Dance Teen/Preteen Level 3 Advancement (ages 10 - 18)

Students will likely be in Level 2 for **at least one year** before meeting the below criteria for Level 3. Dance students will not advance the same way as other departments at MSC. Level 3 classes have higher standards for behavior and technique so that all students can be challenged and have fun!

Jazz

Right, Left, and Straddle split prep (within 3in)

Body Roll

6 - Step Pirouette

Battement and Developpe

Illusions

Assemble Stag

2nd Turn Prep

Jazz Walk

Single Pirouette
(R + L, alignment)

Calypso

Grand Jete and Straddle Leap

Chaine
(with spotting, alignment)

On Tempo

Alignment in parallel

Acro

King Cobra, Right, Left, and Straddle split prep (all within 3in)

Push Ups (20)

Hollow Hold (hands down, 15 Sec)

Straight Leg Bridge over wrists

Backbend Kickover

Front Limber

Pike Headstand

High Baby Scorpion (10 sec)

Upper Body Lifts (20)

Handstand Hold

Handstand forward roll

Hurdle Cartwheel Rebound

One Handed Cartwheel (R+L)

Running Round-Off (R +L)

2 Continuous Cartwheels

Behavior

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