Dance Youth Level 3 Advancement (ages 6 - 9)

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!

Ballet

Forward Bend (within 3 in)

R+L Splits Prep (within 3 in)

Sous Sous Balance (5 sec)

3 arabesque positions

Developpe (front and back)

Bourree (in sous sous, turn out)

Glissade (in 5th)

Changement (in 5th, high jump)

Pas de chat (in 5th)

Degage en croix from 5th

Ron de jamb (closing to 1st, straight legs)

Chasse switch (on toes)

Grand Jete (with arms)

Chaine (spotting, arms in 1st)

Tap

Double Time Heel and Toe drops

Single foot Heel and Toe drops (in one spot)

Cramp Roll

Double Paradiddle

Shuffle Step

Single Foot Shuffles (8)

Flap Heel

Running Flaps

Two Step (flap ball change)

Double Irish

Buffalo (traveling)

Maxi Ford (traveling)

Tempo

Vocabulary

Hip Hop

Push-ups (15)

Grooves (style)

The Jerk

Reebok

Farmers

Heel Toe

Sidewalk

Scooby Doo

Scoobot

Double Whack

Coffee Grinder (R + L)

6-step (R + L)

Baby Freeze

Acro

Forward Bend, King Cobra (within 3 in)

R+L Splits Prep (within 3 in)

Push-ups (15)

Sit-ups (15)

Leg hold to side

Pike Forward Roll

Backward roll (with landing)

Tap Handstand

One Handed cartwheel

Spiderwalk

Bridge developpe

Tuck headstand

Vertical shoulderstand

Behavior

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