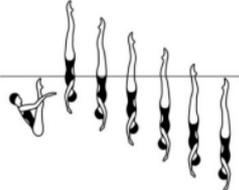
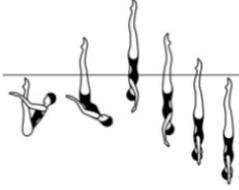
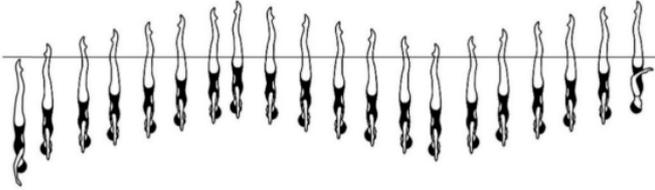
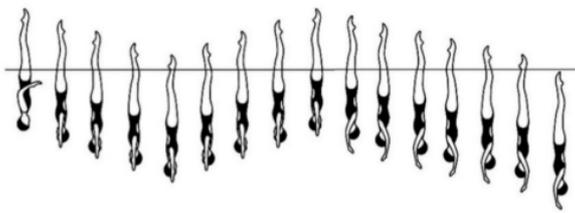
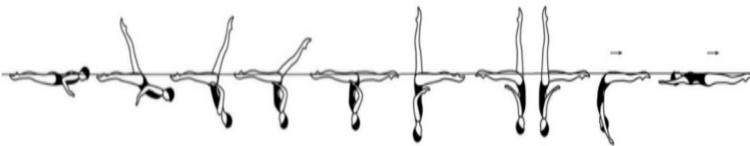
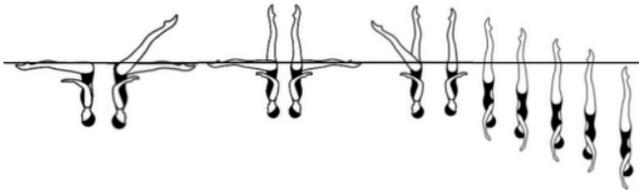
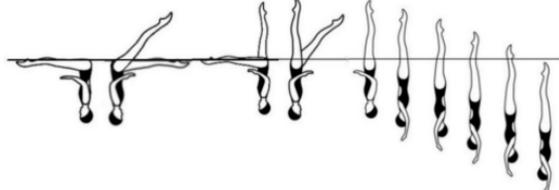
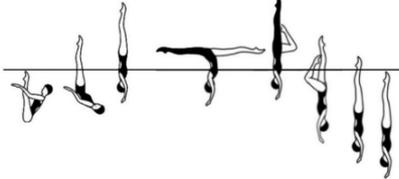
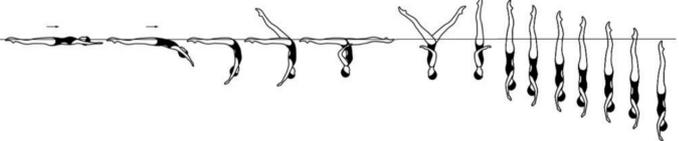
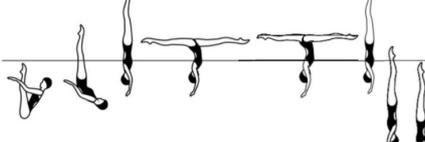
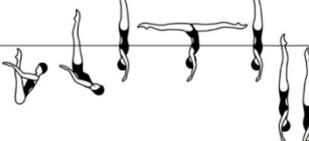
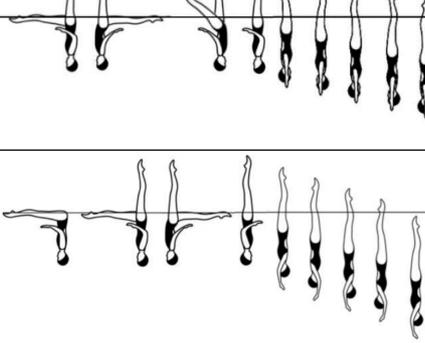
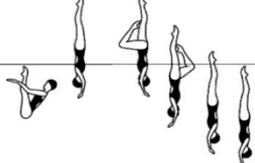
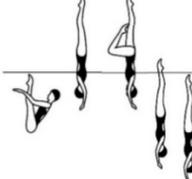


