

Aerial Silk - Level 2

Climbs

Russian Cross Climb

Hip Key

Russian Climb into Hip Key

Superwoman

Dove

Hip Key Thigh Lock

Bird Cage

Hoop Seat

Sailboat

Legs Crochet

Verkehrtes Kreuz

Jesus Hang

Legs Crochet Thigh Wrap

Butterfly

Straddle Drop

1 Fußknoten/ 1 Tuch

Fußknoten oben

Flamingo

Kniehänger aus Flamingo

Lotus Hang

1 Fußknoten/ 2 Tücher

Flamenco Grip

Arabesque

2 Fußknoten/ 2 Tücher

Teardrop

Baby-Fledermaus

Catchers

Engel