

BEGINNING COMPETITIVE TEAM SKILLS

THESE SKILLS ARE A HANDFUL THAT ARE
IMPORTANT TO HAVE NEAR MASTERY FOR
THE BEGINNING COMPETITIVE DANCER.

****DURING PLACEMENT CONSIDERATION,
SKILL LEVEL SUPERCEDES AGE/GRADE
LEVEL****

CENTER SKILLS:

- *1st Arabesque*
- *Tendu with Long Legs and Toes*
- *Ballet Positions*
- *Bridge with Head Off Floor*
- *Tuck Jump*
- *Star Jump*
- *Passe Balance (Attempt Pirouette)*

ACROSS THE FLOOR SKILLS:

- *Cartwheel (1 Strong Side)*
- *Forward Roll/Somersault*
- *Skippping*
- *Passe Walks*
- *3-Step Turn (Attempt Chainé)*
- *Pivot Turn*
- *Chasse (Front and Side)*
- *Front Leap*
- *Pony Step*
- *Step Cross Touch + Kick Cross Touch*
- *Lindy (Chasse Rock Step)*
- *Stomp and Clap to the Beat*

JAZZ WORKSHOP

Cost: \$20

Dates: May 30, 31, and June 1

Times:

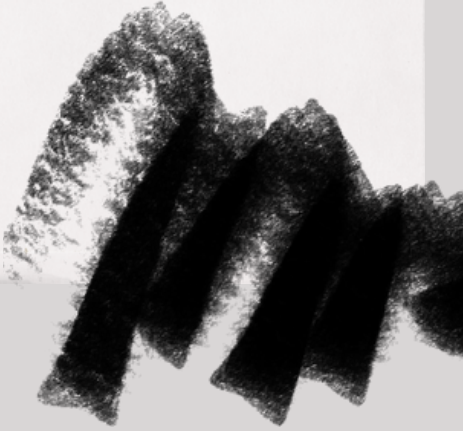
Grades 1-3 @ 4:30-5:25 pm

Grades 4-6 @ 5:30-6:55 pm

Grades 7 and up @ 7 am-8:30 pm

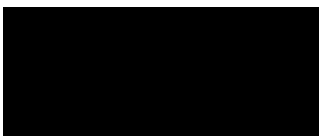
ALL DANCERS WELCOME!

****DANCERS WISHING TO BE CONSIDERED FOR
TEAM MUST ATTEND.****



OTHER IMPORTANT QUALITIES:

- *Great Attitude/Ability to Focus*
- *Lots of Energy*
- *Excellent Attendance*
- *Team Mentality*
- *Willingness to Practice At Home*
- *Great Rhythm and Musicality*
- *Excellent Memory*



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Explore Dance!

ADVANCED
BEGINNER/INTERMEDIATE
COMPETITIVE TEAM
SKILLS

THESE SKILLS ARE A HANDFUL THAT ARE
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THE ADVANCED BEGINNER/INTERMEDIATE
COMPETITIVE DANCER.

****DURING PLACEMENT CONSIDERATION,
SKILL LEVEL SUPERCEDES AGE/GRADE
LEVEL****

*****Beginner Skills Should be Mastered*****

CENTER SKILLS:

- *1st Arabesque Leap*
- *Around the World Kicks*
- *Tilt Kick*
- *Teddy Bear Headstand Hold*
- *Backward Roll*
- *Toe Touch/Russian Jump*
- *Know Coupe v. Passe*
- *Single Pirouette (Attempt Double)*

ACROSS THE FLOOR SKILLS:

- *Cartwheel (Attempt Both Sides)*
- *Chaine Turns with Strong Spot*
- *Alternating Chasse*
- *Side Leap*
- *Pique Prep + Turn*
- *Pas de Bourree (Changing Tempo)*
- *Kick Ball Change*
- *Find the Beat Easily in Any Song*

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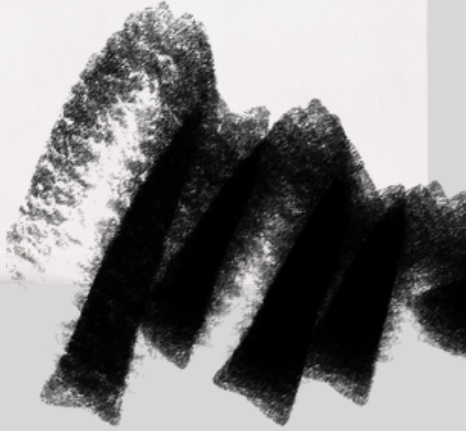
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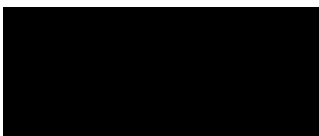
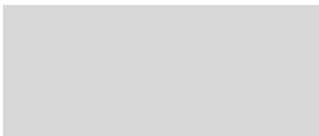
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INTERMEDIATE/ADVANCED
COMPETITIVE TEAM
SKILLS

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COMPETITIVE DANCER.

****DURING PLACEMENT CONSIDERATION,
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LEVEL****

*****Adv Beg/Int Skills Should be Mastered*****
CENTER SKILLS:

- *Fan Kick*
- *Hitch Kick*
- *Firebird Leap*
- *Tilt Jump*
- *Double Pirouette*
- *Attitude Turn (Front and Back)*
- *Attempting Second Turns*
- *Handstand Kick Switch*
- *Standing Backbend*
- *Shoulder Variations (i.e. Fish Flop)*

ACROSS THE FLOOR SKILLS:

- *Cartwheel (Both Sides Nearly Equal)*
- *Pique Turns + Changing Spot*
- *Tour Jete*
- *Axel Jump*
- *Chaine Leap*
- *Calypso*
- *Find Hidden Accents Easily in Any Song*

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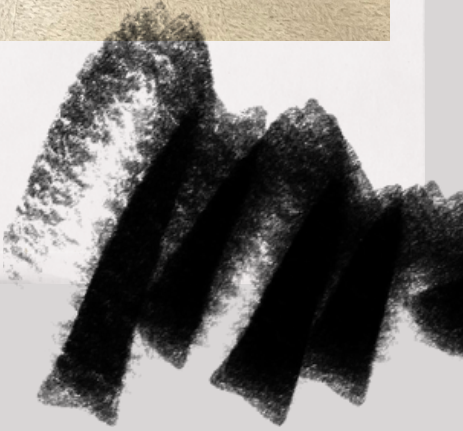
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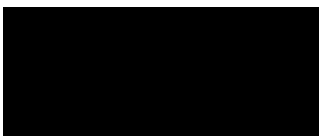
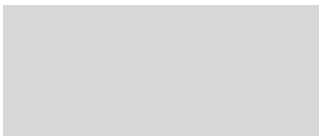
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