PERFORMANCE - PEACOCKS ROUTINES

SILVER:

VAULT - Handstand Flatback

BARS -

1. Float Swing
2. Upwards Circle
3. Cast above 45 degrees into backhip circle
4. Straddle Undershoot

BEAM -

1. Any Mount
2. ½ spin
3. W Jump
4. Cartwheel
5. Roundoff

FLOOR -

1. Catleap into L hop
2. Cartwheel to 1 handed cartwheel
3. Full Spin
4. Roundoff