

Poise Dance Company Knowledge/Skills

All Levels should know the basic technique and skills of both Jazz & Ballet.
Some Hip-Hop skills, acrobatic basics and good flexibility are also requirements!
Dancers should know most of the following terminology according to his/her dance level and know how to execute the skills prior to auditions.

All:

First, Second, Fourth & Fifth Positions (feet & arms)

Plie'

Relive'

Tendu'

Degage' or Jete'

Battement

Pique'

Chasse'

Level 3 & Up:

Fondu

Develope'

E'chappe'

Assemble'

Turns: Ballet & Jazz

Pirouette: Single (L1), Double (L2 & 3) Triple (L4)

Chainé turns

Pique' turns

Pencil turns

Coupé turns

Advanced:

A La Seconde turns

Fouetté turns

Leaps/Jumps:

All:

Tour Jeté

Saut de Chat

Hook Jump: Single & Double

Single Stag

Double Stag

Tuck Jump

Stationary Split Leap

Advanced:

Russian (Side Leap)

Grand Jeté

Scorpion

Saut de Basque

Calypso

Tilt Jump

Axel

Toe Touch

Surprise Leap

C Jump

All Poise Dancers should have great flexibility.

***All the following are required!**

Splits: Right, Left & Middle (Very close if they do not have)

Heel Extension: Right & Left

High kick Right & Left

Full Fan kick Right & Left

Hitch kick Right & Left

Tilt Kick Right & Left

Acrobatics: *Starred Acrobatic skills are requirements

*Cartwheel: Right

*Bridge up

*Shoulder Roll

*Illusion

Bonus Skills:

Round Off

Back Walkover

Front Walkover

Valdez (seated back walkover)

Back Handspring Side Ariel

Front Ariel

Chest Roll

Fish Roll

Nip-up (sometimes called Kip-up)

Standing Back Bend

Hip-Hop Basics:

Chest pump

Two-step

Running Man

Roger Rabbit

Heel Dig

Body Isolations

Body Rolls

Floor Tricks

Tap:

Tap is not required for Poise members.

Only those with tap skills compete in tap.

Time Step: Single, Double, Triple

Shuffles

Riffles

Buffalo

Paradiddle

Riffs

Heinz Riff

Cramp Roll

Cincinatti

Pull Backs

Wings

Bombershay

Maxiford