


Element list
[WAG] Balance Beam W-001

element ID	element
1.201	Split leap
1.401	Leap fwd with leg change to cross split
2.101	Split leap fwd
2.301	Split leap fwd with 1/2 turn (180°)
2.202.1	Split jump from cross position
2.202.2	Split jump from side position
2.302.1	Split jump with 1/2 turn (180°) from cross position
2.302.2	Split jump with 1/2 turn (180°) from side position
2.402.1	Split jump with 1/1 turn (360°) from cross position
2.402.2	Split jump with 1/1 turn (360°) from side position
2.404	Fouette hop with leg change to cross split (tour jeté)
2.504	Tour jeté with additional 1/2 turn (180°)
2.305	Switch leap
2.405	Switch leap with 1/2 turn (180°)
2.505	Switch leap to ring position
2.108.1	Sissonne from cross position (take off from both feet, land on one foot)
2.108.2	Sissonne from side position (take off from both feet, land on one foot)
2.108.3	Stag jump from cross position (land on two feet)
2.108.4	Stag jump from side position (land on two feet)
2.208.1	Sissonne to ring position to land on one foot
2.208.2	Stag-ring jump
2.408.1	Split jump to ring position
2.408.2	Split ring leap