

# Routine D

Badge Levels: 2 & 1

<b>No.</b>	<b>Skill</b>
<b>1</b>	Present
<b>2</b>	Star Jump <u>OR</u> Jump Full Turn
<b>3</b>	Chasse Step, Scissor Kick
<b>4</b>	Backward Roll to Straddle Stand, Jump feet together
<b>5</b>	Forward Roll Step out, Front to Back Cartwheel
<b>6</b>	Handstand Forward Roll to Tuck Sit
<b>7</b>	Rock back to Shoulder Stand
<b>8</b>	Bridge
<b>9</b>	Dish, roll over to Arch (Hold each for 3 seconds)
<b>10</b>	Press Up, jump to crouch
<b>11</b>	Headstand <u>OR</u> Arabesque
<b>12</b>	Present