

Candy Cane Classic Tumbling Routines

Level 1

Forward roll, forward roll to straddle stretch, lay flat on back, bridge up, lay flat on back
candle stick, stand up, jump half turn, teeter totter, lunge finish (optional: cartwheel/roundoff after teeter totter)

Level 2

Forward roll, forward roll, cartwheel, cartwheel finish in lunge, step through
handstand 2 feet down, forward roll to pike stretch, lay down and bridge up, lay down and candlestick, stand up, stretch jump

Level 3

Forward roll to pike stretch, lay flat on back, bridge up-lift leg to knee,
then straight, lay down, candlestick-to 1 knee step up, cartwheel, cartwheel lunge
step through, handstand step down, sashay roundoff rebound

Level 4

1 hand cartwheel, sashay cartwheel, sashay roundoff rebound, backward roll
bridge down (or) handstand bridge, laydown, V-sit, 1knee step up, handstand step down
run roundoff rebound freeze (or front handspring)

Optional second pass

Roundoff back handspring (on or off) Tumble Tramp

Level 5

Power hurdle, roundoff, back handspring, rebound
Run, roundoff, back handspring, rebound

Level 6

2 optional passes