- Machine Gun

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
4 moves	15 moves	9 moves	28 moves	24 moves	43 moves
			Mercury	Marion Amber	Gargoyle
			Outside Leg Hang	Poisson	Helix
			Reiko Split	Shoulder Mount	Icarus
			Remi Seat	Sneaky V	Iguana
			Scissor Seat	Torso Switch	Iron X
			Side Saddle		Jallegra
			Stargazer		Janeiro
			Superman		Knee Bocker
			Wrist Seat		Libellula
					Marley
					Meathook
					Phoenix
					Rainbow Marchenko
					Rocketman
					Russian Layback
					Russian Split
					Seahorse
					Spatchcock
					Starfish

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	15 moves	9 moves	28 moves	24 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini