

**Compulsory:**

**1- 106 Straight Ballet leg**

**DD 1.6**

*A straight Ballet Leg is Assumed. The Ballet Leg is lowered.*

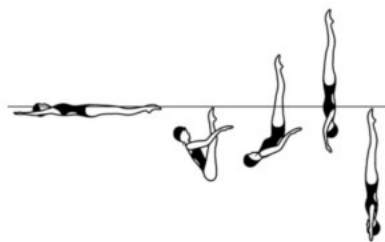


					Total
NVT=		18.5	11.0	10.5	40
PV =		4.63	2.75	2.63	10

**2- 301 Barracuda**

**DD 1.8**

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 of the water. A *Thrust* is executed to a **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.



					Total
NVT=		7.0	31.0	13.0	51
PV =		1.37	6.08	2.55	10

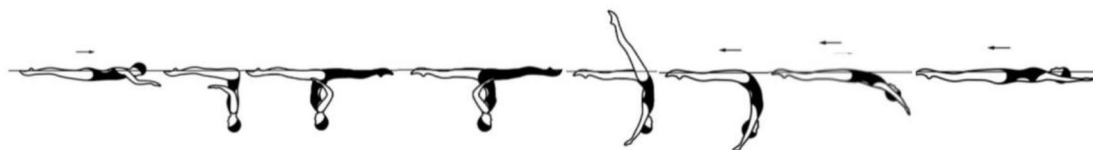
### Optional Groups






#### Group 1:

#### 3- 359 Front Ariana

DD 2.2

From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**. Maintaining the relative position of the legs to the surface of the water, an *Ariana Rotation* is performed. A *Walkout Front* is executed.

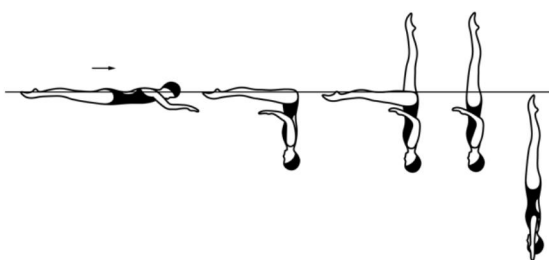






						Total	
NVT=		6.0	20.0	17.0	23.0	7.0	73
PV =		0.82	2.74	2.33	3.15	0.96	10

#### 4- 348 Tower

DD 1.9

From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**. A *Vertical Descent* is executed.



					Total	
NVT=		6.0	14.5	20.5	14.0	55
PV =		1.09	2.64	3.73	2.55	10