

Dance Youth Level 2 Advancement (ages 6 - 9)

Students will likely be in Level 1 for **at least one year** before meeting the below criteria for level 2. Dance students will not advance the same way as other departments at MSC. Level 2 classes have higher standards for behavior and technique so that all students can be challenged and have fun!

Ballet

Forward Bend (within 6in)
R + L Splits Prep (within 6in)
1st position Releve (5 sec)
5 positions with arms
Battement Devant and Arabesque
Bouree
Glissade
Changement
Grand Echappe
Tendu en croix (R + L)
Ron de jamb (R +L)
Pirouette Prep
Chasse switch
Grand Jete
Chaine (with spotting)

Jazz

Forward Bend (within 6in)
R + L Splits Prep (within 6in)
Parallel Releve (5 sec)
Isolations
Battement Devant and Arabesque
Grapevine
Pivot Turn
Jazz Square
Cross Touch (with arms)
3 Step Turn
Pirouette Prep
Chasse switch
Grand Jete
Chaine (with spotting)

Tap

Double Time heel and toe drops
Single foot heel and toe drops
Heel Toe walks
Caterpillar Crawls
Cramp Roll
Paradiddle
Shuffle Step
Single Foot Shuffles (8)
Flap
Two Step (flap ball change traveling)
Irish
Buffalo
Maxi Ford

Acrobatics

Forward Bend (within 6in)
R + L Splits Prep (within 6in)
Push Ups (10)
Sit-ups (10)
King Cobra Pose (within 6in)
Baby Scorpion (5 sec)
Forward Roll
Backward Roll
L Handstand
Cartwheel (R + L)
Crabwalk (length of mat)
Bridge (10 sec)
Teddy Bear Stand
Shoulderstand

Behavior

- Focus Level - Work Ethic- Listening Skills - Commitment to practice -