



Aerial Silk - Level 2

Hip Key

Superwoman (Variation: Dove)
Russian Climb into Hip Key

Hip Key Thigh Lock

Side Plank
Amboss / Cage Bird
Hoop Seat
Sailboat

Fledermaus

in den Knien
in den Fesseln

Legs Crochet

Jesus Hang

Legs Crochet Thigh Wrap

Butterfly Wings
Front Salto Drop

1 Fußknoten / 1 Tuch

Silks-T
Flamingo / Rebecca Split
Kniehänger aus Flamingo

1 Fußknoten / 2 Tücher

Arabesque - Ballerina

Catchers

Engel