

LEVEL 1 (BEGINNERS) POLE DANCE MOVES



ARCH BACK



ATTITUDE SPIN



BACK HOOK SPIN



BODY WAVE



CHAIR SPIN



FIREMAN SPIN



HOOK & ARCH



INSIDE HOOK SPIN



OUTSIDE STEP



PIROUETTE



SHOULDER
PLUNGE



SLINKY CAT



STANDING SLIDE



X-LEG FIREMAN