

# Sapphires – Showcase Routines



## Vault

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

## Bars

- 1) Pull-over with block step-off
- 2) Stride circle hold 3 sec.
- 3) 3 sec. straight arm diagonal hold
- 4) 3 straight arm casts (hips leave bar)
- 5) Push away STICK dismount

## Beam

- 1) Mount (face end of beam)
- 2) Passé Pose
- 3) Pivot Turn (high toe)
- 4) Needle Kick
- 5) Straight Jump
- 6) Tuck Jump
- 7) Walk to end on toe (airplane arms)
- 8) Straight jump STICK dismount

**Bonus:** - \*May do a Roundoff Dismount

## Floor

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



**\*Salute Before & After Routines**