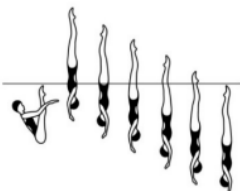
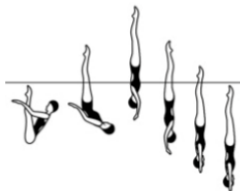
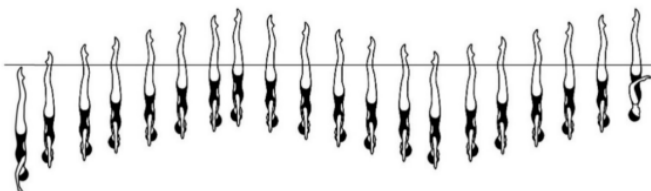
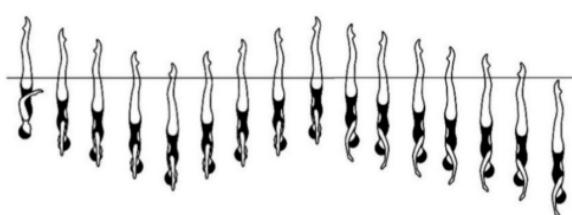
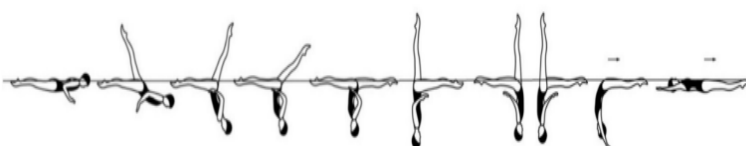
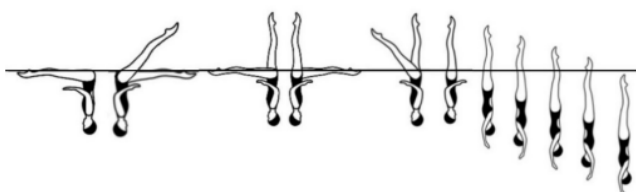
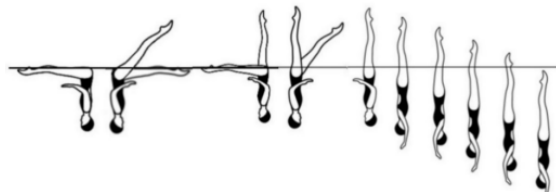

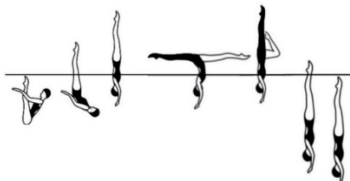
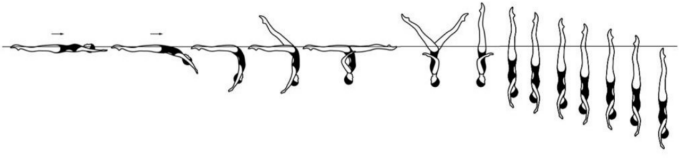
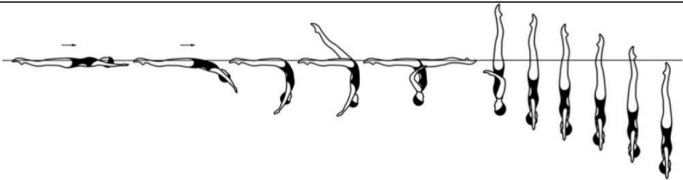
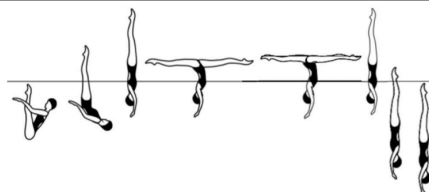
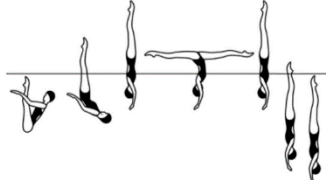
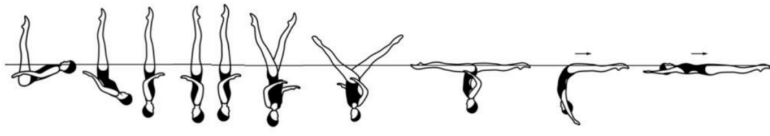
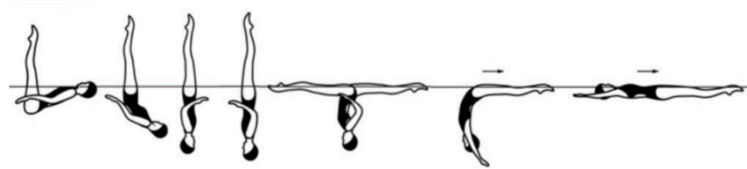
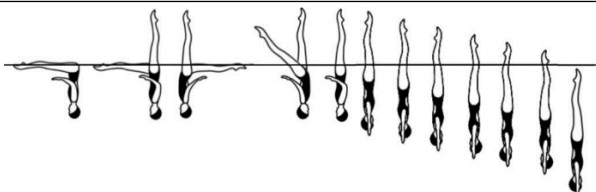
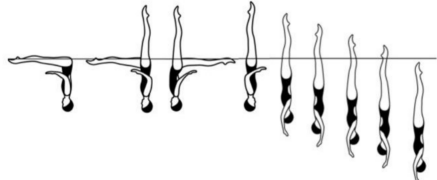
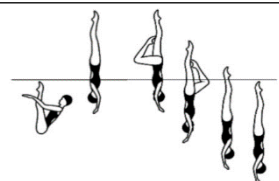
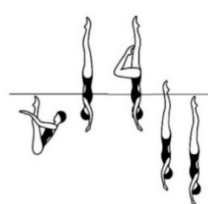


