Paula LaPrairie Level Map

Atlanta, GA

Pole Level Mapper

NEWBIE
4 moves

-  Body Rolls
-  Dip Turn
-  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
21 moves

-  Attitude Spin
-  Back Hook
-  Boomerang Spin
-  Chair Spin
-  Climb
-  Fan Kick
-  Fireman Spin
- Forearm Stand
-  Front Hook
-  Genie
-  Goddess
-  Inverted Crucifix
-  Jasmine
-  Lady Seat
-  Martini
-  Reverse Grab
-  Side Climb
-  Snowflake
-  Straddle Invert

LOW INTERMEDIATE
28 moves

-  Aerial Straddle Invert
-  Air Walk
-  Baby Snake
-  Bee's Knees
-  Butterfly
-  Cross Ankle Layback
-  Cross Knee Layback
-  Dove
-  Dragonfly
- Embrace
- Extended Butterfly
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Jamilla
- Mercury

HIGH INTERMEDIATE
19 moves

- Allegra
- Ayesha
- Ballerina
- Brass Bridge
- Brass Monkey
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Eros
- Foot Mount
- Gemini Climb
- Hang Glider
- Jade
- Leg Switch
- Machine Gun
- Marion Amber
- Shoulder Mount
- Sneaky V
- Torso Switch

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	8 moves	21 moves	28 moves	19 moves	43 moves
		Upright Crucifix	Outside Leg Hang		Gargoyle
		Violator	Poisson		Helix
			Reiko Split		Icarus
			Remi Seat		Iguana
			Scissor Seat		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	8 moves	21 moves	28 moves	19 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini