



*GET YOUR SKILLS  
TRY OUT READY  
WITH US!*

---

# ***YORKTOWN HS DANCE TEAM***

2020-2021 Try Out Skills

---

**ALL DANCERS TRYING OUT  
FOR THE 2020-2021 TEAM  
MUST DEMONSTRATE  
PROFICIENCY IN EACH OF  
THESE SKILLS**

Toe Touch  
High Kicks  
Calypso  
Side Leaps  
Double Pirouette  
Turns a la Seconde  
Leg Hold  
C-Jump  
Head Stand!

## MANDATORY VARSITY SKILLS:

dancers wishing to be considered eligible for the varsity team must demonstrate the following skills:

TRIPLE PIROUETTE (MINIMUM)  
TURNS A LA SECONDE (3 TO A DOUBLE MINIMUM)  
FIREBIRD  
DOUBLE TOE TOUCH  
KIP UP

## OPTIONAL ADVANCED SKILLS:

*all dancers trying out will be asked to demonstrate the following desirable skills. In order to MAXIMIZE the score sheet a dancer should demonstrate all the skills they have*

SWITCH LEAPS  
TRIPLE TOE TOUCH  
LEG HOLD TURNS  
SWITCH-TILT JUMPS  
ROTATING SPOT FOUETTES  
REVERSE CALYPSO  
CIRCULAR DISK  
OTHER ADVANCED JUMPS  
SWITCH OPEN LEAP  
TILT

## OPTIONAL TRICKS:

SIDE & FRONT AERIAL  
FRONT & BACK WALKOVER  
FRONT HANDSPRING  
BACK HANDSPRING  
BACK TUCK  
HEAD SPRING  
SHOULDER STALL  
RUBBER BAND  
SUICIDE

