

## DUET DANCE ACADEMY - Company Advancement Requirements

### PETIT

Jazz	Tap	Ballet
<ul style="list-style-type: none"> <li>• Working on flexibility</li> <li>• Chainé turn</li> <li>• Battements to the front</li> <li>• Must know how to chassé, pivot turn, and jazz square</li> <li>• Pas de bourrées</li> </ul>	<ul style="list-style-type: none"> <li>• Flaps</li> <li>• Shuffles</li> <li>• Basic cramp rolls</li> <li>• Maxie fords</li> <li>• Ability to put together combinations with basic steps</li> </ul>	<ul style="list-style-type: none"> <li>• Ability to hold focus and follow directions</li> <li>• understand ballet class etiquette</li> <li>• Port de bra</li> <li>• feet positions</li> <li>• basic movements in ballet:                             <ul style="list-style-type: none"> <li>○ plie, tendu, degage, retire, posey, splits</li> <li>○ 1st arabesque staying square at barre</li> <li>○ chaine turns at least 3 in a row</li> <li>○ piqué only with foot</li> <li>○ sauté in 1st, 2nd, &amp; 3rd</li> </ul> </li> <li>• hold balance in 1st, 2nd &amp; 3rd (10 seconds in each position)</li> <li>• glissade from 1st to 1st</li> <li>• pas de chat from 1st to 1st</li> <li>• First 3 body positions</li> <li>• learning how to use turnout muscles</li> <li>• follow simple adage, petit allegro, grand allegro</li> <li>• demi pointe walks and classical walks</li> </ul>

### PREMIER

Jazz	Tap	Ballet
<ul style="list-style-type: none"> <li>• Single pirouette</li> <li>• Splits right and left</li> <li>• Fan kick</li> <li>• Heel stretch</li> <li>• Battements front and side</li> <li>• Saut de chat and grand jete (and know the difference)</li> <li>• Pique turns</li> </ul>	<ul style="list-style-type: none"> <li>• Ability to count music and understand basic rhythms</li> <li>• Clean foundational steps (flap, shuffle, toe, heel)</li> <li>• Single &amp; double Irish</li> <li>• Single, double, and triple buffalos</li> <li>• Running flaps</li> </ul>	<ul style="list-style-type: none"> <li>• Ability to focus in class and follow directions</li> <li>• pique turns</li> <li>• balance into tombe pas de bourrée</li> <li>• glissade jete</li> <li>• glissade assemble</li> <li>• changement</li> <li>• pas de chat from 3rd to 3rd, 5th position if able to hold turnout</li> <li>• single &amp; double pirouette</li> <li>• 8 body positions</li> <li>• saut de chat</li> <li>• understand basic ballet terminology</li> <li>• balance on two feet for 20-25 seconds</li> <li>• coupe</li> <li>• arabesque in 1st and 2nd</li> <li>• splits</li> <li>• pre-pointe work</li> </ul>

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### PRODIGY

Jazz	Tap	Ballet
<ul style="list-style-type: none"> <li>• Double pirouette (turned in/parallel)</li> <li>• All splits</li> <li>• Tilt</li> <li>• Tilt jump</li> <li>• Hitch kick</li> <li>• Single Coupe turn and pencil turn</li> <li>• Center leap</li> <li>• Surprise leap</li> </ul>	<ul style="list-style-type: none"> <li>• Flapping cramp rolls (double and triple cramp rolls)</li> <li>• Toe stands</li> <li>• Pull backs</li> <li>• Broadway/Shirley Temple</li> <li>• Shuffle switches</li> <li>• Single time steps</li> <li>• Understanding of wings</li> <li>• Complex cramp rolls</li> </ul>	<ul style="list-style-type: none"> <li>• Expanding ballet terminology</li> <li>• All body positions</li> <li>• Sur le coupe</li> <li>• Double pirouette en dehor and en dedans</li> <li>• Splits</li> <li>• Single leg balance without assistance at the barre</li> <li>• All 4 arabesque positions</li> <li>• Pointe work (invitation only)</li> </ul>

### PRINCIPAL

Jazz	Tap	Ballet/Pointe
<ul style="list-style-type: none"> <li>• Axel turn/jump</li> <li>• Calypso</li> <li>• Ring Jump (Firebird)</li> <li>• leg holds front</li> <li>• C Jump</li> <li>• Back roll with split</li> <li>• Double coupe turns and pencil turns</li> <li>• Split roll</li> <li>• Double pirouette into grand jete</li> <li>• Back/reverse leap</li> </ul>	<ul style="list-style-type: none"> <li>• Double and Triple time steps</li> <li>• Wings</li> <li>• Switching pull backs (slow)</li> <li>• 4 – 6 count riffs</li> <li>• Maxie ford turns</li> <li>• Increase speed and combo difficulty with more fluid rhythms</li> <li>• Syncopated/Double pull backs</li> <li>• Switching pull backs (faster)</li> <li>• Single foot pull back</li> <li>• Toe turns</li> </ul>	<ul style="list-style-type: none"> <li>• All 4 arabesque positions</li> <li>• All body positions</li> <li>• Faster combinations at barre and center</li> <li>• All splits</li> <li>• Pointe work</li> </ul>

### PRIMA

Jazz	Tap	Ballet/Pointe
<ul style="list-style-type: none"> <li>• Triple pirouettes (passe, coupe, pencil)</li> <li>• Leg grab turn</li> <li>• 4 consecutive fouetté turns</li> <li>• 4 consecutive turns á la seconde</li> <li>• Switch leap</li> <li>• Turning disc</li> <li>• Illusion</li> <li>• Ability to pick up more complicated choreography</li> </ul>	<ul style="list-style-type: none"> <li>• Ability to grasp abstract counts</li> <li>• Single foot wings</li> <li>• Shuffle pull backs</li> <li>• Overall clean sounds, ability to grasp choreography quickly, increased speed and combo difficulty</li> <li>• Quadruple and traveling time steps</li> </ul>	<ul style="list-style-type: none"> <li>• All 4 arabesque positions</li> <li>• All body positions</li> <li>• Faster combinations at barre and center</li> <li>• All splits</li> <li>• Pointe work</li> </ul>

These requirements are guidelines for placement/advancement in our company program. Dancers are not expected to have every skill listed mastered before being placed in a particular level. Rather these are the skills a dancer should have the potential to master while in the corresponding level.