

# Rubies/Emeralds – Showcase Routines



## Vault

- 1) Arm Circle Straight Jump Stick
- 2) Handstand Plop OR
- 1) Jump to Handstand Plop

## Bars

- 1) Pull-over
- 2) 2 Casts
- 3) Back Hip Circle
- 4) Push away STICK dismount OR
- 5) Straddle/Pike toe shoot

## Beam

- 1) Mount to face end of beam
- 2) Passé Pose (airplane arms) 2 sec
- 3) ½ heel snap passé turn (arms in front, hold 2 sec.) – to turn finish position
- 4) Tall & Tight – T – Y Handstand  
OR ¾ Handstand
- 5) Straight Jump
- 6) Tuck Jump
- 7) Split Jump
- 8) Cartwheel Handstand dismount  
OR ^ add ½ twist (hold 2 sec.)

## Floor

- 1) Beginning Pose + *Pose of choice* + Salute
- 2) Roundoff – Straight Jump – Backward roll (3)  
OR Roundoff – Back Handspring (4)
- 3) Kneeling arm circle – stand up w/ bad leg
- 4) 2 Kicks – Chasse – Step – Leap – Step Kick
- 5) Passé Pose (airplane arms)
- 6) ½ heel snap passé turn (arms in front) – Turn Finish Position
- 7) (turn) Back Bend Kick Over  
OR Back Walkover
- 8) Knee Lunge Pose
- 9) Turn to Pike
- 10) Cross arms – to Finish Pose

\***Bonus:** May do split jump OR leap in routine for showcase



**\*Salute Before & After Routines**