

Routine E

Present

Straddle jump

2 consecutive cartwheels

Backward roll to front support (hold for 3 seconds)

Turn to back support (hold for 3 seconds)

Shoulder stand (hold for 3 seconds)

Bridge kickover or Backward Walkover

Full spin or Full jump turn

Handstand forward roll

Arabesque (hold for 3 seconds)

Step half turn/half jump turn

Chasse scissor kick/split leap

Round off

Present