

1. Acrobatic Rock 'n' Roll

1.1. Lifts

Move	Link	Comment	Safety Controls
Ticking Clock	https://www.facebook.com/1038175276273583/videos/239922783838357?_so=_permalink	@ 3 seconds. Landing is mildly tricky.	Need mat or spotter for trials.
Soaring Eagle with fancy dismount	https://www.instagram.com/p/CnhyRxqjxE6/	Different intro into it and maybe more time on shoulder. 1st half easy to do.	Nil
Round the World	https://www.facebook.com/1038175276273583/videos/239922783838357?_so=_permalink	@ 30 seconds. Very easy to do.	Unlikely, spotter could be useful.
Hip Jump	https://www.facebook.com/1038175276273583/videos/239922783838357?_so=_permalink	@ 54 seconds	Nil
Kiss the Floor	https://www.instagram.com/p/Ck_N9W5J6B2/	You rely on your own arm strength	Mat or I can catch.
Jump the Wave	https://www.instagram.com/p/CoFbYaDjzgW/	Different intro into it.	Nil
Climbing Wall	https://www.instagram.com/reel/CnCXyB4OJ15/	Won't do the standing on one leg. Won't do the stand in hands.	TBH least likely to do this one. 2-3 Spotters and Mat
Mannequin Rotation	https://www.instagram.com/reel/Cm_4719oolT/	Different hold at top: more secure and less pervy	Nil
Low soaring into sweep the floor	https://www.instagram.com/p/Cj0fJxBjpVA/	Won't do the bit after they sweep the floor	Nil

Move	Link	Comment	Safety Controls
Splits Flip	https://www.instagram.com/p/Cs_f0zFJ03C/	Only if follower is flexible	Mat
Chaos	https://www.instagram.com/p/CpedUO7rF-T/	Probs won't do all of this	Mat and spotters
Right-angle aerial with spin dip	https://www.instagram.com/p/CrJXy0utms8/	Getting down will probs be different	Mat and spotters
Straddle flip into splits	https://www.instagram.com/p/CrdwcENP9xd/		Mat
Over the shoulder onto other shoulder	https://www.instagram.com/p/CqGCRK1Mupg/		Mat and spotters
Dip Flip	https://www.instagram.com/p/CpazvqYgOx5/		
Over the shoulder	https://www.instagram.com/p/CsqhronvCV4/		
Aerial pose	https://www.instagram.com/p/Cq12tgvuEwp/	Probs won't end in one hand	Mat Spotters, build up into it.
Stand up challenge	https://www.instagram.com/p/CpVZs3vA2EP/ https://www.instagram.com/p/CpOXeoKrneh/	My poor back 😞	Mat, Spotters,
Left right up swings	https://www.instagram.com/p/CpOI5a2LEL9/	This is a classic and fairly safe	
Jump across Oblivian	https://www.instagram.com/p/Cqgt2zPjKCG/	Only do parts of this	
Soaring through the air (practice)	https://www.instagram.com/p/CsEo9SOg0gG/	Only if joints are strong. Will have to just go for it	Long sleeves would be nice to avoid friction burns
Forward Hands between leg flip	https://www.instagram.com/p/Cp2nfxog6C6/		Mat
Backwards Hands between leg flip	https://www.instagram.com/p/CsGQsZotl89/		Mat
Rock the baby	https://www.instagram.com/p/CqlqpGGsFTd/		
Round the shoulder (K-flip)	https://www.instagram.com/p/CrKxG5DI0Iq/		
Straddle aerial	https://www.instagram.com/p/Cp_QWk7vidY/		
Round the shoulder 2	https://www.instagram.com/p/Cr_d04nOrta/		
Forward Hands between leg flip into pose	https://www.instagram.com/p/CsgLLZCv3N7/		
Classic aerial	https://www.instagram.com/p/CsHHb8iNUNu/		
Wrestling flip	https://www.instagram.com/p/CsRX1oNs3S9/		
Baby flip	https://www.instagram.com/p/Crgih7dvGEm/		

Bench press

| <https://www.instagram.com/p/Crk84GfvZyH/>

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