



ShowTime

Girls Advanced Showtime Routine

Students may choose to perform on any or all the events: floor, bars, beam, vault and, or trampoline. Each gymnast may opt to perform **isolated skills** or **create their own routine**. Music is optional! Gymnasts may choose the given floor routine music or use their own floor routine music choice (must be appropriate for all children).

Suggested skills to add in your routine:

Vault:

- Front handspring over the vault
- Roundoff over the vault

Uneven Bars:

- kip
- shoot through
- mill circle
- front hip circle
- squat on
- jump to high bar
- long hang pullover
- underswing
- tap swings
- half turn dismount

Balance Beam:

- English handstand
- connected jump series (straight, tuck, and split)
- full passe turn
- Cartwheel
- Bridge skills (front walkover, back walkover, tick tock)
- side handstand quarter twist dismount

Floor Exercise:

- roundoff back handspring
- bridge skills (front walkover, back walkover, or tick tock)
- full passe turn
- front handspring step out connected into front handspring
- chasse leap
- front tuck
- Back tuck
- Standing back handspring

Tumble track:

- power hurdle front handspring rebound
- back handspring rebound
- front tuck
- back tuck
- Roundoff back handspring
- Bounder
- Front handspring step out connected to a front handspring rebound

Have Fun☺!