



Pole Level 3

Done	Trick Name	Date	Comment
	Straddle Belly Spin		
	Pencil Spin on Spin Pole		
	Star Spin on Spin Pole		
	Reverse Grab Spin Pencil and Straddle		
	Swan Spin/Ballerina Passe		
	Switch Spin Combo		
	Step In Spin		
	Juliet Spin		
	Drama Queen		
	Outside Leg Hang (no Hands) / Closed Outside Leg Hang		
	Drama Queen Drop / Sad Girl Drop		
	Jamilla		
	Crossed Ankle Release		
	Bow / Arrow		
	Invert Into Chopper		
	Butterfly		
	Flatline Scorpio		
	Bomb, Straight Leg Bomb, Teddy		
	Inside Leg Hang		



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