

Poise Dance Company

Knowledge/Skills

Dancers should know most of the following terminology and know how to execute most of the skills prior to auditions.

All Levels should know the basic technique and skills of both Jazz & Ballet

Ballet:

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

Plie'

Releve'

Tendu'

Degage'

Fondu

Develope'

Battement

Pique'

Chasse'

E'chappe' (Intermediate/Advanced)

Assemble' (Intermediate/Advanced)

Turns:

Pirouette Single, Double

Chainé turns

Pique' turns

Pencil turns

Coupé turns

Advanced:

Triple Pirouette

A La Seconde turns

Fouetté turns

Leaps/Jumps:

Tour Jeté

Saut de Chat

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 good flexibility.

High kicks each leg
Fan kicks each Leg
Hitch kicks Each Leg
Tilt Kicks Each Leg

Acrobatics: *Starred Acrobatic skills are requirements

*Cartwheel *R____ L____ Both__
*Splits *R____ L____ Middle____
Bridge up

Bonus Skills:

Round Off	Back Walkover
Front Walkover	_Valdez (seated back walkover)
Back Handspring	Side Ariel
Front Ariel	Illusion
Chest Roll	Fish Roll
Shoulder Roll	Nip-up (sometimes called Kip-up)
Heel Extension	Standing Back Bend

Tap: Tap is not required for all Poise members. Only those with tap skills compete in tap.

Time Step	Single, Double, Triple__
Shuffles	Buffalo
Paradiddle	Riff
Cramp Roll	Wings
Bombershay	Maxiford