

**SENIOR AND JUNIOR****COMPULSORY:**

1	308i	Barracuda Airborne Split Spin Up 360°	3.3
2	355g	Porpoise Twist Spin	2.5

## OPTIONAL GROUPS

<b>Group 1</b>			
3	154j-2	London Combined Spin 720°	2.9
4	330c	Aurora Twirl	2.8
<b>Group 2</b>			
3	364	Whirlwind	2.7
4	343	Butterfly	2.5
<b>Group 3</b>			
3	320	Kipswirl Split Closing 180°	2.3
4	440	Ipanema	3.0

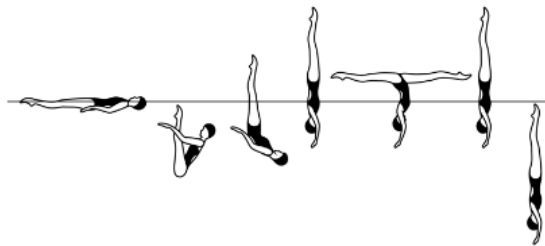
**COMPULSORY:**

1	<b>308i</b>	Barracuda Airborne Split Spin Up 360°	<b>3.3</b>
2	<b>355g</b>	Porpoise Twist Spin	<b>2.5</b>

**308 BARRACUDA AIRBORNE SPLIT**

**2.7**

A Barracuda is executed to a submerged **Back Pike Position** with the toes just under the surface. A *Rocket Split* is executed.



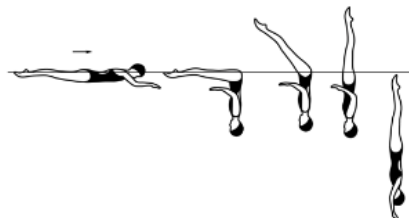
**308i - See Appendix I**

A Barracuda Airborne Split is executed to a re-joined **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust* to ankle level. The designated *Ascending Spin* is executed. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

**355 PORPOISE**

**1.8**

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted to **Vertical Position**. A *Vertical Descent* is executed.



**355a to 355g plus 355j - See Appendix I**

A Porpoise is executed to **Vertical Position**. The designated *Twist* or *Spin* is executed.

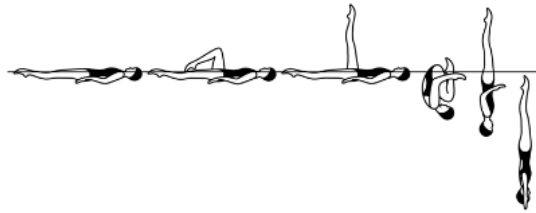
OPTIONAL GROUPS

Group 1			
3	154j-2	London Combined Spin 720°	2.9
4	330c	Aurora Twirl	2.8

154 LONDON

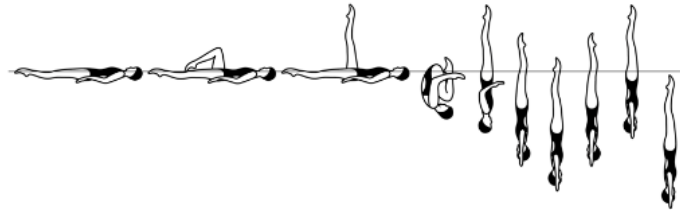
1.9

A *Ballet Leg* is assumed followed by a partial Somersault Back Tuck, as both legs are drawn into a **Tuck Position**, until the shins are perpendicular to the surface. The trunk unrolls rapidly as the legs are rapidly straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A rapid *Vertical Descent* is executed.



154j-1 and 154j-2 LONDON COMBINED SPIN – See Appendix 1

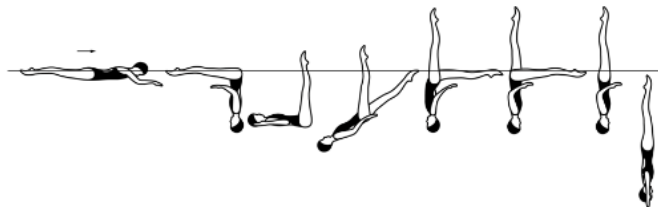
A London is executed to a **Vertical Position**. A rapid designated *Spin* is executed. A rapid *Vertical Descent* is executed.



