

BEAM

Begin in a fifth position high relevé at end of the beam

1st PASS: with continuous, **dynamic and traveling** forward movement, step and execute two high alternate kicks forward (L&R), to two alternating side kicks, and two alternating back kicks and finish in a dynamic needle kick (not held); immediately returning to high relevé with foot closing in back, step(s) to the end of the beam and pivot ½ turn.

2nd PASS: 180° split jump directly connected to a 180° sissoné (2 foot take off with any foot position); one or two steps to a 180° switch split leap (legs must be straight, not a stag split); one or two steps to relevé position on one leg (balance stand), **HOLD** for 2 seconds with free leg in **forward horizontal** position. If the athlete does not have enough space to perform the relevé hold, she may take steps backward or perform a ½ pivot at the end of the beam prior to the hold element.