

Modern Requirements

Pizzazz:

Prances

Chasse

Should know the difference between a parallel and turned out position

Should know how to execute contract and extend

Should start to understand the concept of weight shift

Shine:

Understand the concept of over and under curve

Execute a flat back correctly

Understand and be able to execute weight shift

Be able to execute proper leg swings

Should know the difference between ballet Chaînés and modern Chaînés

Glitz:

Should start to pick up on specific detail

Understanding the meaning of improv

Flat back and head alignment with spine

Focus

The difference between locomotive and stationary movement

Glamour:

Understand opposition pull

Fall and recover

The use of breath

Understanding the use of the space

Should understand the concept of weight sharing

Fame:

Be able to improv on the spot and do variations of the improv

Be comfortable in partnering fellow dancers

Should be able to facilitate where movement comes from and execute correctly

Hearing the music without counting it

Understanding different dynamics