

Make up your own routine!

Make up a routine using some of the elements listed below, choose a piece of music, add in some dance and film it to show everyone else what you have been practising!

Straight shape	Tuck shape	Star shape	Pike shape	Straddle shape	Rock in tuck	Rock in tuck and stand up	Forward roll
Backward roll	Bunny hops	Cartwheel	Headstand	Handstand	Press ups	Sit ups	Squat jumps
Burpees	Dish	Arch	Front support	Back support	Side support	Chasse	V sit
Japana	Pike fold	Bridge	Splits	Straddle lever	Pike lever	Cat leap	Knee roll