Heather Level Map

Washington, DC

Pole Level Mapper

NEWBIE
7 moves


Back Hook


Body Rolls


Dip Turn


Front Hook


Hollywood Spin


Pirouette


Pole Walk

LOW BEGINNER
15 moves


Attitude Spin


Carousel Spin


Chair Spin


Climb


Cradle Spin


Fan Kick


Fireman Spin


Juliet Spin


Knee Spin


Lady Seat


Reverse Grab


Rockstar Spin


Secretary Seat


Skater Spin


Upright Crucifix

HIGH BEGINNER
15 moves


Boomerang Spin


Figurehead

Forearm Stand


Genie


Goddess


Inverted Crucifix


Jamilla


Jasmine


Martini


Scissor Seat


Side Climb


Snowflake


Straddle Invert


Violator


Wrist Seat

LOW INTERMEDIATE
35 moves


Aerial Straddle Invert


Air Walk


Baby Snake

Ballerina

Bee's Knees

Brass Bridge

Brass Monkey

Butterfly

Chopsticks

Cross Knee Layback

Cupid

Dove

Dragonfly

Embrace

Eros

Extended Butterfly

Flatline

Foot Mount

Hang Glider

HIGH INTERMEDIATE
18 moves

Allegra

Ayesha

Caterpillar Climb

Cheeba Split

Chest Press Butterfly

Cross Ankle Layback

Gargoyle

Gemini Climb

Helix

Jade

Leg Switch

Machine Gun

Meathook

Seahorse

Shoulder Mount

Sneaky V

Teddy

Torso Switch

ADVANCED
33 moves

A-Frame

Advanced Plank

Aerial Shoulder Mount

Archer

Batwing

Bird of Paradise

Broken Doll

Cocoon

Dangerous Bird

Daredevil

Deathlay

Dragontail

Duchess

Eagle

Flag

Flying K

Fonji

Iguana

Iron X

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
7 moves	15 moves	15 moves	35 moves	18 moves	33 moves
			 Hip Hold		 Jallegra
			 Icarus		 Janeiro
			 Inside Leg Hang		 Knee Bocker
			 Inverted D		 Libellula
			 Jackknife		 Marion Amber
			 Marley		 Phoenix
			 Mercury		 Rainbow Marchenko
			 Outside Leg Hang		 Rocketman
			 Poisson		 Russian Layback
			 Reiko Split		 Russian Split
			 Remi Seat		 Spatchcock
			 Side Saddle		 Starfish
			 Stargazer		 Tulip
			 Superman		 Yogini
			 Upright Sailboat		
			 Vortex		