

Lyrical Team Requirements

All lyrical teams will be placed based on the level of technique each dancer displays while performing a variety of turn combinations, extensions, leaps and jumps. The emotion, resistance in their movements and strong ballet technique will also be strongly taken into consideration when placing girls on lyrical teams. Lyrical teams will be thirty minute teams that meet once a week. Ballet attendance will be crucial. One hour or two hours of ballet a week will be required based on the level of lyrical team. One forty-five minute leaps and turns will be required for each dancer no matter what lyrical level they are placed on.

*Skills to be observed during weekly summer classes in our July session: Dancers do not need to be able to do all skills listed in each section. The more skills they are able to do with correct body placement, arm placement and technique will have them placed on a higher level of lyrical team.

Turning Skills:

Coupe turns, pencil turns and combination turns

Turns in second and combination turns

Illusions and combinations with illusions

Chaine turns and pique turns

Leaping and Jumping Skills:

Consecutive Turning leaps and Calypso Leaps

Reverse leaps

Side leaps and half side leaps

Split leaps (Jeté and Saut de chat)

Flexibility Skills:

Developpes

Heel and hand on both sides with the ability to let go on one side and hold

Needles

Scorpions

Splits on both sides

Fan Kicks

Arabesque extension

Lyrical Dance: (dancers will learn dances during their summer classes)

Musicality

Feeling and Emotion in body movements

Feeling and Emotion in the facial performance

Resistance in the arm movements

Having a great poise and presence when dancing