

# Pearls – Showcase Routines



## Vault

- 1) Run – Hurdle – Straight Jump  
Stick onto resi pit

## Bars

- 1) \*Spotted pull-over with block  
step-off
- 2) 3 sec. straight arm diagonal hold
- 3) 3 straight arm casts (hips leave bar)
- 4) Push away stick dismount

## Beam

- 1) Mount to face end of beam
- 2) Passé Pose (airplane arms)
- 3) Squat Pivot Pivot Turn
- 4) Scale 5 sec.
- 5) Straight Jump
- 6) Walk to end (airplane arms on toe)
- 7) Straight jump STICK dismount

## Floor

- 1) Starting Pose - OPTIONAL
- 2) Hollow hold 8 sec.
- 3) Arch Hold 8 sec.
- 4) Push-up Hold (cast position) 8 sec.
- 5) Straight body table Hold 8 sec.
- 6) Candlestick – stand up w/o hands to finish
- 7) Forward roll
- 8) Run – Leap
- 9) Tuck Jump
- 10) Lunge – Needle Kick – Lunge
- 11) Pivot Turn
- 12) (Step Kick) Cartwheel
- 13) Bridge 3 sec.
- 14) Ending Pose – OPTIONAL



**\*Salute Before & After Routines**