330 AURORA

2.3

From a **Front Layout Position** a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One leg rises vertically as the other moves along the surface to a **Knight Position**. The body rotates 180° to assume a **Fishtail Position**. The horizontal leg is lifted to **Vertical Position**. A *Vertical Descent* is executed.



330a, 330c to 330g - See Appendix I

An Aurora is executed to **Vertical Position**. The designated *Twist* or *Spin* is executed.

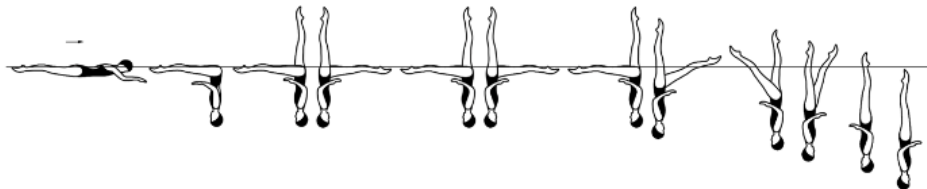
## OPTIONAL GROUPS

Group 2			
3	364	Whirlwind	2.7
4	343	Butterfly	2.5

### 364 WHIRLWIND

2.7

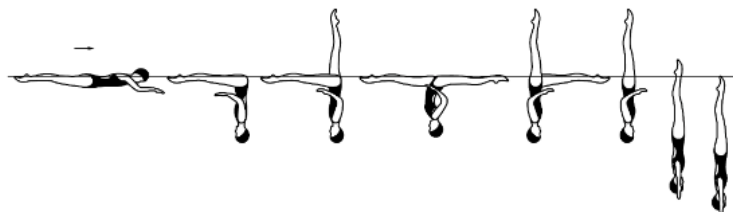
From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. Maintaining a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, two rapid rotations ( $720^\circ$ ) are executed. Continuing in the same direction, the horizontal leg is lifted to a **Vertical Position** as a *Continuous Spin  $720^\circ$*  is executed.



### 343 BUTTERFLY

2.5

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of  $180^\circ$  as the vertical leg is lowered to assume a **Split Position**, without hesitating a hip rotation of  $180^\circ$  is executed as the front leg is raised to assume a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position** at the same tempo as the initial actions of the figure. A *Vertical Descent* is executed.



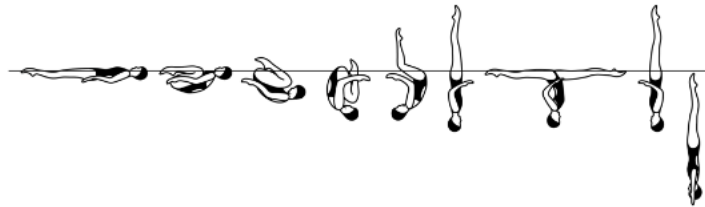
OPTIONAL GROUPS

Group 3			
3	320	Kipswirl Split Closing 180°	2.3
4	440	Ipanema	3.0

**320 KIPSWIRL SPLIT CLOSING 180°**

**2.3**

A Kipswirl is executed to the **Vertical Position**. The legs are lowered symmetrically to a **Split Position**. A rapid rotation of 180° is executed, as the legs symmetrically close to a **Vertical Position**. A *Vertical Descent* is executed.



**440 IPANEMA**

**3.0**

A Nova is executed to the **Bent Knee Surface Arch Position**. The horizontal leg is lifted as the bent knee is straightened to assume a **Vertical Position**. The legs are lowered to a **Front Pike Position**. A rapid 180° rotation is executed as the legs lift to a **Vertical Position**. A *Vertical Descent* is executed at the tempo of the rest of the figure.

