Element list

[WAG] Floor Exercise W-009

element ID	element
1.104.1	Leap fwd with 1/4 turn (90°) into straddle pike position to land on one foot
1.104.2	Leap fwd with 1/4 turn (90°) into straddle pike position to land on both feet
1.204.1	[Johnson] Switch leap with 1/4 turn (90˚) to straddle pike position
1.304.2	Johnson with additional 1/2 turn (180˚)
1.404.2	[Bulimar] Johnson with additional 1/1 turn (360˚)
1.105	Stride leap fwd with change of legs to wolf position
1.106	Pike jump
1.306.1	Pike jump with 1/1 turn (360˚)
1.306.2	[Moerz] Pike jump with 1/1 turn (360˚) landing in front lying support
1.107.1	Straddle pike jump
1.207.1	Straddle pike jump with 1/2 turn (180˚)
1.307.1	[Popa] Straddle pike jump with 1/1 turn (360˚)
1.407.1	Straddle pike jump with 1½ turn (540°)
1.108.1	Straddle pike jump landing in front lying support
1.108.3	Straddle pike jump with 1/2 turn (180°) landing in front lying support
1.108.5	Hop with 1/1 turn (360˚) to straddle and land in front lying support
1.208.1	Straddle pike jump with 1/1 turn (360˚) landing in front lying support
1.111.1	Leap with alternate leg change (Cat leap)
1.111.2	Scissors leap forward
1.211	Cat leap with 1/1 turn (360º)
1.311	Cat leap with 2/1 turn (720˚)
1.213.1	Tuck hop with 1/1 turn (360º)
1.213.2	Tuck jump with 1/1 turn (360º)
1.313.1	Tuck hop with 2/1 turn (720˚)
1.313.2	Tuck jump with 2/1 turn (720˚)
1.313.3	Tuck hop with 2/1 turn (720°) landing in front lying support
1.313.4	Tuck jump with 2/1 turn (720°) landing in front lying support
1.114.1	Hop with one leg bent and the other extended straight, fwd above horizontal with knees together (Wolf hop)
1.114.2	Jump with one leg bent and the other extended straight, fwd above horizontal with knees together (Wolf jump)
1.214.1	Wolf hop with 1/1 turn (360˚)
1.214.2	Wolf jump with 1/1 turn (360˚)
1.214.3	Wolf hop with 1/1 turn (360˚) landing in front lying support
1.214.4	Wolf jump with 1/1 turn (360˚) landing in front lying support
1.514.1	Wolf hop with 2/1 turn (720˚)
1.514.2	Wolf jump with 2/1 turn (720˚)