

Arlington Heights Park District

Dance Class Curriculum

Class: *Tots In Motion*

Ages 2.5-3.5

Arabesque
Changing speed when traveling
Control of gross motor skills
Crawling
Following directions
Gallops
Hopping
Jumps
Musicality
Plié
Relevé walk
Rhythm
Skips
Slides
Spins
Stretches
Taking turns
Tip toe walks

Arlington Heights Park District

Dance Class Curriculum

Class: *Hip Hop Tots*

Ages 3-5

Attitude poses
Battement kicks
Chaîné turns
Chasses
Cross touch
Gravevine
Hip hop squats
Jazz square
Kick ball change
Lunges
Pivot turn
Push your socks down
Raise the roof
Rake
Run leap
Ski
Snake
Step cross
Step touch

Arlington Heights Park District

Dance Class Curriculum

Class: ***Storytime Ballet***

Ages 3-5

Arabesque
Basic 5 positions understanding
Bourrée turns
Bourrée walks
Chassés
Curtsey
Demi and grand plié
Echappés
Flex
Grand battements
Grand jeté
Passé
Point
Port de bras
Relevé
Rond de jamb a terre
Sautés
Tendus en croix

Dance Class Curriculum

Class: *Ballet & Tap I*

Ages 3-4

Ballet:

Arabesque
Basic 5 positions understanding
Battements
Bourrée turns
Bourrée
Chassés
Curtsey
Demi and grand plié
Flex
Passé
Point
Port de bras
Relevé
Sauté in 1st and 2nd positions
Tendus

Tap:

Ball change
Brushes
Heel digs
Heel toe steps
Hops
Jumps
Marches
Shuffle
Shuffle step
Stamp
Toe digs

Arlington Heights Park District

Dance Class Curriculum

Class: ***Ballet & Tap II***

Ages 4-5

Ballet:

Battements
Bourrée
Bourrée turns
Changements
Chassés
Coupé
Passé
Plié 1st-3rd
Relevé 1st-5th
Rond de jamb a terre
Tendus en croix

Tap:

Ball change
Heel drops
Irish
Shuffle ball change
Stamp
Sugar
Toe heel steps

Dance Class Curriculum

Class: *Ballet & Tap III*

Ages 5-6

Ballet:

Basic 5 positions
Chainés
Changement
Echappés
Grand jeté
Grande battements devant
Piqué preps
Plié 1st-5th
Reverence
Pirouette prep- passé balance
Switching chassés
Tendus en croix

Tap:

Backward flaps
Cramp roll
Flap heel walks
Flaps
Paradiddle
Riff
Running flaps
Scuff
Sugar

Dance Class Curriculum

Class: ***Jazz & Tumble***

Ages 3-5

Battements
Bear walk
Bridge
Cartwheel
Chaîné turns
Chassé
Crab walk
Forward roll
Frog hop
Grapevine
Hand stand
Isolations - head, shoulders, hips
Jazz square
Jazz walks
Kick ball change
Leaps
Log roll
Mermaid
Passé Parallel
Pivot turn
Relevé
Sassy walk
Snake crawl
Splits
Step touch
Straddle
Tendu star - Front, side, back
Tuck jump

Arlington Heights Park District

Dance Class Curriculum

Class: ***Mini Jazz Hip Hop***

Ages 5-6

Attitude poses
Battement kicks
Chaîné turns
Chasses
Cross touch
Gravevine
Hip hop squats
Jazz square
Kick ball change
Lunges
Pivot turn
Push your socks down
Raise the roof
Rake
Rolls/squats
Run leap
Sassy walk
Scarecrow
Ski
Snake
Splits
Step cross
Step touch

Dance Class Curriculum

Class: ***Ballet I***

Ages 6-9

Barre:

Dégagé en croix from 1st
Demi and Grand plié
Passé balance
Relevé
Rond de Jambe en dehors and en dedans, a terré and en l'air
Sous-sus
Detourné
Grand Battement
Tendu en croix from 1st

