

## MERMAIDING: stunts & skills - single & double

*MONOFIN with body skin OR monofin alone – most mms have one tail (usually fused legs)*

*SWIM FINS like twin tailed mermaid with 2 legs or 2 feet from ankles*

### SINGLE:

Ballet Legs – since some mms have separate legs, yes, ballet legs are possible

Dolphin kick - butterfly kick  
over & under & through barrels/hoops

SOMERSAULTS; Front Tuck, Front Pike, Back Tuck, Back Pike

Oyster - start on back, fold, drop hips & SINK

Kip, Barracuda

Tub & Tub Turns

DOLPHINS

Rolls & Marlins

Surface Dives/Porpoises & Jump Overs

Sharks

Tail Flapping

### DOUBLE: side by side, hip to hip & fin to head

DOLPHINS: down, around, END in starting positions

D-8: wave as u pass by as u twist toward each other

END in starting positions

Rolls & Marlins: roll IN to each other

Reverse tug of war

fin to fin - PUSH, who pushes farther??

MIRROR all strokes (face IN whenever possible)

HYBRIDS

TANDEM swimming = follow the leader

*Revised 3/13/26*