

KHS Dance Team 2012 Skill Requirements

During the skills assessment portion of tryouts, the dancer will be required to execute 8 of the skills listed below (randomly selected by coaches in a variety of areas). In addition, the dancer will be asked to show 2 additional skills of their choice, not listed on the tryout sheet the day of tryouts. More difficult skills, executed properly, will score more points.

Skills List:

Splits R/L

Heel Stretch R/L

Leg Hold R/L

Turning Leg Hold R/L

Scorpion R/L

Needle R/L

Illusion R/L

Leg Extension R/L

Arabesque Penche R/L

Grand Battement R/L

Fan Kick R/L

Grand Jete Leap R/L

Saut de Chat Leap R/L

Surprise Leap R/L

Calypso Leap R/L

Straddle Leap R/L

Firebird/ Fairy Leap R/L

Switch Leap R/L

Switch Straddle Leap R/L

Reverse Leap R/L

Turning Stag R/L

Turning "C" R/L

Turning Disc R/L

Barrel Leap R/L

Ring/ Firebird Jump R/L

Stag Jump R/L

"C" Jump

Single/ Double Toe Touch

Hurdler Jump

Split Jump R/L

Tilt Jump R/L

Chaine Turns R/L

Single/ Double Pique Turns R/L

Double/ Triple/ Quad Pirouette Turns R/L

Fouette Turns R/L

Fouette a la seconde Turns R/L

Fouette Combo

Worm

Cartwheel Stall

Handstand /Headstand Stall

Kip

Backbend/ Stand

Optional- Walkovers/ Handsprings (Front/ Back)/ Tumble Series / Tucks/ Headsprings

2012 Tryout Dates

Monday, April 16, 6:00 – 8:00pm
Choreography and Skills, KHS Gym

Tuesday, April 17, 4:00 - 6:00pm
Choreography and Skills, KHS Gym

Wednesday, April 18, 4:00 – 7:00pm
Open Practice/ Interviews, KHS Gym

Thursday, April 19, 4:00 – 7:00pm
Open Practice/ Skills, KHS Gym

Friday, April 20, 5:30 – 7:00pm
Mandatory Practice, KHS Gym

Judged TRYOUTS
Saturday, April 21, 10:00am