Traci Level Map

Cartersville, GA

Pole Level Mapper

NEWBIE
0 moves

LOW BEGINNER
12 moves


Body Rolls


Carousel Spin


Cradle Spin


Dip Turn


Hollywood Spin


Juliet Spin


Knee Spin


Pirouette


Pole Walk


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
13 moves


Aerial Straddle Invert


Air Walk


Baby Snake


Cross Ankle Layback


Cross Knee Layback


Embrace


Flatline


Mercury


Reiko Split

Remi Seat

Scissor Seat

Stargazer

Wrist Seat

HIGH INTERMEDIATE
13 moves

Allegra

Ballerina

Caterpillar Climb

Chest Press Butterfly

Dragonfly

Figurehead

Foot Mount

Hang Glider

Hip Hold

Inside Leg Hang

Jade

Outside Leg Hang

Shoulder Mount

ADVANCED
64 moves

A-Frame

Advanced Plank

Aerial Shoulder Mount

Archer

Ayesha

Batwing

Bee's Knees

Bird of Paradise

Brass Bridge

Brass Monkey

Broken Doll

Butterfly

Cheeba Split

Chopsticks

Cocoon

Cupid

Dangerous Bird

Daredevil

Deathlay

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	12 moves	21 moves	13 moves	13 moves	64 moves
		Upright Crucifix			Dove
		Violator			Dragontail
					Duchess
					Eagle
					Eros
					Extended Butterfly
					Flag
					Flying K
					Fonji
					Gargoyle
					Gemini Climb
					Helix
					Icarus
					Iguana
					Inverted D
					Iron X
					Jackknife
					Jallegra
					Jamilla

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	12 moves	21 moves	13 moves	13 moves	64 moves


Janeiro


Knee Bocker


Leg Switch


Libellula


Machine Gun


Marion Amber


Marley


Meathook


Phoenix


Poisson


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Side Saddle


Sneaky V


Spatchcock


Starfish

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	12 moves	21 moves	13 moves	13 moves	64 moves


Superman


Teddy


Torso Switch


Tulip


Upright Sailboat


Vortex


Yogini