

Adagio Doubles Skills Chart

	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10
START	Sitting Dock Start		Sliding Shoulder Start		Sitting Start in Lift	Flying Pick-up Start		Sliding Start in Lift
W A T E R	Seat Drape Step-up Side Step-up Back Side Barbell	Seat to Drape Seat Balance Drape Balance Drape to Barbell Drape Walkover Step-up to Stag Step-up to Diver Tabletop Roll Down Back Barbell Star Star to Tabletop Bk Attitude Attitude to Drape Gainer Skater 2 ft Shoulder Balance	Seat to Gainer Drape Spin Down Drape to Seat Drape handstand Drape to Gainer Drape Death Drop Step-up to 180 Tabletop Step-up to Gainer Step-up to Attitude Step-up to Needle Step-up to Scorpion Barbell Catch Shooting Star Front Attitude Attitude Heel Stretch Gainer to Seat Inverted Needle Skater Balance Statue of Liberty	Seat 180 Attitude Seat to Star Drape to Star Star to Drape Pike Up to Drape Drape p/o Step Up Drape p/o Attitude Drape HndStnd Balance Step Up 180 Catch Roll Down/Roll Up (Front) Barbell 180 Catch Full Butterfly Bk Attitude 180 Catch Attitude to Star Back Attitude Balance Heel Stretch to Star Heel Stretch to Scale Scale p/o Drape Gainer p/o Step Up Gainer p/o Attitude Inv. Ndl to Step Up Inv. Ndl to Attitude Skater 180 Step-up Skater Roll Down Liberty Needle Liberty Heal Stretch Liberty Scorpion	360 Seat 360 Drape Reverse 360 Drape Table Top to Drape 360 Table Top Tick Tock Step Up 360 Catch 360 Attitude 360 Heel Stretch Torch Flip 360 Skater Guillotine Barrel Roll Pike Up to Table Top	High 360 Seat 540 Table Top Roll Down/Roll Up(Side) High 360 Attitude Step-up to Handstand Handstand Split Handstand Gumby Handstand Stag Handstand legs straight Swing up Handstand	720 Drape 720 Table Top 720 Tick tock Hand to Hand Handstand 720 Skater 1 Arm F. Thigh Lever 1 Arm B. Thigh Lever	1080 Drape 1440 Drape 1080 Table Top 1440 Table Top 1080 Skater 1440 Skater
LANDING	Land on Skis	Land in Arms	Land in Lift at Shoulder or below		Land in Lift Overhead			
L A N D	Spin out Spin in Flair Shoulder Sit Fish	Lift to Drape Lift to Step-up Lift to Barbell Lift to Seat Lift to Attitude Marlin	Drape Spin Down Walkover Shooting Star Throw to Seat Roll Down Body Wrap Guillotine Barbell Spin	Pike-Bk Table Top Pin Wheel 360 Barrel Roll Neck Wrap Torch Flip Star Guillotine 360 Roll	Pike-Ft Table Top Pike to Star Swing up Handstand Hip/Thigh Flip Lasso (Ice skater) 360 Skater Toss Roll Down/Roll Up 1 Arm F. Thigh Lever Roll Down/Roll Up 1 Arm B. Thigh Lever 540 Barrel Roll Hand to Foot Stand Guillotine 540 Roll	720 Barrel Roll Guillotine 720 Roll 1 Arm Detroiter	1080 Barrel Roll	1440 Barrel Roll