



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

*Ballet/Jazz:*

*Splits/Flexibility*

*Leg Extension*

*Kicks*

*Toe Point*

*Chaine Turns*

*Pique Turns*

*Pirouettes*

*Spotting*

*Chasse*

*Leaps – split leaps, axils, stag leaps, double stag leaps*

*Ballet Positions*

*Hip-Hop:*

*Hitch kicks standing*

*Hitch kicks on floor*

*Floor “roll”*

*Switch jumps*

*Toe touch*

*Knee drops*

*Single turns*

*Tap:*

*Flaps forward & back*

*Shuffles*

*Jump shuffles*

*Buffalo*

*Time Steps*

*Heel Scuffs*

*Pirouettes*

*Spotting*

*Other Skills:*

*Counting Music*

*Learning Choreography Quickly*

*Dance Style*

*Rhythm*

*Positive Attitude*