



# VERTICAL DANCE

## Intermediate moves



Back hook 1 handed



Basic teddy



Basic invert



Boomerang



Bow and arrow



Butterfly



Caterpillar



Corkscrew



Corkscrew attitude



# VERTICAL DANCE

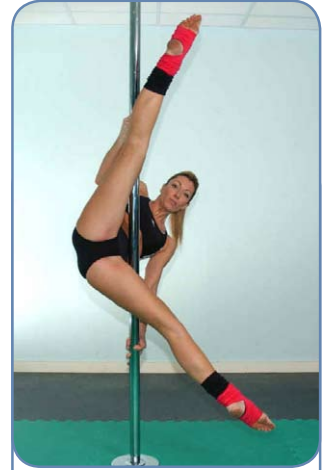
## Intermediate moves



Cradle full bracket



Cradle leg extension



Cradle splits



Cross ankle release



Cross leg release



Crucifix



Gemini



Handstand 1



Handstand 2



# VERTICAL DANCE

## Intermediate moves



Handstand 3



Handstand 4



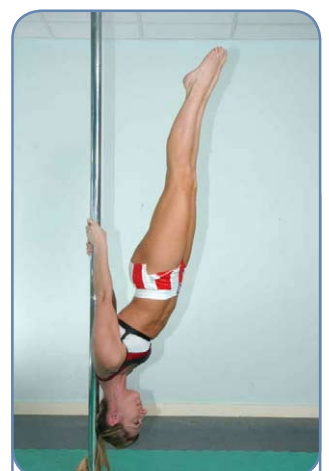
Handstand hook



Handstand split



Iguana start



Iguana finish



Inverted thigh hold



Inverted crucifix



Kick and slide



# VERTICAL DANCE

## Intermediate moves



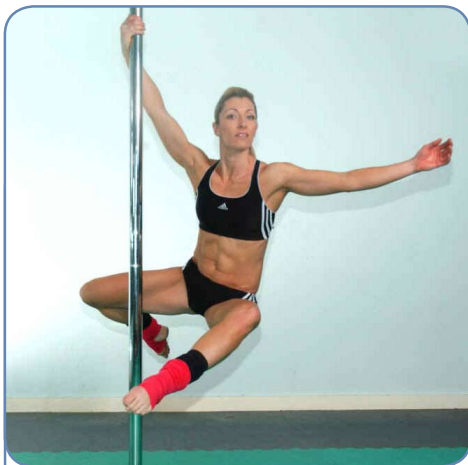
Kick splits switch



Near side handstand hook



Near side handstand split



No touch attitude



Reverse grab



Reverse grab straight leg



Scorio



Seated thigh hold



Side spin leg extension



# VERTICAL DANCE

## Intermediate moves



Wrist seat