

TAPPS Dance Championships
Individual Skills
Students should wear ALL Black, no logos

Leap Competition

- Dancers will be evaluated on overall technique, extension, turnout, feet, body and leg alignment, posture, projection, and correct execution of leap required.
- Judges will evaluate dancers and make cuts in between each round. Music will be provided, and dancers will be prompted on when to begin each round.

Round #1 (Groups traveling across the floor): Chassé right 1-2, step left 3, right grand jeté 4, hold 5-8 (Repeat across the floor)

Round #2 (Groups traveling across the floor): Chassé right 1-2, step left 3, Russian to the front 4, land and turn out 5-8 (Repeat across the floor)

Round #3 (Dancers will go across the floor individually): High chaînés 1-2, low chaînés 3-4, calypso 5-6, turn out 7, prepare 8 (Repeat across the floor)

****Dancers may be asked to repeat any leaps from rounds 1, 2, or 3.**

Judges will select “**Leap Company**” and “**Best Leap Winner**”

Turn Competition

- Dancers will be evaluated on overall technique, extension, turnout, feet, body and leg alignment, arm placement, spotting, posture, projection, and correct execution of turn requested.
- Judges will evaluate dancers and make cuts in between each round. Music will be provided, and dancers will be prompted on when to begin each round.

Round #1 - Pirouettes (Groups): Prep 1-2, right parallel double pirouette 3-4, land 5-6, close 7-8, Prep 1-2, right turned out double pirouette 3-4, land 5-6, close 7-8, Prep 1-2, right parallel triple pirouette 3-5, land 6, close 7-8, Prep 1-2, right turned out triple pirouette 3-5, land 6, close 7-8.

Round #2 – Two - a la seconde turns (Groups): Prep 1-2, turns a la seconde 3-6, double pirouette 7-8, land 1, hold 2-8 (Repeat 4x)

Round #3 – Four - a la seconde turns (Groups): Prep 1-2, turns a la seconde 3-2, double pirouette 3-4, land 5, hold 6-8 (Repeat 4x)

****Dancers may be asked to repeat any turns from rounds 1, 2, or 3.**

Judges will select “**Turn Company**” and “**Best Turn Winner**”

Kick Competition

- Dancers will line up by height in groups of 10 for this competition.
- Judges will evaluate dancers and make cuts in between each round.
- Music for Kick Series is “Fashionista” – this can be found on the following website:
<http://www.danceadts.com/highkick.htm>.

Kick Series:

- 8 count Hold 1-6, hook up 7-8
- 8 count Around the World Kicks - Prep 1, kick 2 (across the body w/right leg), prep 3, kick 4 (straight front w/right leg), prep 5, kick 6 (right of the body w/right leg), close on 7, hold 8.
- 8 count Repeat with left leg.
- 2-8 counts Jump Kicks - Prep 1, kick 2, prep 3, kick 4, prep 5, kick 6, prep 7, kick 8, prep 1, kick 2, prep 3, kick 4, close 5, pivot 6 with left foot, hook up 7, 8.
- 2-8 counts Repeat facing back; ending the series facing front.
- 2-8 counts Step Kicks - Step left, kick right, total 8 kicks.
- 8 count Jump Fan Kicks - Prep 1, fan 2, prep 3, fan 4, prep 5, fan 6, close on 7, hold 8.
- 8 count Repeat with left leg.
- 1 Drop arms on 1

What the Judges are looking for when watching your kick technique...

- Judging behind the line:
 - Watching for the back to be straight and the hips to stay parallel to the floor
- Watching from the side of the line:
 - Checking for proximity of leg to body
 - Extension of leg and foot
 - Check for forward head movement during kicks
- Watching from the front:
 - Check the support foot – should not have much turnout
 - Check the hip for over-lift
 - Check the kicks for alignment at 12:00 o'clock
 - Check the extension of the foot
 - Check for head placement and control
 - Fans: Full rotation/timing/extension of feet and knee
- Please note:
 - All judges will check for technique first, and then height
 - The height should not distract from good technique
 - Height is important but is not exclusive criteria

****Dancers may be asked to repeat kick series in any given round.**

Judges will select “**Kick Company**” and “**High Kick Winner**”

8 count Hold 1-6, hook up 7-8
8 count Around the World Kicks - Prep 1, kick 2 (across the body w/right leg), prep 3, kick 4 (straight front w/right leg), prep 5, kick 6 (right of the body w/right leg), close on 7, hold 8.
8 count Repeat with left leg.
2-8 counts Jump Kicks - Prep 1, kick 2, prep 3, kick 4, prep 5, kick 6, prep 7, kick 8, prep 1, kick 2, prep 3, kick 4, close 5, pivot 6 with left foot, hook up 7, 8.
2-8 counts Repeat facing back; ending the series facing front.
2-8 counts Step Kicks - Step left, kick right, total 8 kicks.
8 count Jump Fan Kicks - Prep 1, fan 2, prep 3, fan 4, prep 5, fan 6, close on 7, hold 8.
8 count Repeat with left leg.
1 Drop arms on 1