

TWISTING CHALLENGE

AWARD C

Name: _____

Age: _____

- Half twist to seat, Half twist to feet
- Swivel hips
- Full twists to seat, Full twist to feet
- Roller
- Half twist to front, Half twist to feet
- Half turn table
- Full twist to front, Half twist to feet
- Log roll
- Half twist to back, Half twist to feet
- Seat, Half twist to back
- Cradle
- Full twist to back, Full twist to feet
- Cat twist



TWISTING CHALLENGE

AWARD B

Name: _____

Age: _____

- 1 ½ twist to seat, Full twist to feet
- Seat, Full twist to front
- Full twist to seat, Full twist to feet
- Roller x2 (keeping square)
- Full twist to front, Full twist to feet
- Full turn table
- 1 ½ twist to front
- 1 ½ twisting Log roll (front, 1 ½ to back)
- Front, Half twist to front (cruise build)
- 1 ½ twist to back, Full twist to feet
- Back, Full twist to front
- Double cat twist



TWISTING CHALLENGE

AWARD A

Name: _____

Age: _____

- 1 ½ twist to seat, 1 ½ twist to feet
- 1 ½ twisting Swivel hips
- 1 ½ twist to front, Full twist to feet
- Double log roll
- Cruise from front
- 1 ½ twist to back, 1 ½ twist to feet
- Corkscrew
- 2 ½ twisting cat twist
- Back pull over with half twist to feet
- Back pull over with half twist to back



**TWISTING CHALLENGE
COMPLETED**



TWISTING CHALLENGE

AWARD
A*

Name: _____

Age: _____

- Double twist to seat, Double twist to feet
- Double twist to front, 1 ½ twist to feet
- Double twist to back, Double twist to feet
- Triple Log roll
- Triple Cat twist
- Rob-Roy (corkscrew with 2 ½ twists)
- Back pull over with full twist to feet
- Full twisting bounce roll
- Full twisting cody
- Full twisting double bounce roll
- Double twisting cody