

Hammock 2.0 Pass-offs

Skills

- 5 consecutive aerial bent arm knee tucks
- Up and over beauty roll
- 5 second front and back balances with roll
- Invert from standing
- Thigh hitch
- Hocks cross pullover

Moves

- Rebecca split sequence
- Cross back straddle
- Pin drop
- Inverted shapes - pencil, stag, split, fang/varekai

Hammock 3.0 Pass-offs

COMING SOON