Emily Level Map

Moweaqua, Illinois

Pole Level Mapper

NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

LOW BEGINNER
22 moves

- Attitude Spin
- Baby Snake
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Cross Knee Layback
- Fan Kick
- Fireman Spin
- Forearm Stand
- Front Hook
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Lady Seat
- Rockstar Spin
- Scissor Seat
- Secretary Seat
- Skater Spin

HIGH BEGINNER
17 moves

- Boomerang Spin
- Climb
- Dragonfly
- Figurehead
- Genie
- Goddess
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Jasmine
- Martini
- Outside Leg Hang
- Reverse Grab
- Side Climb
- Snowflake
- Straddle Invert
- Violator

LOW INTERMEDIATE
20 moves

- Aerial Straddle Invert
- Air Walk
- Brass Bridge
- Brass Monkey
- Butterfly
- Cross Ankle Layback
- Embrace
- Eros
- Extended Butterfly
- Flatline
- Gemini Climb
- Inverted D
- Jackknife
- Leg Switch
- Mercury
- Poisson
- Reiko Split
- Remi Seat
- Sneaky V

HIGH INTERMEDIATE
13 moves

- Allegra
- Ballerina
- Bee's Knees
- Caterpillar Climb
- Chest Press Butterfly
- Dove
- Foot Mount
- Hang Glider
- Jade
- Jamilla
- Shoulder Mount
- Side Saddle
- Superman

ADVANCED
47 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
4 moves	22 moves	17 moves	20 moves	13 moves	47 moves
	Stargazer		Torso Switch		Flying K
	Upright Crucifix				Fonji
	Wrist Seat				Gargoyle
					Helix
					Icarus
					Iguana
					Iron X
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Machine Gun
					Marion Amber
					Marley
					Meathook
					Phoenix
					Rainbow Marchenko
					Rocketman
					Russian Layback

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	22 moves	17 moves	20 moves	13 moves	47 moves


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini