

Christian Olympic Gold Medalist Simone Biles Makes History With 'Hardest Move in the World'

Christian gymnast Simone Biles won gold in the 2016 Olympics, and she continues to shatter records.

During the U.S. Gymnastics Championships, Biles became the first woman to hit a triple double. Her double back flip with three twists is "the hardest move in the world," Biles tells *The New York Times*.

She also became the first person to do a double-twisting, double somersault dismount off the balance beam.

Her impressive performance won her a gold medal for the floor, vault and beam during the championships.

NBC Sports tweeted a video of the incredible moment:

Nobody does it like Simone! @Simone_Biles is the first person in history to perform this beam dismount and she NAILED IT.

– NBC Sports (@NBCSports) August 10, 2019

Two years ago, Biles competed on *Dancing With the Stars* and chose to waltz to Chris Tomlin's worship song "Good, Good Father."

Biles was adopted by her grandparents in 2000 because her mother was addicted to drugs. Her powerful waltz and testimony went viral on YouTube. Watch it here.