

Routine C

Present

Straight jump, tuck jump, star jump

Chasse catleap

Forward roll to sit in tuck

Rock back to shoulder stand (hold for 3 seconds)

Rock to stand up

Arabesque (hold for 3 seconds)

Step and $\frac{1}{4}$ turn to star shape stand

Cartwheel

Backward roll to crouch

Tuck/straight headstand (Bridge if can't hold headstand)

Stand up

Present