Level .5-1 single rope competition routine

1. Cross over foot pose
2. Double Under
3. Side Open Double Under
4. Side Cross Double Under
5. 180 double under
6. 180 double under
7. Can- Can
8. Can-Can
9. Side Straddle
10. Forward Straddle
11. Right Slide
12. Left slide
13. 360
14. Texas 360
15. Mountain climbers
16. Arm wrap
17. Side swing
18. Cross
19. Toad
20. Basic Push up
21. EB
22. Leg Wrap
23. Backwards Cross
24. 180 to forward
25. Basic mule kick
26. Sunrise
27. Snake release
28. Cartwheel
29. Fishing release
30. Overhead cross pose