

## Technical Skills List ( Jazz, Contemporary, Ballet )

	Petites (6-9)	Junior (9-11)	Teen (12-15)	Senior (16-18)
<b>Pirouettes-Turned out</b>	Proper Prep and Balance	Single	Double	Double
<b>Pirouettes-Parallel</b>	Proper Prep and Balance	Single	Double	Triple
<b>Leaps Left &amp; Right</b>	Mechanics of Chasse Step Leap	Straight Legs, Pointed Toes	Straight Legs, Pointed Toes, close to 180	Straight Legs, Pointed Toes, 180 or above, proper arm placement.
<b>Middle Leap</b>	N/A	Straight Legs, Pointed Toes, Hips positioned	Straight Legs, Pointed Toes, Hips positioned, legs 180	Straight Legs, Pointed Toes, Hips positioned, legs 180 or above, proper arm placement
<b>Calypso</b>	N/A	Mechanics of a calypso	Quality attempt, straight front, correct attitude	Correct form, pointed toes, present to front, arch back
<b>A La Secondes/ Fouettes</b>	N/A	N/A	Quality attempt	At least 3 clean, straight legs, turned out, pointed toes.
<b>Choreo</b>	Remember steps, know left from right, be able to copy well and pick up.	Learn quickly, copy style, begin improvisation	Learn quickly, copy style, technique while dancing, improvisation	Learn quickly, copy style, technique while dancing, strong improvisation
<b>Performing</b>	Smile comfortably	Smile, have sass, know how to emote	Smile, have sass, know how to emote	Know various emotions, make it your own
<b>Etiquette</b>	All competition dancers should understand proper etiquette for taking class, socializing in the halls/lobby areas and representing TSDPAC in the community. Standing at attention, not sitting in class, and staying engaged both physically and mentally are mandatory for all competition levels.			

<b>Hip Hop Skills List</b>	Deep/Supported hip hop second position	Crisp Isolations	Ability to execute breakdancing floorwork with proper breathing	Int/Adv HH tumbling skills: dive roll, back handspring, front handspring, stall(s) on hands and head, headspring, side sum, aerial, monkey flip	
	Ability to demonstrate quick footwork	Use of strong core	Collaborative partnering/stunting		
	Full spinal body rolls	Animated performance value	Kip up		Have sass, energy
	Chest rolls	Handstand baby freeze	Quick formation changes		Ability to pick up choreo
<b>Tap Skills List</b>	Stay on Toes	Cramp Rolls	Shuffle Hop Step	Paradiddle	
	Weight Forward	Toe Stands	Draw Backs	Maxi Ford	
	Knees Up	Shuffles	Pull Forward	Wings	
	Use hips not knees/ankles	Flaps	Pull Backs	Proper Timing and rhythm	
<b>Acro Skills List (optional)</b>	Forward/Backward Rolls	Front handsprings	Front Limbers	Splits R/L/C	
	Cartwheels/One arm cartwheels (knee, forearm, head, dive, heel stretch)	Handstands	Round offs	Forearm/Hand/Headstand with varied leg and back positions	
	Front walkover/one arm walkover	Back bends	Back bend kickover	Chest Stand	
	Back walkover	Aerials/Front Aerials	Back handsprings	Bridge to chest roll	
	Heel Stretch (R, L, Tilt)	Front Extension (R/L)	Scorpion	Partnering	



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 Competition Auditions!**