PERFORMANCE - PEACOCKS ROUTINES

Level Gold:

VAULT - Handspring or ½ on (over vault table)

BARS -

1. Upstart
2. Backhip circle
3. Squat on ¾ giant
4. Straddle Undershoot dismount

OR

1. Upstart
2. Cast above horizontal
3. Sole circle to catch
4. Long Upstart
5. Straddle Shoot

BEAM -

1. Any Mount
2. Full spin
3. Split Jump
4. Forward Roll
5. Walkover
6. Roundoff

OR

1. Any Mount
2. Full Spin
3. Split Leap into tuck jump
4. Cartwheel swing leg through cartwheel
5. Handspring Dismount

FLOOR -

1. Split jump linked W jump
2. Roundoff Flick
3. Full Spin
4. Free Cartwheel

OR

1. Sissone into full turn catleap
2. Roundoff Flick Tuck
3. 1 ½ Spin
4. Front Somi