

Dance Team Skill/Technique Requirements

Teams are not put together by age but by similar skills and how you work together. If there is a * next to a skill, that means it is not REQUIRED but you should be working on them

- Chaine Turns Right and Left
- Pique Turns Right and Left
- Inside Attitude turns Right and Left
- Outside Attitude turns Right and Left
- Compass Turns
- Pencil Turns
- Coupe Turns
- Pirouette to Coupe Turns *
- Flamingo Turns *
- Pique Arabesque turns *
- Pique Fifth Pirouette Turns *
- Pirouettes Right and Left (doubles required both sides)
- Fouette Turns *
- A le Second Turn*
- Changing Spot Fouette/ A le Second *
- Float Turns*
- Grand Jete Right and Left
- Russian Right and Left
- Surprise Leap
- Reverse Leap
- Switch Leap *
- Tilt Leap *
- Flying Disk*
- Tour en Lair
- Calypso
- Axel
- Straight Leg Axel *
- Outside Axel*
- Ronverse*
- Fanning Tuck Jump*
- S Jump
- Firebird Jump
- Firebird Leap
- 9 Jump
- Hitchkick
- Tour Jete
- Arabesque Fouette

FLEXIBILITY

- Right, Left and Middle Splits
- ☑ Do not need all 3 but should be close on all 3)
- Front heel Stretch Right and Left (both sides preferred)
- Side heel Stretch Right and Left (both sides preferred)
- One Handed Needles *
- ☑ Either side or both
- Standing tilts*
- ☑ Either side or both
- Grand Battements Front & Side both sides
- Fan Kicks (inside and outside both sides)
- Side leg Extension turns*
- Leg Hold turns (front and/or side)*

If you have any questions please send us an email at sarakatesdancestudio@gmail.com or come talk to us in the studio!!

TAP (all both sides)

- Falaps
 - Falap Heel
 - Falap ball change
 - Shuffles
 - Shuffle leap toe
 - Shuffe hop step
 - Shuffle ball change
 - Buffalos
 - Double Buffalos
 - Maxi fords
 - 4 count riffs
 - 5 count riffs
 - 6 count riffs
 - 7 count riffs
 - 8 count riffs
 - Paradiddles
 - Back Essence
 - Dragging Falaps
 - Shirley Temple (both traveling and not)
 - Single Time Steps
 - Double Time Steps
 - Triple Time Steps*
 - Pull Backs*
 - Alternating Pull Backs*
 - Wings*
 - Kickouts
 - Coffee Grinders
 - Drawbacks
 - Cincinnati*
 - Cramp Rolls
 - Broken Wings*
 - Broken Pullbacks*
- ### TRICKS
- Shoulder Rolls
 - Switching Shoulder Rolls
 - Chin Stands*
 - Elbow stands*
 - Panche
 - Panche Somersault
 - Toe Rises*
 - Cartwheels to the ground
- ### TRAVELING/OTHER STEPS
- Chasse
 - Pau de burre (jazz and ballet)
 - LA strut
 - Sassy Walk
 - Kick Ball Change
 - Jazz Squares