

KHS Dance Team 2013 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) plus 2 of their choice not already performed in front of coach(es). In addition, the dancer will be asked to show 2-3 8 counts of skill work (of their choice) the day of tryouts in front of judges. More difficult skills, executed properly, will score more points. More variety shows versatility.

Splits R/L

Heel Stretch R/L

Leg Hold/ Extension R/L

Turning Leg Hold R/L

Scorpion R/L

Needle R/L

Illusion 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

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

Double/ Triple/ Quad Coupe Turns R/L

Fouette Turns R/L

***Fouette a la seconde turns with a double pirouette out R/L

Fouette Combo/ Corner Turns

Backbend/ Stand

Cartwheel/ Handstand/ Headstand Stalls

***Kip (rolling back or from headstand)

Rubberbands/ Headsprings

***These skills will need to be performed successfully if interested in participating on the competition teams for 2013-14.

Another option will be given if you choose not to perform the competition level skill.

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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 previously performed in the original 8. More difficult skills, from the lower list, executed properly, will score more points.

Basic Required Skills List:

Splits R/L
Heel Stretch 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
Stag Leap
"C" Jump
Toe Touch
Double Toe Touch
Split Jump
Double Pirouette Turns
Chaine Turns
Pique Turns
Cartwheel Stall
Handstand / Headstand Stall
Grand Battement (Straight and Tilted) R/L
Fan Kick R/L

Other Options:

Turning Stag R/L
Turning "C" R/L
Turning Disc R/L
Switch Leap R/L
Switch Straddle Leap R/L
Reverse Leap
Firebird/ Fairy Leap R/L
Tilt Jump
Fouette Turns
Fouette a la seconde Turns
Tumble Series
Kip
Headsprings
Walkovers
Handspring Front/ Back
Scorpion
Illusion
Needle
Arabesque Penche