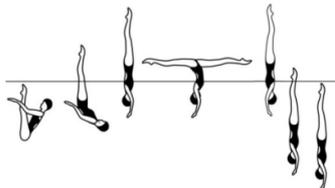
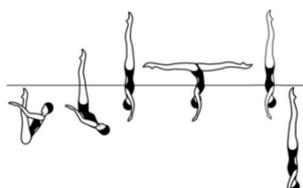
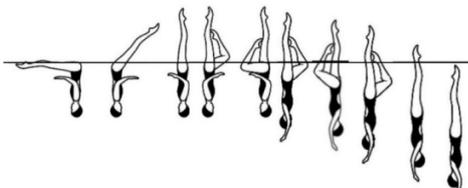
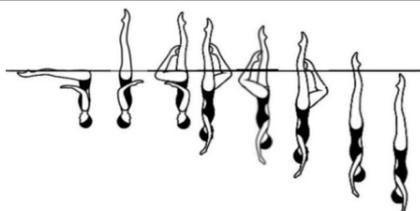
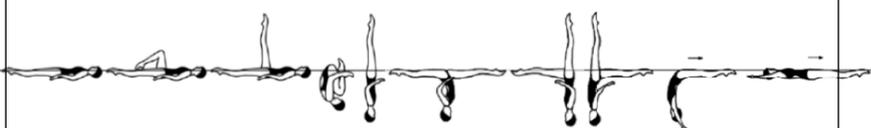
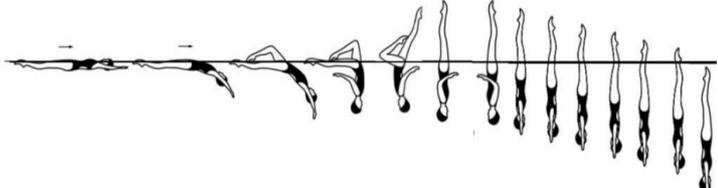
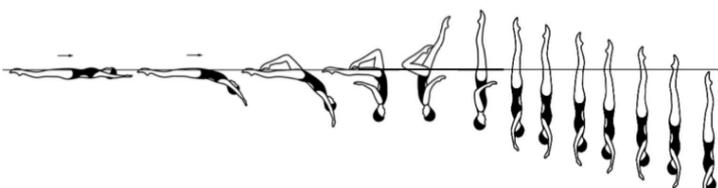
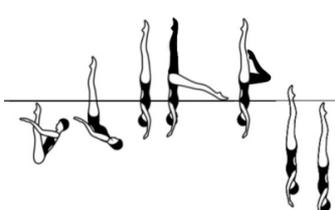
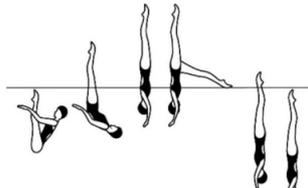
solo technique (5 éléments + 2 figures additionnelles)

<p>1A</p>	<p>Poussée vrille continue 720°</p>	 <p style="text-align: right;">2.7</p>
<p>1B</p>	<p>Poussée Vrille 360°</p>	 <p style="text-align: right;">2.1</p>
<p>2A</p>	<p>Vrille combinée de 1080° + vrille continue de 1080°</p>	 <p style="text-align: right;">3.0</p>
<p>2B</p>	<p>Vrille combinée de 720° + vrille continue de 1080°</p>	 <p style="text-align: right;">2.7</p>
<p>3</p>	<p>Espadon jambe tendue - château</p>	
<p>4A</p>	<p>Queue de poisson ½ tour - vrille continue 720°</p>	 <p style="text-align: right;">1.9</p>
<p>4B</p>	<p>Queue de poisson - vrille continue 720°</p>	 <p style="text-align: right;">2.6</p>
<p>5A</p>	<p>Poussée grand- écart jambe pliée, rassemblé 360°</p>	 <p style="text-align: right;">2.4</p>
<p>5B</p>	<p>Poussée grand-écart jambe pliée</p>	 <p style="text-align: right;">2.1</p>

