

### SUPERSTAR 5:

date: \_\_\_\_\_ examiner: \_\_\_\_\_

comment: \_\_\_\_\_

- Split Position closing to Vertical Position with a 360 degree rotation
- Nova to Bent Knee Vertical Position
- Bent Knee Vertical to Vertical Position with Full Twist
- Twirl for Albatross
- Split Position Half Twist
- Twist Spin
- Rocket Split
- Barracuda Spin Up 360 degrees
- Swordalina
- Traveling Vertical, Side Bent Knee and Side Fishtail Positions

### SUPERSTAR 6:

date: \_\_\_\_\_ examiner: \_\_\_\_\_

comment: \_\_\_\_\_

- Gaviata Rotation
- Famingo Rollback
- Barracuda Somersault Back Pike
- Catalina Spin Up 180 degrees
- Gaviata (figure)
- Porpoise Spinning 360 degrees (or other Twist Spin)
- Flamingo (figure)
- Minerva
- Routine

### SUPERSTAR 7:

date: \_\_\_\_\_ examiner: \_\_\_\_\_

comment: \_\_\_\_\_

- Aurora Open 360 degrees Rotation
- Bent Knee Combined Spin with 720 degrees Rotations
- Vertical Position, Continuous Spin, 7 revolutions
- Vertical Position, Combined Spin
- Vertical Position, Half Twist, Twirl Continuous Spin Combination
- Rocket to Bent Knee Vertical, Twirl, Vertical Descent
- Rocket Split, 360 degrees Spin
- Ariana with specific timing
- Barracuda Continuous Spin
- Ballet Leg Double traveling



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