

MY NAME IS _____, AND
 I AM A BETTER DANCER THAN I
 WAS YESTERDAY. 😊

Skill	Beginner	Intermediate	Advanced	Master
<u>FLEXIBILITY</u>				
Left Split				
Right Split				
Center Split				
Over L split				
Over R split				
Over C Split				
<u>KICKS</u>				
Battements				
Leg holds				
Leg hold in releve				
Kick line bounce				
Kick Line - Degage				
Hip Level battments				
Eye level battements				

Flick kicks				
Can can				
Corkscrew / screwdriver				
Fan kicks				
Hitch kick				
Pitch				
Tilt				
<u>LEAPS</u>				
Grand jetes (left)				
Grand Jete (right)				
Center leaps (a la seconde)				
Russians				
Stag leaps				
Reverse leaps				
Surprise leaps				
Knee drops				
Switch Leaps				
Firebird leap				
Switch Firebird leap				
<u>TURNS</u>				
Pivots				
Chaine				

Pique				
Three point turn				
Your Trademark Turn				
<i>Pirouettes</i>				
Inside Single L				
Inside Single R				
Outside Single L				
Outside Single R				
Inside Double L				
Inside Double R				
Outside Double L				
Outside Double R				
Inside Triple L				
Inside Triple R				
Outside Triple L				
Outside Triple R				

Inside Multi L				
Inside Multi R				
Outside Multi L				
Outside Multi R				
Coupe Turns				
Compass turns				
Axel turns				
Attitude turns				
Fouettes				
A la seconde turns				
floats				
Barrel roll turns				
Calypso				
Illusion				
A la seconde into an illusion				
<u>Miscellaneous</u>				
Toe Rise				
Turning toe rise				
Leg hold turn				
Leg hold fan				
Turning open leap in second				

<u>Jumps</u>				
Banana				
Z jump				
C jump				
Hurkey				
Hurdler				
Toe touch				
Pike				
Around the world				
Firebird				
Death Drop				
<u>Tumbling / Acro</u>				
Somersault (forward / backward)				
Shoulder rolls				
No hands				
Cartwheel				
Ariel (left / right / front)				
Handstand				
Head stand				
Front walk over				
Front limber				

Back walk over				
Back handspring (step out)				
Front handspring (step out)				
Back tuck				
Front punch				
Back lay out				
<u>Hip Hop Elements</u>				
Pop & Lock				
Freeze / isolations				
Level changes				
Glide				
Arm waves				
Tutting				
Crumping				
Body roll				
Illusions				
Liquid				
Breaking				
Freestyle				

- Start Date _____ Completion Date _____
- Name _____ Teacher Initials _____