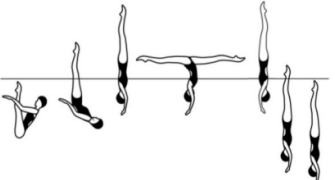
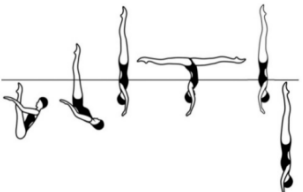
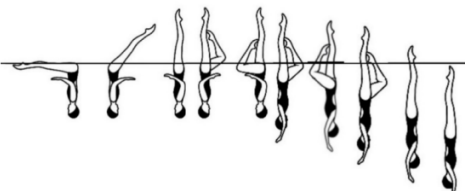
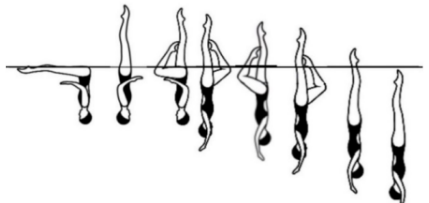
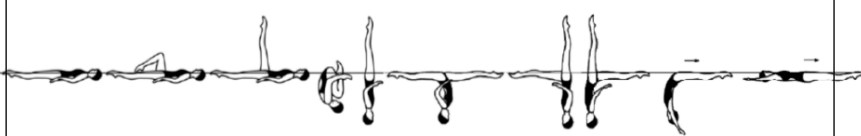
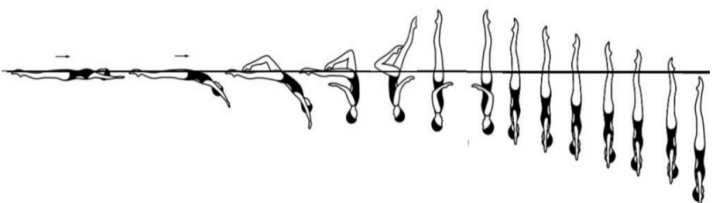
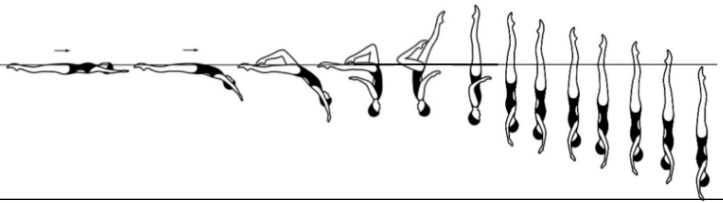
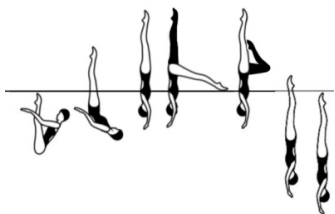
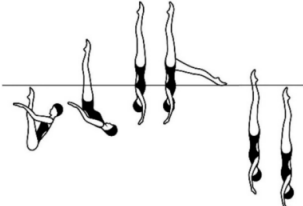
solo technique (5 éléments + 2 figures additionnelles)

1A	Poussée vrille continue 720°	 2.7
1B	Poussée Vrille 360°	 2.1
2A	Vrille combinée de 1080° + vrille continue de 1080°	 3.0
2B	Vrille combinée de 720° + vrille continue de 1080°	 2.7
3	Espadon jambe tendue - château	 2.7
4A	Queue de poisson ½ tour - vrille continue 720°	 1.9
4B	Queue de poisson - vrille continue 720°	 2.6
5A	Poussée grand- écart jambe pliée, rassemblé 360°	 2.4
5B	Poussée grand-écart jambe pliée	 2.1