Center:

Single pirouette en dehors
Arabesque a terre and en l'air
Basic 5 positions on their own
Echappé from 1 st to 2 nd
Sauté in first and second positions

Across the floor:

Ballet walks reaching toe ball heal
Bourrée
Chaîné
Grand Jeté
Piqué Passé
Sauté Arabesque

Dance Class Curriculum

Class: *Ballet II*

Ages 8-11

Barre:

Dégagé en croix from 5th
Grand Battement en croix from 5th
Sur le cou-de-pied/coupé
Tendu en croix from 5th

Center:

Adagio
Arabesque 1 st , 2 nd , and 3 rd cecchetti
Changement
Passé relevé
Single pirouette en dehors

Across the floor:

Balancé
Chassé
Chassé en avant and de coté
Chassé sauté in passé and arabesque
Glissade
Grande Jeté versus Saute de chat
Pas de bourrée
Piqué entournant
Saute de chat
Tombé

Dance Class Curriculum

Class: *Ballet III*

Ages 10-13

Barre:

Circular/grand port de bras
Detourné
Pique a terre devant, a la seconde, and derriere
Pas de cheval
sur le cou-de-pied/Coupé
Temps lié
Developpé en criox
Fondu a terre and en l'air en croix
Frappé en croix

Center:

5 Arabesques
Assemblé
Bourrée en tournant
Echappé from 5 th to 2 nd changing
Emboîté in place
Entrechat quatre
Jeté
Petite Allegro
Promenade a terré
Single pirouette en dehors from 4 th
Single pirouette en dehors from 5 th

Across the floor:

B+ position
Ballet runs reaching toes first
Chassé sauté in sur le cou-de-pied, passé, and arabesque
Fouetté sauté
Pas de Chat
Piqué arabesque
Plié chaîné
Waltz
Grand Allegro

Dance Class Curriculum

Class: *Elite Ballet I*

Ages 12-18 with recommendation

Barre:

Attitude balance
Battement en cloche
Fondu in relevé
Grand rond de jambe
Petite battement
Rond de jambe en l'air

Center:

Basic body positions Cecchetti (8)
Echappé from 5 th to 4 th and 2 nd
Contretemps
Pas de bourrée en tournant en dehors
Promenade en l'air
Royal
Sauté in 1 st -5 th
Double pirouette en dehors from 4 th
Double pirouette en dehors from 5 th
Single pirouette en dedans from 4 th
Single pirouette en dedans from 5 th
Sissone
Soubresaut
Stage directions and terms

Across the floor:

Emboîte en tournant
Fouetté en relevé
Pas de basque
Pas de valse/waltz en tournant
Soutenu en tournant

Dance Class Curriculum

Class: *Elite Ballet II*

Ages 12-18 with recommendation

Barre:

Balançoire
Fouetté rond de jambe en tournant prep at barre
Frappé doubles
Petit battement in relevé
Rond de jambe en l'air en dehors and en dedans singles and doubles

Center:

Assemblé battu
Echappé battu
Ballonné
Ballotté
Lame duck
Penché
Tendu en tournant
Tour en l'air

Across the floor:

Cabriole
Double Piqué en tournant
Piqué en tournant in attitude
Piqué en tournant in arabesque
Pirouette in arabesque
Pirouette in attitude
Sissone ouverte
Tour jeté

Arlington Heights Park District

Dance Class Curriculum

Class: *Elite Ballet III*

Ages 12-18 with recommendation

Barre:

Demi and double demi rond de jambe
Frappé doubles and in relevé with pointed foot
Rond de jambe en l'air in relevé
Serré

Center:

Fouetté rond de jambe en tournant
Grand pirouette a la second
Pas de bourrée en tournant en dedans
Triple pirouette from 4 th
Triple pirouette from 5 th
Double lame duck

Across the floor:

