



CATALOG OF DIFFICULTIES [4.2.1]

Foreword and Acknowledgements

The 2021 CYR Wheel Difficulty Catalogue is an updated version of the 2019 Catalogue prepared by Éric Deschênes (IRV), Philipp Remy (German Gymnastics Federation, DTB), and Maria Sollohub (IRV). The English version will be used for reference in any questions of interpretation.

The origin of the IRV difficulty catalogue stems from the move list produced by Éric Deschênes (Canada) for the 2013 World Championships in Chicago, USA. The 2013 IRV competition regulations were created by André St-Jean (Canada) & Éric Deschênes (Canada). In November 2013, the IRV received the approval of Daniel Cyr to use the name CYR Wheel instead of Mono Wheel.

IRV Difficulty Catalogue 2015: Published in February 2015

IRV Difficulty Catalogue 2016: Published in February 2016 (German translation by Stefanie Jochem, DTB)

IRV Difficulty Catalogue 2018: Published in February 2018 (German translation by Philipp Remy, DTB)

IRV Difficulty Catalogue 2019: Published in October 2019 (German translation by Philipp Remy, DTB)

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Big spiral [BS]:

- A static skill in big spiral (ex.: BS-D 1a, 1 arm spiral) must be performed for 2 successive wheel rotations for the difficulty to be recognised
- A dynamic skill in big spiral (ex.: BS-C 2, jumping full twist (monkey)) must be performed consecutively (i.e. in succession, one directly after another) for the difficulty to be recognised
- All skills must be started and finished in standing position in a rotating wheel (reference position will be neutral spine alignment, with permitted flexion in elbows, hips and knees). Exception: backward roll lying in the wheel (BS-D 6), where the gymnast is permitted to touch the floor with his/her feet when initiating the skill

skill number	Skill Category	difficulty value	description
BS-B 0a	Big Spiral	0.2	Normal stance
BS-B 0b	Big Spiral	0.2	Profile stance (hips at right angle to the wheel)
BS-B 1a	Big Spiral	0.2	With feet together
BS-B 1b	Big Spiral	0.2	With one leg
BS-B 1c	Big Spiral	0.2	With crossed legs
BS-B 1d	Big Spiral	0.2	In spindle position
BS-B 2	Big Spiral	0.2	In a straight line (two wheel rotations)
BS-B 3	Big Spiral	0.2	Profile stance on one side (i.e. hands and feet in one half of the wheel)
BS-B 4	Big Spiral	0.2	Profile stance on one side, with one foot
BS-B 5	Big Spiral	0.2	With change of direction (two changes must be performed); EITHER change, wheel rotation, change, wheel rotation OR change, change, wheel rotation
BS-B 7	Big Spiral	0.2	With half turn (figure of 8) (must be performed twice)
BS-B 8	Big Spiral	0.2	With half twist (figure of 8) (must be performed twice)
BS-C 1	Big Spiral	0.3	With full twist (must be performed twice in succession)
BS-C 2	Big Spiral	0.3	Jumping full twist (monkey) (must be performed twice in succession)
BS-C 3	Big Spiral	0.3	"Surfer"; change of direction, whereby the wheel has to turn at least 90 degrees with each change of direction (must be performed at least twice)
BS-C 4a	Big Spiral	0.3	In vertical front splits (one foot at the bottom, one at the top of the wheel)
BS-C 4b	Big Spiral	0.3	In horizontal front or side splits
BS-C 5	Big Spiral	0.3	Free (without hands) change of direction (must be performed twice); EITHER change, wheel rotation, change, wheel rotation OR change, change, wheel rotation
BS-C 7	Big Spiral	0.3	Change of direction with one leg (must be performed twice); EITHER change, wheel rotation, change, wheel rotation OR change, change, wheel rotation
BS-C 8	Big Spiral	0.3	Reverse (bridge) with normal stance

