Camille Cannady Level Map

Charlotte, NC

Pole Level Mapper

NEWBIE
4 moves

-  Body Rolls
-  Dip Turn
-  Pirouette
-  Pole Walk

LOW BEGINNER
6 moves

-  Fireman Spin
-  Hollywood Spin
-  Knee Spin
-  Rockstar Spin
-  Secretary Seat
-  Skater Spin

HIGH BEGINNER
18 moves

-  Attitude Spin
-  Back Hook
-  Boomerang Spin
-  Chair Spin
-  Climb
-  Cradle Spin
-  Fan Kick
-  Front Hook
-  Inverted Crucifix
-  Juliet Spin
-  Lady Seat
-  Martini
-  Reverse Grab
-  Side Climb
-  Snowflake
-  Straddle Invert
-  Upright Crucifix
-  Violator

LOW INTERMEDIATE
15 moves

-  Aerial Straddle Invert
-  Air Walk
-  Bee's Knees
-  Carousel Spin
-  Cross Ankle Layback
-  Dove
-  Embrace
-  Flatline
- Forearm Stand
-  Jamilla
-  Mercury
-  Reiko Split
- Remi Seat
- Side Saddle
- Superman

HIGH INTERMEDIATE
20 moves

- Allegra
- Ballerina
- Brass Bridge
- Brass Monkey
- Caterpillar Climb
- Chest Press Butterfly
- Dragonfly
- Eros
- Figurehead
- Foot Mount
- Genie
- Goddess
- Hang Glider
- Hip Hold
- Inside Leg Hang
- Jade
- Jasmine
- Outside Leg Hang
- Shoulder Mount

ADVANCED
60 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Ayesha
- Baby Snake
- Batwing
- Bird of Paradise
- Broken Doll
- Butterfly
- Cheeba Split
- Chopsticks
- Cocoon
- Cross Knee Layback
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	6 moves	18 moves	15 moves	20 moves	60 moves
				 Sneaky V	 Duchess  Eagle  Extended Butterfly  Flag  Flying K  Fonji  Gargoyle  Gemini Climb  Helix  Icarus  Iguana  Inverted D  Iron X  Jackknife  Jallegra  Janeiro  Knee Bocker  Leg Switch  Libellula

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	6 moves	18 moves	15 moves	20 moves	60 moves


Machine Gun


Marion Amber


Marley


Meathook


Phoenix


Poisson


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Scissor Seat


Seahorse


Spatchcock


Starfish


Stargazer


Teddy


Torso Switch


Tulip


Upright Sailboat

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	6 moves	18 moves	15 moves	20 moves	60 moves



Vortex



Wrist Seat



Yogini