## **UGA Feature Twirler Required Elements**

- Double Walkover
- Double Illusion
- Aerial or cartwheel
- Back walkover or back handspring
- Body Work (Variety of leaps, laybacks, kick, turn combinations)

# <u>Double Combination Tricks such as: (2 elements put together in can include body work and gymnastics)</u>

- Leap (walkover, illusion)
- Illusion (Walkover, leap)
- Kick Illusion
- Front walkover/back walkover
- Aerial/cartwheel

## <u>Triple options such as: (3 elements put together it can include body work and gymnastics)</u>

- Illusions
- Walkovers
- Leap Double Walkover
- Double leap walkover/illusion

### Multiple Baton such as: (add body work and gymnastics)

- Double tosses
- Horizontal/vertical combinations
- Juggle series
- High/low combinations
- High/high combinations

#### **4-Baton Tricks**