



VERTICAL DANCE

Advanced moves



Bouncing boomerang



Butterfly extension



Diva



Figurehead 1 hand



Figurehead 2 hands



Flag



Handspring



Handspring split

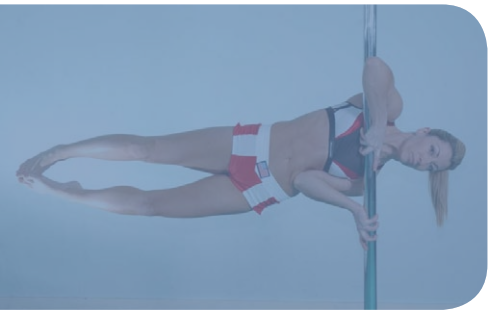


Inverted back hook



VERTICAL DANCE

Advanced moves



Inverted hip hold



Knee hold



Pencil



Pencil attitude



Pencil split



Pole V



Pole box splits



Shouldermount

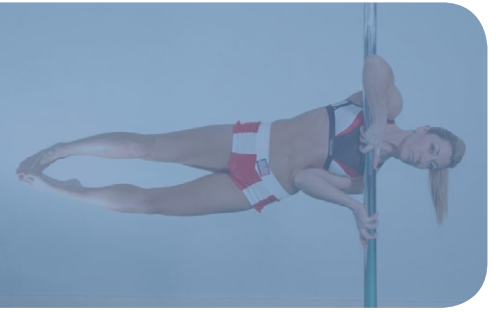


Shouldermount floor



VERTICAL DANCE

Advanced moves



Straight edge



Straight edge leg split



Super invert



Superman



Tail split



Vertical splits