**CHS Dance Tryouts**

**Preferred Skills**

(open to any and all skills and variations)

- Leg hold/Leg hold turn/Leg extensions

- Right/Left scale

- Splits (right and left)

- All variations of jumps:

- Toe touch

- Amazon

- Surprise leap

- Hurdler

- Split Jump

- All variations of leaps:

- Split leaps (right and left)

- Switch tilt

- Turning disc

- Switch arabesque

- Calypso

* All variations of pirouettes (minimum double)

***\*\*\*In order to maximize your score, turns must be high releve, extended knees/legs, pointed feet and correct body placement\*\*\****

- Kip up

- All variations of headspring

- Headstand skill (headspring out of it, quarter turn or half turn, etc.)

* Dragonfly

- Black Panther

- All variations of aerials

- One-handed or two-handed front handsprings

- All variations of a la seconde turn sequences that include:

- Changing spots

- Single counts

- Floating turns

- Pirouettes

***\*\*\*In order to maximize your score, turns must be high releve, extended knees/legs, pointed feet and correct body placement\*\*\****