

# Aerial Silk - Level 4

## Climbs

Same Side Knee Climb  
Russian Flirt

## Tricks

Split Roll  
8er Fußwicklung  
Ente  
S-Wrap (2 Beinwechsel)  
Iron T  
Scherenaufgang Hip Key

## Thigh Hitch

Thigh Hitch Combo  
Seat  
Passé  
Kniehänger  
"Engel"  
Back Balance  
Salto

## Legs Crochet Criss Cross

Schaukel (=Chair)

## Drops

Hoop Seat Drop  
Catchers Slack Drop  
Chair Drop  
Hip Key Drop

## Transitions

Split Roll zu Fledermaus