skill number	Skill Category	difficulty value	description
BS-C 9	Big Spiral	0.3	Reverse big spiral with change or double change of direction into reverse big spiral
BS-D 1a	Big Spiral	0.4	With one arm
BS-D 1b	Big Spiral	0.4	Spindle rotation with one arm
BS-D 2	Big Spiral	0.4	Reverse bridge with feet together (body in front of wheel)
BS-D 3	Big Spiral	0.4	Reverse bridge with one leg
BS-D 4	Big Spiral	0.4	One-armed jumping full twist (monkey) (must be performed twice in succession)
BS-D 6	Big Spiral	0.4	Backward roll lying in the wheel, landing on the wheel in a big spiral rotation. The gymnast is allowed to touch the floor with his/her feet when initiating the skill. (In technical routine only permitted as first element)
BS-D 7	Big Spiral	0.4	All skills in big spiral with a decentralised element, e.g. hanging tucked/straddle, starting and finishing in any position in spiral
BS-D 8	Big Spiral	0.4	one-armed big spiral in horizontal front splits forward
BS-D 9	Big Spiral	0.4	Reversed in front or side Splits
BS-E 1	Big Spiral	0.5	Reverse bridge with one arm
BS-E 2	Big Spiral	0.5	A skill consisting of an ongoing decentralised element (e.g. hanging tucked/cannon ball) in big spiral that is held for at least 2 wheel rotations – it must be started in big spiral and finished in any position in big spiral
BS-E 3	Big Spiral	0.5	Backward roll lying in the wheel – performed directly after another skill (e.g. big spiral, change) and finished landing on the wheel to continue the routine without interruption
BS-E 4	Big Spiral	0.5	Upward circle in the wheel – performed directly after a preceding skill and finished landing in the wheel to continue the routine without interruption.
BS-E 5	Big Spiral	0.5	Jumping over to the other side of wheel in a change of direction (champagne)
BS-E 6	Big Spiral	0.5	Front jump over - hips at right angle to wheel (all variations of foot positioning for jumping and landing permitted)
BS-E 7	Big Spiral	0.5	Change of direction on hands, landing on wheel ("pillar") (Must be performed only once)

Coin Spin [CS]:

- Skills in coin spin (and ollies/rodeos) must be shown for 3-5 repetitions for their difficulty to be recognised.
- All skills must be started and finished in standing position in a rotating wheel (reference position will be neutral spine alignment, with permitted flexion in elbows, hips and knees)

IMPORTANT: NO upgrade in difficulty for a coin spin performed with a wheel angle of 20⁰ or less to the floor

skill number	Skill Category	difficulty value	description
CS-B 0a	Coin Spin	0.2	Standard stance
CS-B 0b	Coin Spin	0.2	Profile stance (hips at right angle to wheel)
CS-B 1a	Coin Spin	0.2	With feet together
CS-B 1b	Coin Spin	0.2	With one leg
CS-B 1c	Coin Spin	0.2	With crossed legs
CS-C 1	Coin Spin	0.3	Rond de jambe with one leg (leading/trailing leg)
CS-C 2	Coin Spin	0.3	In spindle position (feet at least 30 cm apart)
CS-C 3	Coin Spin	0.3	With leading arm touching the floor
CS-C 4	Coin Spin	0.3	With crossed arms (shoulder width apart)
CS-C 5	Coin Spin	0.3	Front or back ollie with helping hand(s) push (coin spin with body standing upright, jumping, has to be performed only once)
CS-D 10	Coin Spin	0.4	Rodeo (coin spin with hands on the wheel between feet)
CS-D 1a	Coin Spin	0.4	With one arm
CS-D 1b	Coin Spin	0.4	In one-armed spindle position (feet at least 30 cm apart)
CS-D 2	Coin Spin	0.4	Reverse bridge
CS-D 3	Coin Spin	0.4	Reverse bridge with one leg
CS-D 4	Coin Spin	0.4	Reverse sitting
CS-D 5a	Coin Spin	0.4	In vertical front splits (one foot at top of wheel, one foot at bottom of wheel)
CS-D 5b	Coin Spin	0.4	In horizontal side splits (facial split)
CS-D 6	Coin Spin	0.4	Scorpion (coin with one leg, leading/trailing foot behind body, less than 50 cm from head)
CS-D 8	Coin Spin	0.4	Front or back Ollie without hands (Coin spin with body standing upright, jumping, only needs to be performed once, must be performed after an element which ends without hands e.g. opposite Ollie)
CS-D 9	Coin Spin	0.4	Front or back ollie with half twist with helping hand(s) push (coin spin with body standing upright, jumping with half twist, has to be performed only once)

skill number	Skill Category	difficulty value	description
CS-E 1	Coin Spin	0.5	One-armed reverse bridge
CS-E 2	Coin Spin	0.5	Reverse bridge with one leg rond the jambe
CS-E 3	Coin Spin	0.5	Front or back Ollie with half twist without hands (Coin spin with body standing upright, jumping with half twist, only needs to be performed once, must be performed after an element which ends without hands e.g. opposite Ollie)
CS-E 4	Coin Spin	0.5	Rodeo with 1 arm (coin spin with one hand on the wheel between feet)
CS-E 5	Coin Spin	0.5	reverse coin spin bridge in horizontal front or side splits
CS-E 6	Coin Spin	0.5	In front split with one hand on ankle (only one hand touches the wheel)

