



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



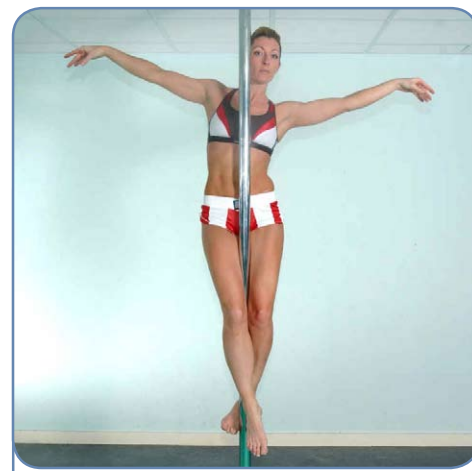
Cradle splits



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



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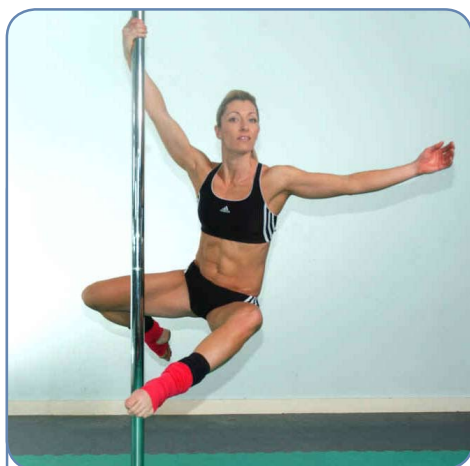
Kick splits switch



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



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Wrist seat