

## Novice & Novice 1

- 1.) Forward roll to pike sit
- 2.) Back support
- 3.) Dish hold
- 4.) Teddy bear roll
- 5.) In tuck, rock back & forward to stand (no hands)
- 6.) One legged balance
- 7.) 3 bunny hops
- 8.) Straight jump, hold landing shape

**All Novice & Intermediate routines marked out of  
10.00**

**Bonus for execution/tidiness/neat presentation –  
0.3**