Element Combinations

- Element combinations are combinations of two difficulty skills performed directly after one another without extra rotations of the wheel, **twice in succession**.
- **A skill used in an element combination** will only be counted once. If it is performed elsewhere in the routine (either as an individual skill or as part of a different element combination), its difficulty will not be counted a second time (repetition).

IMPORTANT: It is **not permitted to combine A/B skills with C/D/E skills** to create element combinations.

A gymnast can combine **either** A and B skills with each other **or** C, D and E skills with each other.

- The difficulty value of element combinations consisting of 2 skills with different difficulty values will be the higher of the two difficulties.
- If a gymnast wants to perform an element combination consisting of a “D” skill and a “C” skill, the element combination can be performed “D – C – D – C” or “C – D – C – D” (with no gaps between the skills).
- In the above example, the C/D element combination will be counted as D difficulty.
- Similarly, an A/B element combination will be counted as B difficulty.
- The difficulty of element combinations of 2 skills with the same difficulty value will be counted as follows:

A1-A2-A1-A2 = A (performed in succession, i.e. no gaps between skills)

B1-B2-B1-B2 = B (performed in succession, i.e. no gaps between skills)

C1-C2-C1-C2 = D (performed in succession, i.e. no gaps between skills)

D1-D2-D1-D2 = E (performed in succession, i.e. no gaps between skills)

- **NEW:**

Previously, Big Spiral skills were not permitted in element combinations.

It is now **permitted to use D or E difficulty Big Spiral skills** in element combinations.

Combinations involving a big spiral skill together with a skill from a different category will have the following format:

D or E difficulty BIG SPIRAL skill + C, D or E skill from a different category

(This is based on the general rule that A/B skills cannot be combined with C/D/E skills in element combinations.)

- **IMPORTANT:** According to the current difficulty, an element combination consisting of 2 E skills cannot be counted as more than E difficulty.
- It is possible for one element combination to fulfil the composition requirements for two skill categories.
- It is important to note that **element combinations are different from turn/twist combinations**, where two “T” skills are performed directly after one another, once.
- Some examples of element combinations are listed below:

C-C-C-C=D	Alternating: full turn/flower picker, twice in succession
D-C-D-C=D	Alternating: coin spin reverse bridge / <i>Rond de jambe</i> with one leg (leading/trailing leg), twice in succession
C-C-C-C=D	Front and back handsprings (directly linked), twice in succession
C-D-C-D=D	Alternating: full turns/coin spin with one arm, twice in succession
C-C-C-C=D	Alternating: front ollie/back ollie with helping hand(s), twice in succession
D-D-D-D=E	Front ollie with half twist / back ollie with half twist with helping hand(s), twice in succession

skill number

Skill Category

difficulty value

description

Spin [Spin]:

- The gymnast is usually in an upright position in the wheel (reference position will be neutral spine alignment, with permitted flexion in elbows, hips and knees).
- The wheel makes centred/spin movements (i.e. turns on the same point of the wheel), without any basic step action from the competitor to avoid unwanted inclining of the wheel.
- To be recognised, a spin skill has to **either** be performed twice in succession in the case of a dynamic movement (e.g. monkey) **or**, in the case of a static position, be held for **at least 2 complete spin rotations** (e.g. jump into front support).
- Depending on the skill, 1-2 additional basic steps are permitted between two elements (see difficulty list below).
- All spin skills start and finish in standing position on one or two feet in a rotating wheel.

