




It's time to show what you know!!! Practice your routine at home to "Show Off your skills" to your family at our

Routines Akidemy Awards Show-Off Meet on Feb 5, 2022

SNAP DRAGONS | ADV SNAP DRAGONS

Vault:	Trampoline:	Bars:	Beam:	Floor:
<ul style="list-style-type: none"> • Salute • Run tuck jump stick onto resi • Forward roll onto mat • Finish 	<ul style="list-style-type: none"> • Salute • Tuck Jump • Straddle Jump • Stick it • Seat drop • Doggie drop-forward roll • Stand up • Finish 	<ul style="list-style-type: none"> • Salute • Straddle hang 3 seconds • Skin the cat (put skin back on if can) • Pull over with spot • Forward hip circle with spot • Finish 	<ul style="list-style-type: none"> • Salute • 5 step mount • Walk 3 steps Arabesque (hold 3 seconds) • Pivot turn • 3 ice cream scoops • 3 kick walks • Tuck jump off • Finish 	<ul style="list-style-type: none"> • Salute • Forward roll • Cartwheel over Mat • Backward roll down wedge • Gallop (chasse) • Walk 3 steps • Straight jump • Split jump • Finish

GIRLS RECREATIONAL

Vault:	Trampoline:	Bars:	Beam:	Floor:
<ul style="list-style-type: none"> • Salute • Run handstand flat back onto mat • Finish 	<ul style="list-style-type: none"> • Salute • Tuck jump • Straddle jump • Stick it • Seat drop • Doggie drop • Forward roll • Stand up • Finish 	<ul style="list-style-type: none"> • Salute • Pull over (with spot) • 3 cast • Back hip circle (with spot) • Undershoot dismount • Finish 	<ul style="list-style-type: none"> • Salute • Mount beam • 3 kick walks • Arabesque • Lever lock • Pivot turn • Either tuck jump dismount OR cartwheel dismount • Finish 	<ul style="list-style-type: none"> • Salute • Handstand forward roll • Gallop (chasse) • Run roundoff tuck jump rebound • Run leap • Pivot turn • Finish

GIRLS INTERMEDIATE | ADVANCED

Vault:	Trampoline:	Bars:	Beam:	Floor:
Option 1: <ul style="list-style-type: none"> • Salute • Run handstand flat back onto mat • Salute Option 2: <ul style="list-style-type: none"> • Salute • Run front handspring (with spot) • Finish 	Option 1: <ul style="list-style-type: none"> • Salute • Donkey kick to handstand forward roll on tramp • Front tuck onto yellow mat • Finish Option 2: <ul style="list-style-type: none"> • Salute • Bounce Handstand on edge of yellow • Snap down back handspring • Bounder or front tuck • Finish 	Option 1: <ul style="list-style-type: none"> • Salute • Pull over • 3 cast • Back hip circle • Front hip circle • Dismount out of front hip circle • Finish Option 2: <ul style="list-style-type: none"> • Salute • Pullover • 3 cast • Back hip circle and dismount down • Be lifted to high bar and fly away (with spot) • Finish 	<ul style="list-style-type: none"> • Salute • Lever lock • Kick up to $\frac{3}{4}$ handstand, land in lunge, pivot turn • Straight jump • Split jump • Cartwheel dismount • Finish 	<ul style="list-style-type: none"> • Salute • Handstand to backbend • Backbend kick over (with spot) • Run leap • Pivot turn • Run roundoff • Back handspring (with spot) • Finish

And the Oscar goes to.....