Brisé
Double Piqué en tournant in attitude
Double Piqué en tournant in arabesque
Double Pirouette in attitude
Double Pirouette in arabesque

Dance Class Curriculum

Class: *Teen Ballet*

Ages 12-18

Barre:

Attitude balance
Battement en cloche
Fondu in relevé
Grand rond de jambe
Petite battement
Rond de jambe en l'air

Center:

Basic body positions Cecchetti (8)
Double pirouette from 4 th and 5 th en dehors
Echappé from 5 th to 4 th and 2 nd
Jeté
Pas de bourrée en tournant en dehors
Promenade en l'air
Royal
Sauté in 1 st -5 th
Single pirouette en dedans from 4 th and 5 th
Sissone
Soubresaut
Stage directions and terms

Across the floor:

Emboîte en tournant
Fouetté en relevé
Pas de basque
Pas de valse/waltz en tournant
Soutenu en tournant

Arlington Heights Park District

Dance Class Curriculum

Class: *Pointe Prep I*

Ages 11-18

Balancing exercises
Core strength
Leg Strengthening exercises
Port de bras
Relevé alignment - body and ankle
Sauté exercises, landing in plié with heels down
Tendu/ankle rolls
Thera Band Exercises

Dance Class Curriculum

Class: *Pointe Prep II*

Ages 11-18 with recommendation

Core control
Leg muscle control
Mind body connection
Relevé alignment - ankle
Relevé alignment - body
Floor barre:
Plié
Rotating from the hip- parallel to 1st and back
Tendu
Thera Band exercises:
"U" supinate to pronate
Bent knee flexed foot dropping ball of foot to floor/returning
Pointe and flex through demi pointe
Pointe pulses
Pronate (wing)
Supinate (sickle)

Dance Class Curriculum

Class: *Pointe I*

Ages 13-18 with recommendation

Barre:

Prances
Ankle rolls
Roll throughs to press overs
Relevé and elevé in 1st-5th positions
Plié balancé in sous-sous
Tendu press overs- balance in retiré
Detourné
Ballonné
Bourrée
Echappé in 2nd
Pas de bourrée
Piqué to retiré
Pirouette prep

Center/ Across the floor:

Bourrée
Chaîné
Piqué arabesque
Piqué turns
Pirouette prep/ Single pirouette

Dance Class Curriculum

Class: *Pointe II*

Ages 13-18 with recommendation

Barre:

Prances
Ankle rolls
Roll throughs press overs
Relevés and elevés in 1st-5th positions & in coupé right and left
Fondu sur les pointes
Fouetté prep
Pirouettes to balance en de hors and en dedans
Battement en pointe

Center:

Ballonné
Echappé in 2nd & 4th
Pirouette single en dedans from 4th
Pirouette single/ double en dehors from 4th
Pirouette single/ double en dehors from 5th

Across the Floor:

Bourreés
Chaîné
Lame ducks
Piqué arabesque
Piqué attitude
Piqué entourant
Pirouette single arabesque
Pirouette single attitude
Soutenus

Arlington Heights Park District

Dance Class Curriculum

Class: ***Jazz I***

Ages 6-10

Arch
Battment holds into splits
Chaîné turn clap
Contraction
Flat back
Head Isolations
Hinge
Hip isolations
Jazz split
Jazz square
Kick ball change
Leaps
Leg hold
Lunge
Paddle turn
Pivot turn
Ribcage isolations
Sassy walks
Shoulder isolations
Single pirouette turns
Splits

Arlington Heights Park District

Dance Class Curriculum

Class: ***Jazz II***

Ages 7-11

Chasse pivot
Grapevine
Hitch kick
Jazz walk
Leg hold
Lindy
Pas de bourrée
Passé walks
Pike jump
Single pirouette turns
Stag leaps
Straddle jump
Tuck jump

