

## Basic Aerials

<b>Aerials</b>	<b>Tier 1</b>	<b>Tier 2</b>	<b>Tier 3</b>
<b>Week 1</b>	Safety First	How to Jump/Lift	Knee Hops
<b>Week 2</b>	Back Drop	The Statue	Statue into Back Drop
<b>Week 3</b>	The Dip	Side Lift	Dip into Side Lift
<b>Week 4</b>	Lay Drop	Reverse Pull Through	Reverse Pull Through into Lay Drop v/v
<b>Week 5</b>	Straddle	Baby Between the Legs	Chair
<b>Week 6</b>	Floor Spin	Side Flip	Side Flip into Floor Spin



Rock 'n' Roll