

# 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
- Front landing, Full twist to feet
- Log roll
- Half twist to back, Half twist to feet
- Seat, Half twist to back
- Cradle
- Back landing, Full twist to feet
- Cat twist

  
  
  
  
  
  
  
  
  
  
  
  
  
  


# TWISTING CHALLENGE

## AWARD B

Name: \_\_\_\_\_

Age: \_\_\_\_\_

- Seat landing, 1½ twist to feet
- Seat, Full twist to front
- Full twist to seat, 1½ twist to feet
- Full twist to back, 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
- Back pull over with full twist to front

  
  
  
  
  
  
  
  
  
  


# 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
- Double twisting bounce roll
- Full twisting double bounce roll
- Full twisting cody
- Double twisting cody