skill number	Skill Category	difficulty value	description
Spin-A 1	Spin	0.1	With normal foot (and/or hand) positioning
Spin-A 2a	Spin	0.1	With feet or hands together
Spin-A 2b	Spin	0.1	With crossed legs
Spin-A 3	Spin	0.1	With feet (and/or hands) wide apart
Spin-A 4	Spin	0.1	With body in profile, either side (hips at right angle to wheel)
Spin-A 5	Spin	0.1	With hands in pronation, supination, cubital or mixed grip, crossed arms
Spin-A 6	Spin	0.1	With one arm (leading or trailing)
Spin-A 7	Spin	0.1	With one leg extended behind/in front (does not have to be straight)
Spin-B 10	Spin	0.2	In vertical front splits (one foot at the bottom of the wheel and one at the top)
Spin-B 11	Spin	0.2	No hands, head touching the wheel
Spin-B 3	Spin	0.2	In arabesque (free leg at least parallel to the floor in the front half turn)
Spin-B 4	Spin	0.2	Small jump (optional body/leg positioning), landing on the wheel
Spin-B 5a	Spin	0.2	In spindle position (feet at least 30 cm apart)
Spin-B 5b	Spin	0.2	In one-armed spindle position (feet at least 30 cm apart)
Spin-B 6	Spin	0.2	Hanging tucked
Spin-B 8	Spin	0.2	Straight hang (superman)
Spin-B 9	Spin	0.2	In horizontal side splits
Spin-C 1	Spin	0.3	Straight jump into front support on the wheel, landing on the floor
Spin-C 2	Spin	0.3	In one-armed horizontal front splits (hips at right angles to wheel)
Spin-C 3	Spin	0.3	Straight hang (superman), leaning to leading or trailing side
Spin-C 6	Spin	0.3	Hanging from both elbows (all body positions)

skill number	Skill Category	difficulty value	description
Spin-D 1	Spin	0.4	Hanging from one elbow (all body positions)
Spin-D 4	Spin	0.4	Straight jump into front support on the wheel, landing on the wheel
Spin-D 5	Spin	0.4	On hands in an inverted position in the wheel
Spin-E 1	Spin	0.5	Hanging from one arm (all body positions)
Spin-E 2	Spin	0.5	Straight jump into front support on the wheel with at least one knee over the wheel, landing on the wheel
Spin-E 3	Spin	0.5	No hands
Spin-E 5	Spin	0.5	Spin on hands with feet together and continuous stepover (at least 4 Steps)
Spin-E 6	Spin	0.5	Windshield Wiper Spin on hands without feet touching the wheel (legs are allowed to touch the wheel) legs move from straddle position to closed position back to straddle position within two wheel rotations

Turns and twists (in spin or basic step/waltz) [T]:

- The gymnast is in an upright position in the wheel (reference position will be neutral spine alignment, with permitted flexion in elbows, hips and knees).
- The wheel moves as if in a waltz/basic step or spin.
- Turns: the wheel rotates around the gymnast in the opposite rotational direction
- Twists: the gymnast rotates in the same rotational direction as that of the wheel
- To be recognised, turns and twists must **either** be performed **twice in succession or as a twist/turn combination** (e.g. half turn + half twist with no basic step in between).
- When turns/twists are performed in succession, 1 basic step is permitted between two half turns/twists, while 2 basic steps are permitted between two full turns/twists.
- In the case of a twist/turn combination consisting of A+B or B+C, the difficulty will be counted as the higher of the two (e.g. half twist [B] + full turn [C] = C)
- In the case of a twist/turn combination consisting of A+A, the difficulty will be counted as A, while B+B will be counted as B
- In the case of a twist/turn combination consisting of C+C, the difficulty will be counted as D, while D+D will be counted as E
- A twist/turn combination (consisting of 2 skills) only has to be performed once in order to be recognised.
- A hanging full turn/twist only has to be performed once in order to be recognised.
- All skills must be started and finished in standing position in a rotating wheel.

