

Dance Teen/Preteen Level 2 Advancement (ages 10 - 16)

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

Right, Left, and Straddle split
prep (within 6in)
Degage en croix (R + L)
Ron de jamb
(R +L, en de dans + en dehors)
Battement
(all 3 directions)
Bouree
Developpe
Pique en tournant
Glissade
Soutenou
Changement
Single Pirouette (R + L)
Assemble
Grand Jete
Chaine (with spotting)
Chasse switch
Alignment

Jazz

Right, Left, and Straddle split
prep (within 6in)
Isolations
6 - Step
Battement
(all 3 directions)
Fan Kick
Hitch Kick
Pencil Turn
Pony
Soutenou
Single Pirouette (R + L)
Assemble
Axel
Grand Jete
Chaine (with spotting)
Chasse switch
Alignment

Hip Hop

Isolations
Grooves
10 push-ups
Kick out step
Top Rock (front and back)
Over Under
Skateboard
Chicken Head
Reebok
Basic Lock
Whack (both arms)
Loose Legs (1 & 2)
6-step (both sides)
Coffee Grinder
Freeze

Acro

King Cobra, Right, Left, and Straddle
split prep (all within 6in)
Push Ups (15)
Hollow Hold (hands down, 10 Sec)
Straight Leg Bridge
Bridge Prance
Backbend (unassisted)
Tuck Headstand (10 sec)

High Baby Scorpion (5 sec)
L Handstand hold on wall (20 sec)
Handstand
Dive forward roll
Pike backward roll
Cartwheel (R + L)
Running Cartwheel (R +L)
Round - Off Rebound

Behavior

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