

Colorado School of Dance

Dance Team Skill/Technique Requirements

This is a guideline only. Performance of skills are equally important.

Showcase Performance Team Skills (SPT) (Levels 2A-3A)

(including but not limited to)

- Chainé Turns Right and Left
- Compass/Drag Turns
- Double Pirouettes Right and Left with correct placement and spot
- Pencil Turns
- Coupe Turns
- Pique Turns Right and Left
- Grand Jete and Saute de chat Right and Left
- Single and double tuck jumps
- Axel turn jump
- Side Leaps
- Surprise Leap
- Hitchkick
- Tour Jete
- Arabesque Fouette
- Grand Battements - front, back and side both sides with correct placement
- Fan Kicks (outside both sides)
- Standing tilts
- Side heel Stretch (both sides preferred)
- Right, Left and Middle Splits
- Floor work - shoulder rolls/arabesque rolls, floor rolls
- Basic Acro - Cartwheels, split handstands, elbow stands

Artistic Performance Team Skills (APT) (Levels 2A-6A)

APT 2A/3B

-Flexibility: Right or left split with potential to stretch even further. Strong 2nd straddle position. Advancement in leg lines, dancers pose, front & side leg extensions and working on scorpions & needles. Illusions with transition movement afterwards.

-Turns: Dancers should have solid doubles on both right & left sides in ballet and jazz pirouettes & working on solidifying triples. Dancers are working on Turns (tours) in 2nd at the barre and in center. Pique turns with changing spots. Controlled chaine turns at slow and quick tempos. Combination turns example- double pencil plie double in passe.

-Floor work and movement: Dancers are gaining strength in transitions and floor work beyond rolls. Slides, back rolls, floor landings out of turns and leaps with seamless transitions.

-Leaps: Solid saute de chats, calypso, side leaps, surprise leaps, fire birds & working on switch leaps (forward & switch arabesque to the floor).

-Retention: Dancers need to be able to pick up choreography and retain it as well as apply corrections quickly.

-Behavior and Attendance: APT dancers demonstrate good attendance, 85% and above. They do NOT talk in class or play around with friends. APT dancers set individual goals and remain focused during every class they take.

APT 3A

-Flexibility: Right or left split with potential to stretch even further. Strong 2nd straddle position. Advancement in leg lines, dancers pose, front & side leg extensions with a scorpion or needle. Leg hold turns both inside and out. Strong arabesque on relevé. Fans & illusions with no hands and transitioning straight to the floor.

-Turns: Dancers should have solid triples on both right & left sides in ballet and jazz pirouettes & working on solidifying quads. Fouette turns and tours. Double pique turns with changing spots. Attitude dive turns en de hour. Combination turns that change leg positions, spots and direction. Leg hold turns in attitude and fully extended.

-Floor work and movement: Dancers at this level should have a strong knowledge of floor work and floor transitions. Traveling floor work with slides, rolls and weight shifts should be executed seamlessly.

-Leaps: Strong saute de chats, calypso, side leaps, surprise leaps, fire birds & switch leaps (forward, side & switch arabesque to the floor), turning disks, tour jetes, ronde verse, turning side tilts & energetic standing jumps. Most should have an aerial.

-Retention: Dancers need to be able to pick up choreography and retain it as well as apply corrections quickly.

-Behavior and Attendance: APT dancers demonstrate good attendance, 85% and above. They do NOT talk in class or play around with friends. APT dancers set individual goals and remain focused during every class they take.

APT 4B/4A

-Flexibility: Right or left split. Strong 2nd straddle position. Advanced transitioning leg lines, dancers pose able to alternate support arm, front & side leg extensions without support from hands/arms. Leg hold turns both inside and out. Strong arabesque on relevé & fouette arabesque. Fans & illusions with no hands and transitioning straight to the floor. Control and ease with their flexibility and leg lines when incorporated into movement & choreography.

-Turns: Dancers should have solid quads on both right & left sides in ballet and jazz pirouettes. Multiple Fouette turns and tours with changing spots and/or straight into leaps and aerials. Double pique turns with changing spots. Attitude dive turns inside & outside. Combination turns that change leg positions, spots and direction. Leg hold turns in attitude and fully extended.

-Floor work and movement: Dancers at this level should have a strong knowledge of floor work and floor transitions. Traveling floor work with slides, rolls and weight shifts should be executed seamlessly. Floor jumps, stalls and shoulder strength work, hand & elbow stands.

-Leaps: Strong saute de chats, calypso, side leaps, surprise leaps, fire birds & switch leaps (forward, side & switch arabesque to the floor), turning disks, tour jetes, ronde verse, turning side tilts & energetic standing jumps. Most should have an aerial. Front handsprings and transitional jumps.

-Retention: Dancers need to be able to pick up choreography and retain it as well as apply corrections quickly.

-Behavior and Attendance: APT dancers demonstrate good attendance, 85% and above. They do NOT talk in class or play around with friends. APT dancers set individual goals and remain focused during every class they take.

APT 5/6

-Flexibility: Right or left split. Strong 2nd straddle position. Advanced transitioning leg lines, dancers pose able to alternate support arm, front & side leg extensions without support from hands/arms. Leg hold turns both inside and out. Strong arabesque on relevé & fouette arabesque. Fans & illusions with no hands and transitioning straight to the floor. Control and ease with their flexibility and leg lines when incorporated into movement & choreography. Demonstrates flexibility seamlessly in choreography & movement.

-Turns: Dancers should have solid quads on both right & left sides in ballet and jazz pirouettes. Multiple Fouette turns and tours with changing spots and/or straight into leaps and aerials. Double & triple pique turns with changing spots & leg positions. Attitude & arabesque turns inside & outside. Combination turns that change leg positions, spots and direction with multiple rotations. Leg hold turns in attitude and fully extended.

-Floor work and movement: Dancers at this level should have a strong knowledge & connection to the floor and demonstrate seamless floor work and floor transitions. Traveling floor work with slides, rolls and weight shifts should be executed effortlessly. Floor jumps, stalls and shoulder strength work, hand & elbow stands. I'd like dancers at this level to be able to show excellence in strong floor "tricks" & acro.

-Leaps: Strong saute de chats, calypso, side leaps, surprise leaps, fire birds & switch leaps (forward, side & switch arabesque to the floor), turning disks, tour jetes, ronde verse, turning side tilts & energetic standing jumps. Should have an aerial. Front handsprings and transitional jumps. Front aerials are a great addition.

-Retention: Dancers need to be able to pick up choreography and retain it as well as apply corrections quickly. Level 5/6 dancers should have confidence in improv and solo movement.

-Behavior and Attendance: APT dancers demonstrate good attendance, 85% and above. They do NOT talk in class or play around with friends. APT dancers set individual goals and remain focused during every class they take.

If you have any questions please send us an email at info@coloradoschoolofdance.com. Thank you & see you at the studio!