Arlington Heights Park District

Dance Class Curriculum

Class: *Jazz III*

Ages 8-12

Attitude turns
Capezio leaps
Chaîné turns
Chassés alternating
Double pirouette turns
Hinges on mats
Isolations
Layout
Orbit turns
Pas de bourrée
Pencil turns
Single pirouette turns
Single stag leaps
Tuck jumps with 1/4 and 1/2 turns

Arlington Heights Park District

Dance Class Curriculum

Class: *Jazz IV*

Ages 11-18 with recommendation

Capezio to the floor, hinge and roll up
Chaîné in relevé and plie
C-Jumps
Double pirouette turns
Double stag leaps
Knee drops into splits
Orbit to the floor, hinge and roll up
Shoulder rolls
Shoulder rolls and hinges
Single pirouette turns
Tour
Triplet series

Arlington Heights Park District

Dance Class Curriculum

Class: *Jazz V*

Ages 13-18 with recommendation

Axel turns
Barrel jumps
Barrel turns
Double pencil turns
Double pirouette series
Double pirouette turns
Fan kick
Hinge from a stand
Hinge kicks in forced arch
Hitch kick
Illusion
Pas de bourrée with arms
Right and left splits
Single pirouette turns
Stag leap
Tilt Jump
Triple pirouette turns
Turning pas de bourrée

Arlington Heights Park District

Dance Class Curriculum

Class: ***Jazz VI***

Ages 14-18 with recommendation

Battment turns
Chaîné center
Double pirouette turns
Double tour
Fan kick
Firebird
Handstand into passe
Improv
Jazz walks
Jazz walks and runs in forced arch
Knee drops
Layout
Leg grab/hold
Pirouette splits
Pirouette into a heel stretch
Quadruple pirouette turns
Reverse leap
Second turns into floats
Single pirouette turns
Surprise leaps
Triple pencil turns
Triple pirouette turns

Dance Class Curriculum

Class: *Lyrical I*

Ages 8-11

1st-5th position
Arabesque
Battement
Battement Series
Body Rolls
Chaîné turns
Chasse
Drag walk
Facial Expressions
Flexibility
Kick Ball Change
Lunges
Pas de bourrée
Piqué
Piqué Turn
Plie-Demi and Grande
Right and Left Leap
Single Pirouette
Stag Leap
Storytelling
Struts
Tendu

Arlington Heights Park District

Dance Class Curriculum

Class: *Lyrical II*

Ages 10-12

Attitudes
Balance
C Jump
Center Leap
Facial Expressions
Fan Kick
Flexibility
Forced Arch
Heel Stretch
High & Low Chaîné Turns
Piqué Turns
Single Pirouette
Storytelling
Triplet

Arlington Heights Park District

Dance Class Curriculum

Class: *Lyrical III*

Ages 11-13

Attitude Turns
Calypso
Compass Turn
Double Pirouette
Double Stag Leap
Flexibility
Inverted Fan Kick
Pencil Turn
Rhythm
Tilt Battement
Tilt Jump
Turning Pas de bourrée
Waltz

Arlington Heights Park District

Dance Class Curriculum

Class: *Lyrical IV*

Ages 12-18 with recommendation

Axel
Balance
Barrel Turn
Battement Leg Hold
Double Pirouette
Firebird
Flexibility
Fouetté sauté
Illusions
Layout
Over Split
Shoulder Roll
Torso Control
Turning C Jump
Turning Disc

Arlington Heights Park District

Dance Class Curriculum

Class: *Lyrical V*

Ages 13-18 with recommendation

Battement Leg Hold Turn
Extensions
Flexibility
Fouetté turn
Knee Drops
Lame Duck
Musicality
Penché
Reverse Leap
Tour jeté
Triple Pirouette
Turns in 2nd

Arlington Heights Park District

Dance Class Curriculum

Class: *Lyrical VI*

Ages 14-18 with recommendation

Battement Turn
Double Piqué
Extensions
Flexibility
Fouetté Turns
Musicality
Scorpion
Switch leap
Triple Pirouette
Turns in 2nd