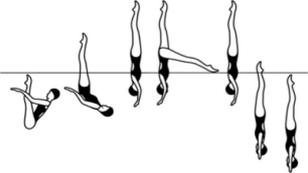
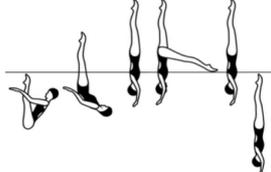
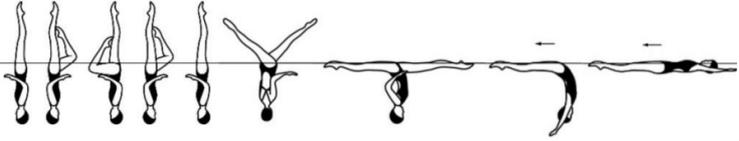
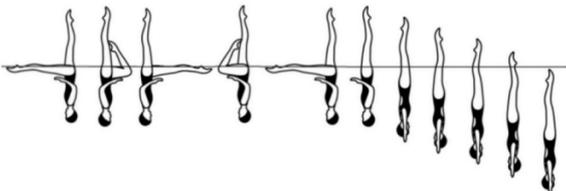
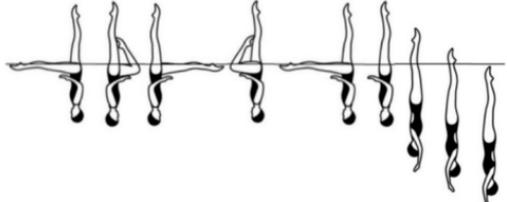
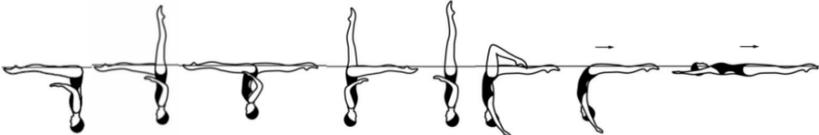
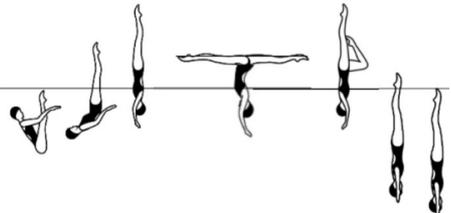
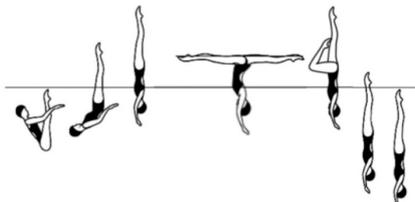
DUO TECHNIQUE (5 TRE + 2 figures additionnelles + 1 Pair accro)

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-écarts 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		3.0
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)

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

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

<p>1A</p>	<p>Poisson volant vrille 180°</p>	 <p style="text-align: right;">2.5</p>
<p>1B</p>	<p>Poisson volant</p>	 <p style="text-align: right;">2.3</p>
<p>2A</p>	<p>Verticale – tour jusqu’à la jambe pliée – tour jusqu’à la verticale – ouverture 180° - sortie promenade</p>	 <p style="text-align: right;">5</p>
<p>2B</p>	<p>Verticale – ½ tour jusqu’à la jambe pliée – ½ tour jusqu’à la verticale – grand-écart - sortie promenade</p>	 <p style="text-align: right;">2.3</p>
<p>3A</p>	<p>deux rotations fouettées – verticale – vrille continue 720°</p>	 <p style="text-align: right;">2.6</p>
<p>3B</p>	<p>deux rotations fouettées – verticale – vrille 360°</p>	 <p style="text-align: right;">2.3</p>
<p>4</p>	<p>Papillon Hybride</p>	 <p style="text-align: right;">2.9</p>
<p>5A</p>	<p>Poussée grand-écart jambe pliée tour hybride</p>	 <p style="text-align: right;">2.4</p>
<p>5B</p>	<p>Poussée grand-écart jambe pliée - hybride</p>	 <p style="text-align: right;">2.1</p>