Nectar Movement Haus Level Map

Anchorage, Alaska

Pole Level Mapper

NEWBIE
16 moves

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

LOW BEGINNER
8 moves

- Carousel Spin
- Cradle Spin
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
25 moves

- Baby Snake
- Ballerina
- Boomerang Spin
- Butterfly
- Climb
- Cross Knee Layback
- Dragonfly
- Extended Butterfly
- Figurehead
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Inverted D
- Jackknife
- Martini
- Outside Leg Hang
- Poisson
- Reverse Grab
- Scissor Seat

LOW INTERMEDIATE
25 moves

- Aerial Straddle Invert
- Air Walk
- Ayesha
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Cheeba Split
- Cross Ankle Layback
- Dove
- Embrace
- Eros
- Flatline
- Gemini Climb
- Jamilla
- Leg Switch
- Machine Gun
- Marion Amber
- Mercury
- Reiko Split

HIGH INTERMEDIATE
7 moves

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

ADVANCED
42 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
16 moves	8 moves	25 moves	25 moves	7 moves	42 moves
		 Side Climb	 Remi Seat		 Gargoyle
		 Snowflake	 Side Saddle		 Helix
		 Stargazer	 Sneaky V		 Icarus
		 Straddle Invert	 Superman		 Iguana
		 Violator	 Teddy		 Iron X
		 Wrist Seat	 Torso Switch		 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
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Tulip



Upright Sailboat



Vortex



Yogini