# Zoe Acton Level Map

Vancouver

Pole Level Mapper

## NEWBIE
4 moves

-  Body Rolls
-  Dip Turn
-  Pirouette
-  Pole Walk

## LOW BEGINNER
16 moves

-  Attitude Spin
-  Back Hook
-  Carousel Spin
-  Chair Spin
-  Cradle Spin
-  Fan Kick
-  Fireman Spin
-  Forearm Stand
-  Front Hook
-  Hollywood Spin
-  Knee Spin
-  Lady Seat
-  Rockstar Spin
-  Secretary Seat
-  Skater Spin
-  Upright Crucifix

## HIGH BEGINNER
15 moves

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

## LOW INTERMEDIATE
28 moves

-  Aerial Straddle Invert
-  Air Walk
-  Baby Snake
-  Brass Bridge
-  Brass Monkey
-  Butterfly
-  Cross Ankle Layback
-  Cross Knee Layback
-  Embrace
-  Eros
-  Extended Butterfly
-  Flatline
-  Gemini Climb
-  Genie
-  Goddess
-  Inverted D
-  Jackknife
-  Jasmine
-  Leg Switch

## HIGH INTERMEDIATE
8 moves

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

## ADVANCED
52 moves

-  A-Frame
-  Advanced Plank
-  Aerial Shoulder Mount
-  Archer
-  Ayesha
-  Batwing
-  Bee's Knees
-  Bird of Paradise
-  Broken Doll
-  Cheeba Split
-  Chopsticks
-  Cocoon
-  Cupid
-  Dangerous Bird
-  Daredevil
-  Deathlay
-  Dove
-  Dragontail
-  Duchess

| NEWBIE | LOW BEGINNER | HIGH BEGINNER | LOW INTERMEDIATE | HIGH INTERMEDIATE | ADVANCED |
|---|---|---|---|---|---|
| 4 moves | 16 moves | 15 moves | 28 moves | 8 moves | 52 moves |
| | | |  Mercury | |  Eagle |
| | | |  Poisson | |  Flag |
| | | |  Reiko Split | |  Flying K |
| | | |  Remi Seat | |  Fonji |
| | | |  Scissor Seat | |  Gargoyle |
| | | |  Sneaky V | |  Helix |
| | | |  Stargazer | |  Icarus |
| | | |  Torso Switch | |  Iguana |
| | | |  Wrist Seat | |  Iron X |
| | | | | |  Jallegra |
| | | | | |  Jamilla |
| | | | | |  Janeiro |
| | | | | |  Knee Bocker |
| | | | | |  Libellula |
| | | | | |  Machine Gun |
| | | | | |  Marion Amber |
| | | | | |  Marley |
| | | | | |  Meathook |
| | | | | |  Phoenix |

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Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Side Saddle


Spatchcock


Starfish


Superman


Teddy


Tulip


Upright Sailboat


Vortex


Yogini