# Rasalila Level Map

Amsterdam

Pole Level Mapper

## NEWBIE
13 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Chair Spin
- Dip Turn
- Fan Kick
- Fireman Spin
- Forearm Stand
- Front Hook
- Lady Seat
- Pirouette
- Pole Walk
- Upright Crucifix

## LOW BEGINNER
21 moves

- Baby Snake
- Bee's Knees
- Carousel Spin
- Cradle Spin
- Cross Knee Layback
- Dove
- Genie
- Goddess
- Hollywood Spin
- Jamilla
- Jasmine
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Scissor Seat
- Secretary Seat
- Side Saddle
- Skater Spin
- Stargazer

## HIGH BEGINNER
23 moves

- Boomerang Spin
- Brass Bridge
- Brass Monkey
- Butterfly
- Climb
- Dragonfly
- Eros
- Extended Butterfly
- Figurehead
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Inverted D
- Jackknife
- Martini
- Outside Leg Hang
- Poisson
- Reverse Grab
- Side Climb

## LOW INTERMEDIATE
15 moves

- Aerial Straddle Invert
- Air Walk
- Ayesha
- Cheeba Split
- Cross Ankle Layback
- Embrace
- Flatline
- Gemini Climb
- Leg Switch
- Machine Gun
- Marion Amber
- Mercury
- Reiko Split
- Remi Seat
- Torso Switch

## HIGH INTERMEDIATE
8 moves

- Allegra
- Ballerina
- Caterpillar Climb
- Chest Press Butterfly
- Foot Mount
- Hang Glider
- Jade
- Shoulder Mount

## 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 |
|---|---|---|---|---|---|
| 13 moves | 21 moves | 23 moves | 15 moves | 8 moves | 43 moves |
| |  Superman |  Sneaky V | | |  Gargoyle |
| |  Wrist Seat |  Snowflake | | |  Helix |
| | |  Straddle Invert | | |  Icarus |
| | |  Violator | | |  Iguana |
| | | | | |  Iron X |
| | | | | |  Jallegra |
| | | | | |  Janeiro |
| | | | | |  Knee Bocker |
| | | | | |  Libellula |
| | | | | |  Marley |
| | | | | |  Meathook |
| | | | | |  Phoenix |
| | | | | |  Rainbow Marchenko |
| | | | | |  Rocketman |
| | | | | |  Russian Layback |
| | | | | |  Russian Split |
| | | | | |  Seahorse |
| | | | | |  Spatchcock |
| | | | | |  Starfish |

| NEWBIE | LOW BEGINNER | HIGH BEGINNER | LOW INTERMEDIATE | HIGH INTERMEDIATE | ADVANCED |
| --- | --- | --- | --- | --- | --- |
| 13 moves | 21 moves | 23 moves | 15 moves | 8 moves | 43 moves |



Teddy



Tulip



Upright Sailboat



Vortex



Yogini