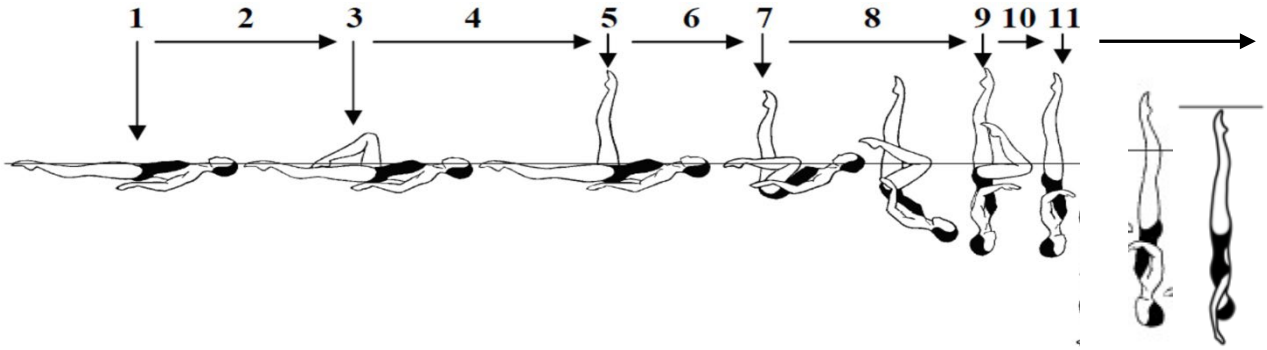
# Flamingo Bent Knee Spinning 180°




## 140D Flamingo Bent Knee Spinning 180 ° DD 2.4

| | | | | | | | | Total |
|---|---|---|---|---|---|---|---|---|
| NVT= | 10.5 | 11.0 | 7.5 | 20.0 | 16.5 | 16.0 | 0 | 81.5 |
| PV= | 1.29 | 1.35 | 0.92 | 2.45 | 2.02 | 1.96 | 0 | 10 |

| Water Levels | Excellent/Near Perfect | Very Good | Good | Competent | Satisfactory | Deficient | Weak |
|---|---|---|---|---|---|---|---|
| Score | 9.5 | 8.5 | 7.5 | 6.5 | 5.5 | 4.5 | 3.5 |
| Ballet Leg | At Top of Thigh | Upper thigh | Mid-thigh | Low thigh (Well above knee cap) | Above knee cap | Knee cap | Below Knee Cap |
| Bent Knee Vertical | Showing hips | Crotch level | Upper thigh | Mid-thigh | Low thigh (well above knee cap) | Knee cap | Below knee cap |
| Double Leg Vertical | Upper thigh | Upper mid-thigh | Low to mid-thigh | Above knee cap | Knee cap | Below knee cap | Well below knee cap (mid-shin) |

1. **Back Layout Position**: The body is extended, on the back, with the face, chest, thighs and feet at the surface. The ears, hips and ankles are in line.
2. ***Back Layout to Bent Knee****: From a* **Back Layout Position***, with one leg remaining extended at the surface, the toe of the other leg is drawn along the inside of the extended leg until the thigh is vertical to assume a* ***Bent Knee Back Layout Position.***
3. **Bent Knee Back Layout Position:** The body is extended on the back, with the face, chest, and one thigh & foot at the surface. The ears, hips, and ankle are in line. The thigh of the bent leg is perpendicular to the surface (vertical). The toe of the bent leg remains in contact with the inside of the extended leg.
4. ***Bent Knee Back Layout to Ballet Leg****: From a* ***Bent Knee Back Layout Position****, the bent knee is straightened, without movement of the thigh, to assume the* ***Ballet Leg Position****.*

5. **Ballet Leg Position**: The body is extended with the face, chest and one thigh and foot at the surface. The ears, hips, and ankle are in line. One leg is extended vertically with the thigh perpendicular to the surface.
6. ***Ballet Leg to Surface Flamingo****: From a* ***Ballet Leg Position****, the shin of the horizontal leg is drawn along the surface to assume a* ***Surface Flamingo Position****. Watch for the entire shin (from knee to toe) to remain on the surface.*
7. **Surface Flamingo Position**: One leg is extended perpendicular to the surface. The other leg is drawn toward the chest, with its mid-calf opposite the vertical leg, and its foot and knee at and parallel to the surface. The face is at the surface.
8. ***Surface Flamingo to Bent Knee Vertical****: From a* ***Surface Flamingo Position****, with the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to a* ***Bent Knee Vertical Position****. There should be a simultaneous unrolling of the head and body (as in the kip). Watch for the body to fall into vertical position at the same time as the bent knee reaches its proper position.*
9. **Bent Knee Vertical Position**: The body is extended, perpendicular to the surface, head downward. The ears, hips, and ankles are in line. The toe of the bent leg is in contact with the inside of the knee or thigh of the extended leg.
10. ***Bent Knee Vertical to Vertical****: From a* ***Bent Knee Vertical Position****, without movement of the vertical leg or trunk, the toe of the bent leg slides along the inside of the vertical leg to assume a* ***Vertical Position****.*
11. **Vertical Position:** The body is extended, perpendicular to the surface, legs together, head downward. The ears, hips and ankles are in line.
12. ***Descending 180° Spin:*** *Starting at the height of the* ***Vertical Position*** *and maintaining the same vertical line, a 180° spin is completed as the body descends. The rotation must be completed as the ankles reach the surface. The spin is followed by a* ***Vertical Descent*** *to complete the figure. The spin should be executed in one uniform motion and the* ***Vertical Position*** *should be maintained until the feet have completely cleared the surface.*