

Aggie Wranglers Tryouts

Approved Jitterbug Moves

*Indicates a move that is required to be in your jitterbug routine

Jitterbug 1:

Aerial
Can Opener*
Cartwheel
High Ten Dips
Hip Dip
Ferris Wheel
Floor Sweep
Humiliation
Jesse Flip*
Pull Thru
Shoulder Flip
Sit Dip
Sweetheart Dips
Windmill

Jitterbug 2:

360 Pull Thru
Airplane/Airplane to Hip Dip*
Around the World
Barrel Toss
Behind the Back Dips
Cliffhanger*
Cradle Switch
Michelle
Pull Thru to Cradle
Reisha Flip
Sailor
Sheila Flip
Stacy
Triple Hip Dip
Yo-Yo Dips

Advanced Lessons:

Melinda
Pommel Horse
Rainbow Flip