Compulsory Beam Routine

Starting in center of Beam- Straddle Seat Mount or Squat Mount
Stand Lifting arms in 5th position
Step Hop on Left Leg, Lowering Right arm to 2nd position and then step hop with Right leg, lowering Left arm to 2nd position
Lunge Forward on Left Leg
Jump Switch (3 times)
Ballet Point (hold for 3 seconds)
Backward Walking to end of Beam
Chasse step to Center of Beam
Scale (hold for 3 seconds)
Tip Toe Turn
Squat (Tuck) Balance
Squat Turn
Knee Scale
Dismount: Knee scale or round off finish in 2nd position