Dance Teen/Preteen Level 2 Advancement (ages 10 - 18)

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!

Acro

- King Cobra, Right, Left, and Straddle split prep (all within 6in)
- Push Ups (15)
- Handstand
- Dive forward roll
- High Baby Scorpion (5 sec)
- Pike backward roll
- L Handstand hold on wall (20 sec)
- Cartwheel (R + L)
- Running Cartwheel (R +L)
- Bridge Prance
- Straight Leg Bridge
- Tuck Headstand (10 sec)
- Hollow Hold (hands down, 10 Sec)
- Backbend (unassisted)
- Round - Off Rebound

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
- Glissade
- Pique en tournant
- Changement
- Soutenou
- Single Pirouette (R + L)
- Assemble
- Grand Jete
- Chaine (with spotting)
- Chasse switch
- Alignment

Jazz

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

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

Jazz Funk

- Isolations
- Grooves
- Body Rolls
- Musicality
- Texture
- Levels
- Dynamics
- Facials/ Performance
- Choreo retention
- Pas de bourree
- Single Whack
- Hitch Kick
- Pony
- Single Turn (coupe, pirouette, pencil - their choice)

Behavior

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