



Hip-Hop Division

The following is a list of skills that dancers in the Poise Dance Co. will be expected to know and properly perform.

Skills/Knowledge

- *Rhythm*
- *Musicality*
- *Counting Music*
- *Hitch kicks standing*
- *Hitch kicks on floor*
- *Floor "roll"*
- *Switch jumps*
- *Toe touch*
- *Knee drops*
- *Single turns*