

101 BALLET LEG SINGLE

1.6

A Ballet Leg is assumed. The Ballet Leg is lowered.



301 BARRACUDA

2.0

From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A **Thrust** is executed to **Vertical Position**. A **Vertical Descent** is executed at the same tempo as the **Thrust**.



فیگورهای اختیاری

311 KIP

1.8

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A **Vertical Descent** is executed.



360 WALKOVER FRONT

2.1

From a **Front Layout Position**, a **Front Pike Position** is assumed. One leg is lifted in a 180° arc over the surface to a **Split Position**. A **Walkout Front** is executed.



423 ARIANA

2.2

A Walkover Back is executed to a Split Position. Maintaining the relative position of the legs to the surface, the hips rotate 180°. A Walkout Front is executed.



301 e BARRACUDA spinning ۳۹.

2.2

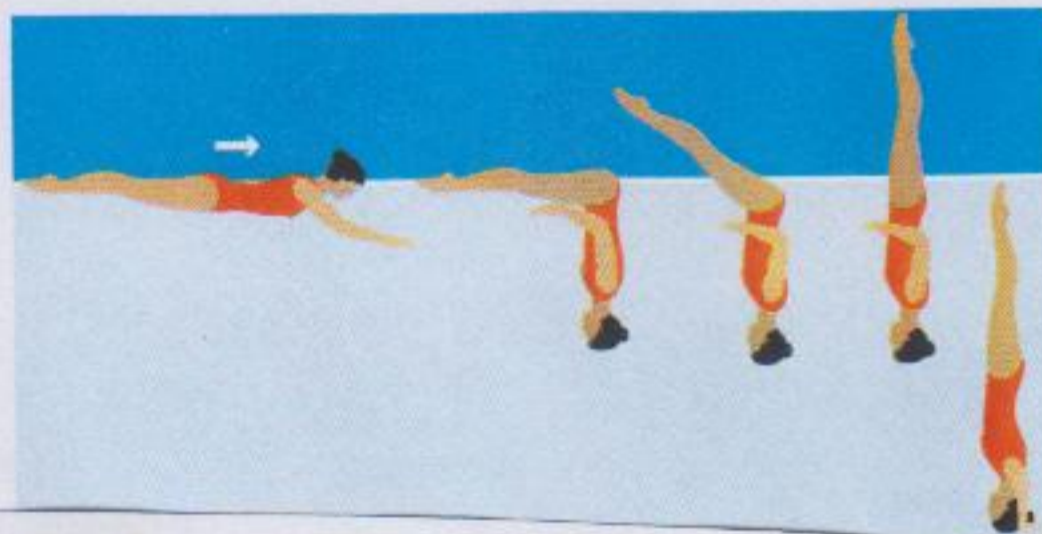
From a Back Layout Position, the legs are raised to vertical as the body is submerged to a Back Pike Position with the toes just under the surface. A Thrust is executed to Vertical Position. A Vertical Descent is executed at the same tempo as the Thrust.



355 h PORPOISE spin up 180

2.2

From a Front Layout Position, a Front Pike Position is assumed. The legs are lifted to Vertical Position. A Vertical Descent is executed.



355h and 355i - See Appendix I

A Porpoise is executed to Vertical Position. A Vertical Descent is executed to heel level. The designated Ascending Spin is executed.

140 FLAMINGO BENT KNEE

2.4

A Flamingo is executed to a Surface Flamingo Position. With the ballet leg maintaining its vertical position,

