

Rec class Elements

Leaps

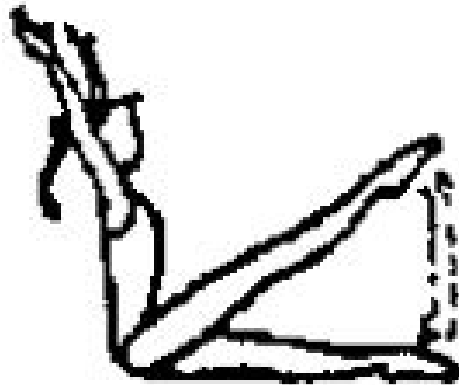
Cat leap

Start with the forward chasses and the bring both legs up and finish legs together

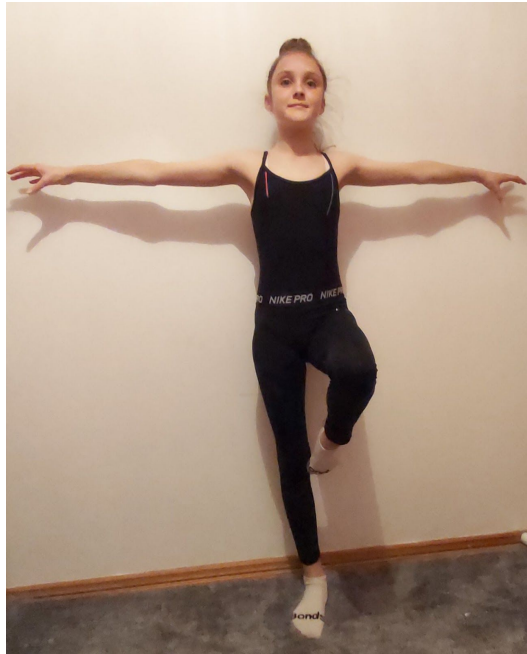


Scissor leap

Chasses forwards the leap kicking both legs up one then the other switching in the air



Balances
Passe



Pivots
Passe

Start in preparation (photo 1) and then push of bringing leg up (photo 2) 360