skill number	Skill Category	difficulty value	description
T-B 1	Turns/Twist	0.2	Half twist on leading or trailing foot
T-B 2	Turns/Twist	0.2	Half turn on leading or trailing foot
T-B 3	Turns/Twist	0.2	Continuous half turns or half twists
T-B 4	Turns/Twist	0.2	Half twist/turn from spindle position
T-B 5	Turns/Twist	0.2	Leading arm and foot half twist
T-C 2	Turns/Twist	0.3	Full turn/twist
T-C 3	Turns/Twist	0.3	Trailing arm sliding half twist to finish with open body in front of the wheel
T-C 4	Turns/Twist	0.3	Continuous one-armed half turns on trailing leg
T-C 5	Turns/Twist	0.3	The Walk (continuous one-armed half turns on trailing leg)
T-C 6	Turns/Twist	0.3	Full twist from spindle position into spindle position (spindle to spindle)
T-C 7	Turns/Twist	0.3	Jumping full turn (monkey jump)
T-C 8	Turns/Twist	0.3	One-armed hanging full turn
T-C 9	Turns/Twist	0.3	Two hanging half turns
T-D 1	Turns/Twist	0.4	Half turn/twist without hands
T-D 2	Turns/Twist	0.4	Hanging full turn/twist + hanging half twist/turn (change of arms necessary, feet must land before second hand catches the wheel (only needs to be performed once for recognition)
T-D 3a	Turns/Twist	0.4	Leading leg/trailing arm full twist (only needs to be performed once)
T-D 3b	Turns/Twist	0.4	Trailing leg/leading arm full twist (only needs to be performed once)
T-D 4	Turns/Twist	0.4	One-armed hanging full turn from hanging waltz/spin (only needs to be performed once)

skill number	Skill Category	difficulty value	description
T-D 5	Turns/Twist	0.4	One-armed hanging full twist from hanging waltz/spin (only needs to be performed once)
T-D 5a	Turns/Twist	0.4	Hanging half twist from hanging waltz/spin (only needs to be performed once)
T-D 6	Turns/Twist	0.4	Three hanging half turns
T-E 1	Turns/Twist	0.5	One-armed hanging full twist from hanging waltz/spin (only needs to be performed once)
T-E 2	Turns/Twist	0.5	Four (or more) hanging half turns from hanging waltz/spin

Basic steps or waltz [W/WF]:

- The gymnast is generally in an upright position in the wheel (reference position will be neutral spine alignment, with permitted flexion in elbows, hips and knees).
- The wheel moves as if in a waltz/basic step, inclining from one foot to the other, in control of the back and front half turns.
- A basic step/waltz skill has to be shown 3-5 times consecutively in order for the difficulty to be recognised.
- 1 - 3 additional basic steps/waltz moves are permitted as a transition between difficulty skills in the technical programme. There is no limit to the length of a transition in the free programme.
- A distinction is made between “leading” and “trailing”; for example: if the CYR wheel rotates clockwise, the right shoulder pulls backwards and is the “leading” side, while the left side is “trailing”.
- All skills must start and finish in standing position in a rotating wheel.

Handsprings [FHS/BHS]:

- Handsprings must be performed 3-5 times in succession for the difficulty to be recognised (reference position will be neutral spine alignment, with permitted flexion in elbows, hips and knees)
- All skills must be started and finished in standing position in a rotating wheel
- Trailing hand (FHS) or leading hand (BHS) must touch the floor in order to be recognised.

skill number	Skill Category	difficulty value	description
BHS-C 1a	Back Handspring	0.3	Normal stance
BHS-C 1b	Back Handspring	0.3	With feet together
BHS-C 2	Back Handspring	0.3	Legs together off centre (trailing side)
BHS-C 3	Back Handspring	0.3	1 leading leg (standing on trailing leg)
BHS-C 4	Back Handspring	0.3	With body in front of the wheel (fully open)
BHS-C 5	Back Handspring	0.3	With crossed legs
BHS-D 1	Back Handspring	0.4	In spindle position
BHS-D 2	Back Handspring	0.4	1 trailing leg (standing on leading leg)
BHS-D 3	Back Handspring	0.4	With trailing ankle hook (trailing batman)
BHS-E 1	Back Handspring	0.5	With one arm
BHS-E 2	Back Handspring	0.5	In spindle position, off centre
FHS-C 1	Front Handspring	0.3	Legs together off centre (leading side)

