

Acro Skills Level I – Dancer is working on the following

Cartwheel
Forward roll
Bridge hold
Handstand hold
Backbend kickover
Elbow cartwheel
Shoulder stand
Fish roll
Elbow stand
Handstand bridge
One handed cartwheel
Bridge kickover
Rainbow leap

Acro Skills Level II – Dancer is working on the following

Aerial cartwheel
Standing aerial
Turning aerial
Back walkover
Front walkover
Front aerial
Back handspring
Spider cartwheel
Snowflake leap
Punch front
Chin roll
Tinsica
Valdez