

Stoughton High School DANCE TEAM

2018-2019 Tryout Skills

- Straight/front leap (Right and Left)
 - Switch leap (Right and Left)
 - Side leap (Right and Left)
 - Toe Touch
 - Toe touch sequence
 - Double and Triple Pirouettes
 - A-Turns (a la seconde turns)
 - Calypso (Right and Left)
 - Illusion
 - Tilt Jump (Right and Left)
 - Turning disc
 - Turning "C" jump
 - Firebird leap and jump
 - Double and Triple coupe turns
 - Leg hold (Right and Left)
 - Splits (Right, Left & Center)

Additional Skills:

- Headstand
- Headspring
- Tumbling
- Leg hold turns
- Switch firebird leap
- Switch tilt jump