skill number	Skill Category	difficulty value	description
FHS-C 2	Front Handspring	0.3	With leg kick, leading or trailing leg
FHS-C 3	Front Handspring	0.3	With body in front of the wheel (fully open)
FHS-C 4	Front Handspring	0.3	In spindle position
FHS-C 5	Front Handspring	0.3	With leading ankle hook (leading batman)
FHS-C 6	Front Handspring	0.3	Normal stance (or profile either side; i.e. both feet in same direction)
FHS-C 7	Front Handspring	0.3	With feet together
FHS-C 8	Front Handspring	0.3	With crossed legs
FHS-D 2	Front Handspring	0.4	In spindle position, off centre
FHS-D 3	Front Handspring	0.4	In front or side split
FHS-E 1	Front Handspring	0.5	With one arm
FHS-E 2	Front Handspring	0.5	Without feet (feet must leave the wheel before the gymnast reaches 90 degrees body inclination and land on wheel in the last 90 degrees before completion)
W-A 1	Waltz	0.1	With normal foot (and/or hand) positioning
W-A 2a	Waltz	0.1	With feet or hands together
W-A 2b	Waltz	0.1	With crossed legs
W-A 3	Waltz	0.1	With feet (and/or hands) wide apart
W-A 4	Waltz	0.1	With body in profile, either side (hips at right angle to wheel)
W-A 5	Waltz	0.1	With hands in pronation, supination, cubital or mixed grip
W-A 6	Waltz	0.1	With one leg extended behind (does not need to be straight)
W-A 7	Waltz	0.1	With one leg extended in front (does not need to be straight)
W-B 1a	Waltz	0.2	With crossed arms
W-B 1b	Waltz	0.2	In spindle position (feet at least 30 cm apart)
W-B 1c	Waltz	0.2	In spindle position with one arm (feet at least 30 cm apart)
W-B 2	Waltz	0.2	With one arm

skill number	Skill Category	difficulty value	description
W-B 3	Waltz	0.2	In arabesque (whereby the free leg is at least in parallel to the floor in the front half turn)
W-B 4	Waltz	0.2	One leg développé or fouetté
W-B 5a	Waltz	0.2	Leading side less than 90 degrees off centre (i.e. at the highest point the legs must be less than 90 degrees from the vertical axis)
W-B 5b	Waltz	0.2	Trailing side less than 90 degrees off centre
W-C 1a	Waltz	0.3	Leading side more than 90 degrees off centre (leading corner)
W-C 1b	Waltz	0.3	Trailing side more than 90 degrees off centre (trailing corner)
W-C 1c	Waltz	0.3	Leading dolphin (1 arm leading less than 90 degrees off centre with ankle hook)
W-C 1d	Waltz	0.3	Trailing dolphin (1 arm trailing less than 90 degrees off centre with ankle hook)
W-C 2	Waltz	0.3	Crossed legs and arms
W-C 3	Waltz	0.3	Flower picker; leading/trailing side
W-C 4a	Waltz	0.3	Flag; leading side
W-C 4b	Waltz	0.3	Flag; trailing side
W-C 4c	Waltz	0.3	Flag; trailing side (cubital grip)
W-C 4d	Waltz	0.3	Cross flag; leading side (flag with leading arm and trailing leg)
W-C 4e	Waltz	0.3	Cross flag; trailing side (flag with trailing arm and leading leg)
W-C 5	Waltz	0.3	In vertical front or side splits
W-C 6	Waltz	0.3	Hanging tucked
W-C 7	Waltz	0.3	With feet and hands together
W-D 1	Waltz	0.4	On hands (in inverted position)
W-D 2	Waltz	0.4	Hanging with variations in leg positioning (legs do not need to be straight)
W-D 3	Waltz	0.4	Leading dolphin (1 arm leading more than 90 degrees off centre with ankle hook)
W-D 4	Waltz	0.4	Trailing dolphin (1 arm trailing more than 90 degrees off centre with ankle hook)
W-E 1	Waltz	0.5	On hands in spindle position
W-E 2	Waltz	0.5	On hands with one leg
WF-B 1	Waltz body in Front	0.2	With normal foot (and/or hand) positioning
WF-B 2	Waltz body in Front	0.2	With feet or hands together

skill number	Skill Category	difficulty value	description
WF-B 3	Waltz body in Front	0.2	With feet and/or hands wide apart
WF-B 4	Waltz body in Front	0.2	With body in profile, either side (hips at right angle to wheel)
WF-B 5	Waltz body in Front	0.2	With crossed legs
WF-B 6	Waltz body in Front	0.2	With hands in pronation, supination, cubital or mixed grip
WF-B 7	Waltz body in Front	0.2	With one leg extended behind (does not need to be straight)
WF-B 8	Waltz body in Front	0.2	With one leg extended in front (does not need to be straight)
WF-C 1	Waltz body in Front	0.3	With one arm
WF-D 1	Waltz body in Front	0.4	With feet and hands together

