

Routine C

Badge Levels: 4 & 3

No.	Skill
1	Present
2	Star Jump
3	Chasse Step, Cat Leap
4	Forward Roll to Pike Sit
5	Bridge (V-Sit if unable to do bridge)
6	Rock back to Shoulder Stand (Hold for 3 seconds)
7	Rock to stand up
8	Cartwheel
9	Arabesque (Hold for 3 seconds)
10	Backward Roll
11	Jump 1/2 Turn
12	Present