21CC LEVEL APPROPRIATE SKILLS

CHEER & DANCE | SKILL REFERENCE

LEVEL 3

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
• Inverted below prep level • Inverted at prep level • Downward inversion from below prep level	• Release to prep level or below • Tic toc below prep level to below prep level (lib to lib) • Tic toc below prep level to prep level (lib to lib)	• 3/4 twisting transition to prep level 1 leg stunt • Full twisting transition below prep level • Full twisting transition to prep level • Full twisting transition to / at prep level lib • 1/4 twisting transition to extended 1 leg stunt	• Suspended forward roll • Full twisting transition from prep level to prone • Extended lib	Assisted or Unassisted: • Walk in / toss hands • Walk in / toss hands press extension • Walk in extension	• Straight cradle from extended 1 leg stunt • 1/4 twisting dismount from extended 1 leg stunt
ADVANCED SKILLS					
• Inversion from waist / prep level to extended 1 leg stunt • Inversion from ground level to extended lib	• Release from ground level (switch up) to prep level lib • Release from waist level (ball up, straddle up, etc.) to prep level lib • Tic toc from prep level lib to extended body position	• Full twisting transition to prep level body position • Full twisting transition at prep level (lib to lib) • 1/2 twisting transition to extended lib • Full twisting transition at prep level to prep level body position	• Full twisting tic toc at prep level (lib to lib) • Full twisting inversion to prep stunt • 1/2 twisting inversion to extended lib • 1/2 twisting suspended forward roll	Assisted: • Walk in hands press extended 1 leg stunt • Toss hands press extended 1 leg stunt • Walk in extended 1 leg / 1 arm stunt	
ELITE SKILLS					
• Inversion from ground level to extended body position	• Release from ground level (switch up) to prep level body position • Release from waist level (ball up, straddle up, etc.) to prep level body position	• Full twisting transition at prep level (body position to body position) • Full twisting transition to extension • 1/2 twisting transition to extended body position	• Full twisting tic toc at prep level (lib to body position) • Full twisting inversion from prep level or below to prep level 1 leg stunt • 1/2 twisting inversion from ground level to extended body position • Full twisting suspended forward roll	Unassisted: • Walk in hands press extended 1 leg stunt • Toss hands press extended 1 leg stunt • Walk in extended 1 leg / 1 arm stunt	• Full twisting dismount from prep to cradle or Full twisting dismount from extension to cradle

TOSSES

NON - TWISTING	TWISTING
• Ball arch • Lib arch • Pike arch • Kick arch • Ball-X • Toe touch	• Full twist

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS		ELITE SKILLS	
• BHS / BHS STEP OUT - BHS / BHS STEP OUT • ADVANCED JUMP - BHS / BHS STEP OUT • BHS / BHS SERIES - ADVANCED JUMP	• BWO - BHS SERIES • BHS - BHS - BHS OR MORE	• BHS - BHS STEP OUT - BHS • ADVANCED JUMP - BHS SERIES	• BHS / BHS SERIES - ADVANCED JUMP - BHS / BHS SERIES • ADVANCED JUMP - BHS - ADVANCED JUMP - BHS • BHS STEP OUT - BHS SERIES	• BHS STEP OUT - BWO - BHS SERIES • BWO - BHS - ADVANCED JUMP - BHS / BHS SERIES

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS		
• RO - TUCK • AERIAL	• PUNCH FRONT (PF) • RO - BHS SERIES - TUCK	• FWO - AERIAL • BOUNDER / FLYSPRING - AERIAL • RO - BHS - TUCK	• RO - BHS STEP OUT - 1/2 TURN - RO - TO - TUCK • FWO - RO - TO - TUCK • BOUNDER / FLYSPRING - RO - TO - TUCK	• FHS - PF

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

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