



## BALANCE BEAM | Level B

May be performed on a panel mat or wide balance beam

Optional Choreography, including these requirements:

- Salute at beginning of routine
- Mount – step up onto side of beam
- 2 different locomotor movements (Examples: walk forward, sideways, backwards, march) or sideways steps in both directions
- Pose
- Dismount - jump or step off side or end of beam
- Salute at end of routine