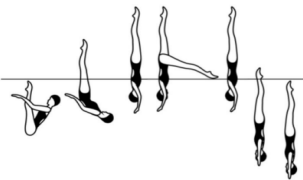
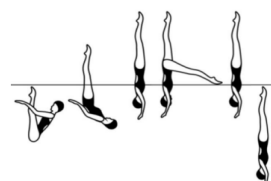
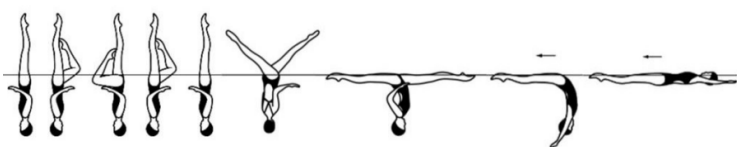
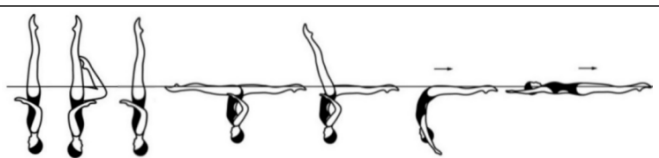
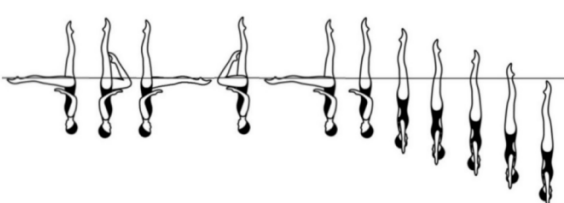
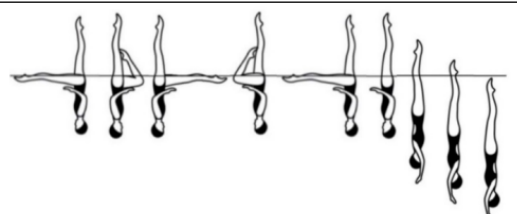
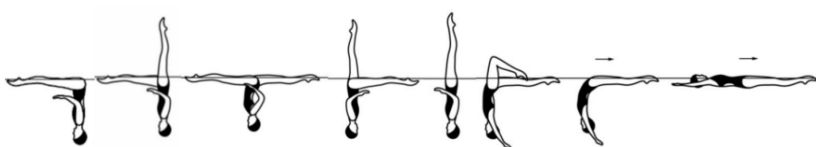
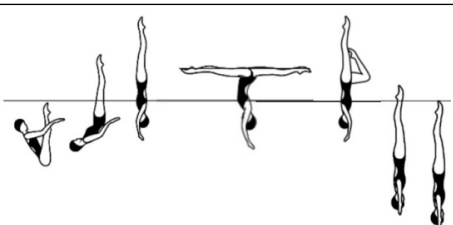
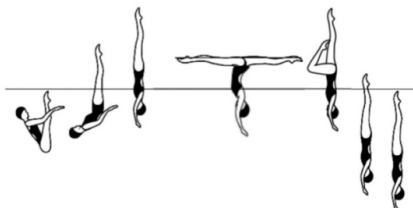
DUO TECHNIQUE (5 TRE + 2 figures additionnelles + 1 Pair accro)

1A	Promenade arrière fermée à 360° + vrille continue de 1080°		3.0
1B	Promenade arrière fermée à 180° + vrille continue de 720°		2.5
2A	Poussée grands-écart alternés + vrille de 180°		2.8
2B	Poussée grand-écart + vrille de 180°		2.4
3A	Flamenco Tour hybride		3.0
3B	Flamenco Demi-Tour hybride		2.8
4A	Queue de poisson – château – vrille continue de 1080°		3.2
4B	Queue de poisson – château – vrille continue de 720°		2.7
5A	Poussée spire jambe pliée – vrille de 360°		2.3
5B	Poussée spire jambe pliée		2.1

DUO MIXTE TECHNIQUE (5 TRE + 2 figures (dont 1 connectée) + 1 Pair accro)

1A	Barracuda grand-écart Spire Vrille de 180°		2.7
1B	Barracuda grand-écart Spire		2.5
2A	Carpé – rotation 360° verticale – tour jambe pliée – vrille continue de 720°		2.4
2B	Carpé – rotation 180° verticale – 1/2 jambe pliée – vrille continue de 720°		2.2
3	Londres Hybride		3.3
4A	Nova hybride demi-tour – vrille continue de 1080°		3.0
4B	Nova hybride vrille continue de 1080°		2.6
5A	Poussée queue de poisson hybride jambe pliée – verticale – vrille de 180°		2.4
5B	Poussée queue de poisson hélicoptère – vrille de 180°		2.1

EQUIPE TECHNIQUE (5 TRE + 3 Hybrides dont 1 cascade et 1 accro)

1A	Poisson volant vrille 180°		2.5
1B	Poisson volant		2.3
2A	Verticale – tour jusqu'à la jambe pliée – tour jusqu'à la verticale – ouverture 180° - sortie promenade		5
2B	Verticale – ½ tour jusqu'à la jambe pliée – ½ tour jusqu'à la verticale – grand-écart - sortie promenade		2.3
3A	deux rotations fouettées – verticale – vrille continue 720°		2.6
3B	deux rotations fouettées – verticale – vrille 360°		2.3
4	Papillon Hybride		2.9
5A	Poussée grand- écart jambe pliée tour hybride		2.4
5B	Poussée grand-écart jambe pliée - hybride		2.1