

Hip Hop Skills

Level 3-4

- kick step touch (both sides)
- top rock (step cross to the front with heel)
- kick step slide (both side)
- kick kick cross to the back
- 3 step turn
- at least one freeze or trick (baby freeze, worm, kip-up)
- bounces right and left side with correct arm movements going UP
- hip isolations right and left
- body rolls
- snakes

Level 5-7

- slide to floor jumping up no hands right or left side
- kick step touch
- kick step slide
- kick step step step
- 3 step turn with kicks
- other variations of footwork (moonwalk, one foot (heel toe), inverts (both toes, then both heel),
- butterflies
- variations of stepping (example, arms going right corner up, left corner down, right middle, left middle and finish clean center) know when to use blades or fists
- all footwork done on both sides
- Isolations of chest and hips should be clean and precise

tricks at least 2:

baby freeze

free up freeze

worm

headspring

kip-up

rubberband

Jazz/Contemporary Skills

You can have a preferred “Good” side for anything labeled Right/Left, so long as you understand the mechanics and can perform said skill to the best of your abilities on your opposing side.

Use energy through arms, legs, and fingertips

- **Do hip flexor exercises on back during warm up**
- **Cardio workouts to build endurance**
Kick lunges, jump, fan kicks, running, skipping

- **Turns - Parallel and turned out * focus on foot placement and pointe***
 - **Adv. Level 6/7**
 - Min. 3 consecutive clean pirouettes
 - 3 consecutive clean A La Seconds – focus on turn out
 - 3 consecutive clean Fouettés – focus on turn out. Do fouetté exercises at barre
 - Min. 2 Pencil Turns
 - 2 consecutive clean Attitude turns - Front/Back
 - Turning sequences
 - Pique turns focusing on straight bottom leg
 - **Int. Level 4/5**
 - Min. 2 consecutive clean pirouettes
 - 2 consecutive clean A La Seconds – do fouetté exercise at barre
 - 2 consecutive Min. 2 Pencil Turns
 - 1 Attitude turn - Front/Back
 - Inside turns
 - Barrel turns
 - Foutette turns
 - Chaine Turns
 - Pique Turns
 - **Beg Level 2/3**
 - Single Outside pirouettes - clean
 - Pivot turns
 - Chaine Turns
- **Leaps & Jumps**
 - **Adv. Level 6/7**
 - Fan Leap/Calypso - both back leg straight and attitude, front leg straight, front coupe
 - Right/Left/Middle Leap
 - Switch Leaps - Right/Left and jete enTournant style
 - Tilt Jump
 - Ronverse
 - Butterfly
 - Disc
 - Switch Seconds
 - Russians

- Switch Tilt
- All Sautes – passe saute chasse, saute arabesque chasse
- **Int. Level 4/5**
 - Fan Leap/Calypso (also from front coupe)
 - Right/Left/Middle Leap
 - Tilt Jump
 - Butterfly
 - Surprise
 - Switch Leaps – Right clean, working on left
 - Firebird
- **Beginner Level 2/3**
 - Right/Left Leap
 - Center/side leap
 - Saute Passe
 - Tuck Jump
 - Leap to Floor - Learning to get up correctly
 - By the end start Saute Arabesque at barre and across the floor
- **Floorwork**
 - **Adv. Level 6/7**
 - Flare
 - Floor Leap
 - Back Roll/Fancy Back Roll (aka coffee grinder back roll) - they should know what this means
 - Splits - All - **I am understanding of most bodies hip mobility/flexibility and understand most struggle to attain splits but pleaseeee stretch them and try**
 - Penche forward roll no hands
 - Knee Drops
 - **Int. Level 4/5**
 - Splits - All (A preference for this level)
 - Flare
 - Floor Leap
 - Back Roll/Fancy Back Roll
 - Monkey Crawl
 - **Beg. Level 2/3**
 - Isolations
 - Step dig
 - Parallel passe
 - Side chase
 - Ball change
 - Kick ball change
 - Grapevine
 - 3 step turn
 - Forward chase
 - Jazz square
 - Triplets vs pony

- Pas de bourree
- Rolling down & up from floor
- Chasse with pointe feet in air (working on “toe ball heel” so they aren’t starting on heel!)
- Pas de Bourree – straight and turning
- **Legs** **Done correctly! Straight bottom leg**
 - **Adv. Level 6/7**
 - Fan Kick
 - Battements with Control - All Directions
 - Illusion - Forward/Back - Right/Left
 - Tilt - Right/Left
 - Tilt with jump
 - Penche - Right/Left
 - Layout - Right/Left
 - Leg catch straight and turning
 - **Int. Level 4/5**
 - Battements with Control - All Directions
 - Illusion - Forward/Back - Right/Left
 - Penche - Right/Left
 - Layout - Right/Left
 - Inversion
 - Fan Kicks
 - Hitch Kicks
 - Axles
 - Tilt – Right, working on left
 - **Beg. Level 2/3**
 - Battement with control and straight Legs - Front

Modern Skills

Levels 1-3

- Parallel feet, knees over toes
- Contract/release
- Ankle prances
- Swing jumps
- Leg swings
- Swoops (back rond de jambe)
- Undercurve – inversion

Levels 4/5

- Direction changes (modern x)
- Weight shift
- Inversion
 - Switching legs
 - Monkey crawl
 - Beats
 - Landing on ground/up from ground
- Knot Wheels
- Shoulder rolls
- Leaps/barrel turn
- Start partner work for lifts
- Modern history

Levels 6/7

- Lateral T
- All inversions and twinkles
- Shoulder stands
- Kinesphere/taking space (modern circle)

Tap Skills

Level 2

- Flaps
- Flap heel
- Flap heel heel – forward and backwards
- Flap hell, dig heel then flap heel heel, spank dig heel heel
- Walking riffs
- Flap step back
- Flap ball change
- Paradiddle combos across the floor – flap heel 2x, paradiddle step
- Buffalos
- Difference between jump, leap, hop
 - Shuffle hop toe 3x
 - Shuffle leap toe
- Crossing shuffles
- Drawbacks and triple drawbacks

Level 3/4

- Running flap combos
- Pullbacks
- Suzie Q's
- Paradiddle combos
- Drawback combos
- Time steps
- Alternating cram rolls
- Wings
- Single footed pullbacks
- Double pullbacks
- Flap heel turns
- Step scuff cram rolls turns
- Any rhythm patterns and counting steps correctly

Levels 5-7

- Shiggy bops
- Pickups
- One footed toe stands/pullbacks
- Wings

- Double wings
- Wing changes
- Adding pickups/pullbacks to any step with a hop or leap
- Flying shuffles
- Adding heels/toes to pullbacks and pickups
- Turning patterns