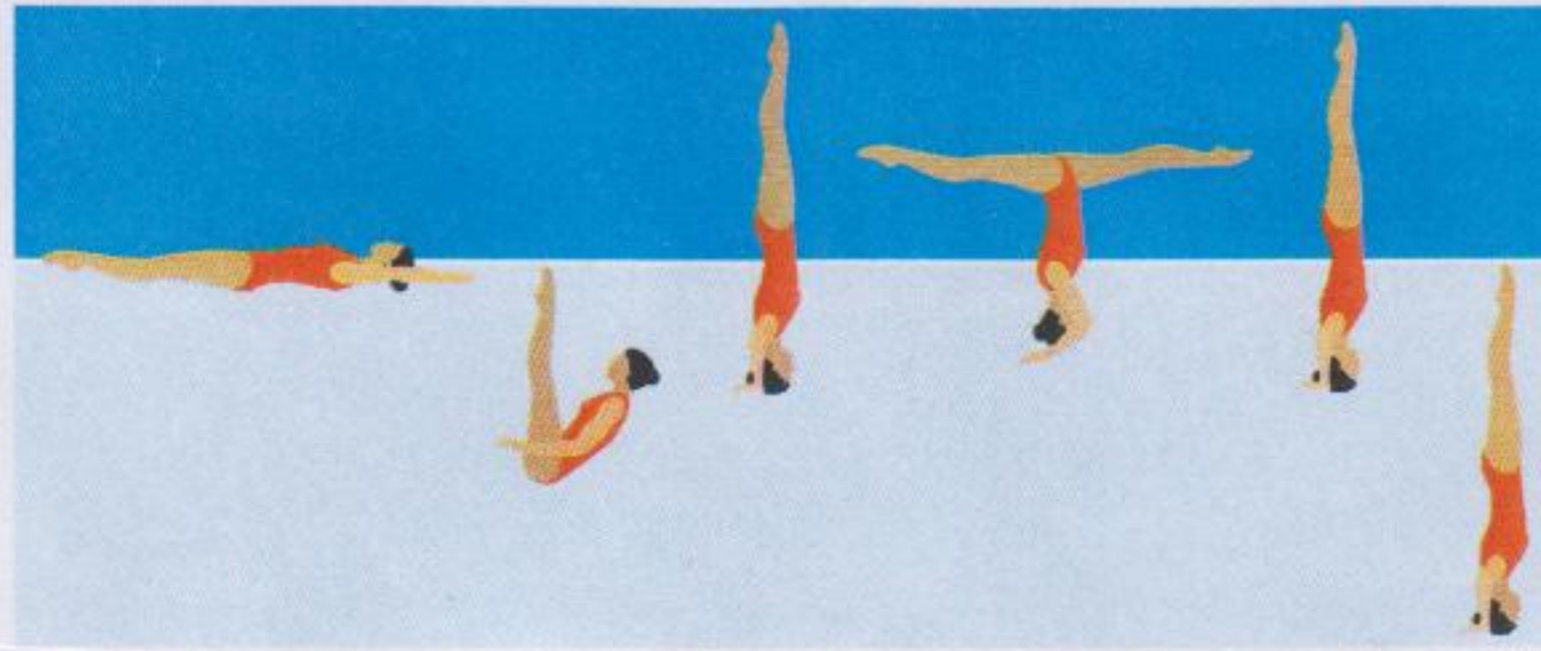
the hips are lifted as the trunk unrolls while the bent leg moves to a Bent Knee Vertical Position. The bent knee is extended to Vertical Position. A Vertical Descent is executed.



308 BARRACUDA AIRBORNE SPLIT

2.8

A Barracuda is executed to a submerged Back Pike Position with the toes just under the surface. A Rocket Split is executed.

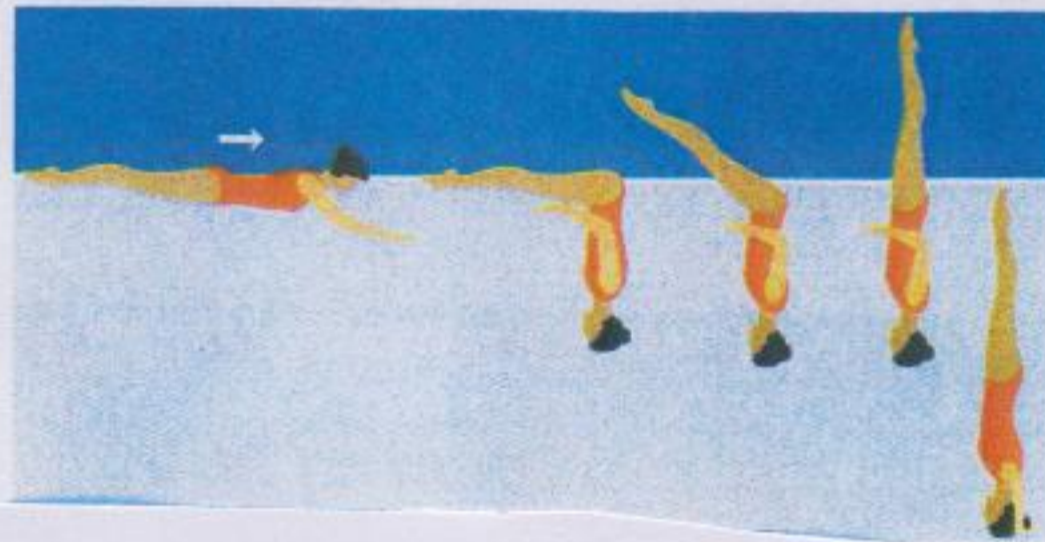


355 g PORPOISE

Twist spin

2.6

From a Front Layout Position, a Front Pike Position is assumed. The legs are lifted to Vertical Position. A Vertical Descent is executed.



فیکورهای اختیاری

112 F IBIS continuous spin (720)

2.8

A Ballet Leg is assumed. Maintaining this position, the body is rotated backwards around a lateral axis through the hips to assume a Fishtail Position. The horizontal leg is lifted to a Vertical Position. A Vertical Descent is executed.



325 JUPITER

2.8

From a Front Layout Position a Front Pike Position is assumed. One leg is lifted to a Fishtail Position. Maintaining the angle between the legs, the horizontal leg moves to vertical as the vertical leg simultaneously continues its arc to the surface to assume a Knight Position. Maintaining the vertical alignment of the body, the horizontal leg is moved in a 180° arc at the surface of the water to a Fishtail Position. The horizontal leg is lifted to the Vertical Position. A Vertical Descent is executed.

