

CORE MOVES	BONUS MOVES	OVERLAPPING BEG/INT MOVES
1. Pole Walk	Body Rolls	Climb/Side Climb
2. Dip	Pole Supported Back Bend	Static Spins
3. Time Check Pirouette	Lunge / Plie with Pole	Genie
4. Reverse Dip (prep for juliet / bh spin)	Shoulder Slide to Floor	Jasmine
5. Buttrole / Layout with Pole	Stripper 'UnderPass'	Martini
6. Back Spin	All Pirouette Grips / Variations	Pole Sits
7. Fan Kick	All Basic Back Spins (mermaid, knee hook, stag, etc..)	Headstands
8. Pole Sit	Back Wrist Spin	
9. Basic Forward Spins	Cuddle Roll Spin	
10. Step Up / Thigh Hold 'Crucifix'	All Basic Forward Spins (fireperson, chair, stag, etc..)	
11. Hood Ornament / Aerial Strong Hold	Falling Dip Spin'	
12. Climb	Falling 'Lunge' Spin	
13. Side Climb	Strong Hold Spin Up	
14. Leg Sweep (floor)	Sexy Stand Up	
15. Belly Roll (floor)	Easy Up	
	Lunge to Stand	
	Castaway	
	All versions of pole sits up to wrist seats (scissor, dove, etc.)	