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| Matching balance  You and your partner perform the same balance. | Mirroring balance  You and your partner perform the same balance as if there was a mirror between you. | Starting position  Routines should begin with a balance being held to show that the performance is ready to start. | Dance element  You and your partner perform a 3-5 second dance element to the music. |
| Finishing position  You should end in an aesthetically pleasing position that shows the performance has ended. | Roll of any kind  Rolls include: pencil rolls, forwards rolls, shoulder rolls, backwards rolls, teddy bear rolls. | Jump of any kind  Jumps include: straight jump, ¼ turn, ½ turn, hop, toe touch, straddle, bunny hop. |  |
| Balance at different heights (levels)  You and your partner perform a balance at different heights – one partner will be low and one partner will be high. | Travel of any kind across the mat  Find a way of traveling from one side of your mat to the other. | Contrasting balance  You and your partner perform different balances from one another at the same time. |  |