Arlington Heights Park District

Dance Class Curriculum

Class: *Contemporary I*

Ages 9-13

Battements
Chaînés
Chassés
Compass Turns
Dance runs
Dance walks
Drags
Flatback
Grand Jeté
Leg Swings
Passé side jumps
Penché
Plié
Prances
Relevé
Rolls to the floor
Single pirouette en dehors
Tendus
Triplets

Arlington Heights Park District

Dance Class Curriculum

Class: ***Contemporary II***

Ages 9-13

Arabesque turns
Character development
Contractions
Developpé
Fan Kicks
Hinge
Improvisation
Inversions
Isolations
Laterals
Pencil turns
Rolling to the floor
Saute de chat
single pirouette en dehors
Single stag leap
Tilt Kicks
Triplets
Tuck Jump

Arlington Heights Park District

Dance Class Curriculum

Class: *Contemporary III*

Ages 10-16

Body rolls
Compass turns
Double compass turn
Double pirouette en dehors
Double stag leaps
Elements of choreography
Falls to the floor
Fire bird
Layout
Movement dynamics
Partnering
Passé tuck jump
Saber leaps
Shoulder rolls
Split rolls
Tour

Arlington Heights Park District

Dance Class Curriculum

Class: *Contemporary IV*

Ages 13-18 with recommendation

Abstract jumps
Calypso
Capezios
Changing turns
Chassé tour jeté
Coupé turns
Double stag leaps
Fire bird
Partnering
Partnering
Renversé
Saber leaps
Sauté fouette
Triple pirouette en dehors

Dance Class Curriculum

Class: *Modern*

Ages 12-18

Center:

Contractions
Drop swings
Flat backs
High release
Legs swings on floor

Across the floor:

back rolls
bison leaps
C-curves
Drop release triplets - through turned out second
floor chugs
Hand stands
Hinges in parallel 4th
Horton Ts
Lateral side curve turns
Leg swing with lunges
Leg swings
Modern runs
Prances
Sauté arabesque
Sauté passe high release/contract
Triplets with lateral arm rotations
x-rolls

Arlington Heights Park District

Dance Class Curriculum

Class: ***Jazz Hip Hop I***

Ages 6-9

Attitude poses
Battement kicks
Chaîné turns
Chasses
Cross touch
Gravevine
Hip hop squats
Jazz square
Kick ball change
Lunges
Pas de bourrée
Pivot turn
Push your socks down
Rake
Rolls/squats
Run leap
Sassy walk
Scarecrow
Single pirouette turn
Ski
Step cross
Step touch
Tri-star

Arlington Heights Park District

Dance Class Curriculum

Class: ***Jazz Hip Hop II***

Ages 8-11

Battement kick series
Chasse ball change
Chasses step leap
Coffee grinder
Compass turn
Cross touch
cross-heel
Fan kicks
Pas de bourrée
Rack
Single pirouette turns
Sky
Sky jump
Socks & kicks
Stag leaps
Struts
Tuck jump

Arlington Heights Park District

Dance Class Curriculum

Class: *Jazz Hip Hop III*

Ages 10-18

Axel Jumps
Axel turns
Calypso
Contractions
Double pirouette turns
Flat back
grande battements
Head isolations
Hip circles
Hip isolations
Jazz splits
Layout
Lunges
Pas de bourre turns
Piqué turns
Pivot turn
Shoulder isolations
Side leaps
Single pirouette turns
Spotting
Torso isolations
Tour jeté
turning battement series
X-jumps

Arlington Heights Park District

Dance Class Curriculum

Class: *Jazz Hip Hop IV*

Ages 12-18 with recommendation

Axel turns
Barrel jumps
Barrel turns
Double pencil turns
Double pirouette series
Double pirouette turns
Fan kick
Hinge from a stand
Hinge kicks in forced arch
Hitch kick
Illusion
Pas de bourrée with arms
Right and left splits
Single pirouette turns
Stag leap
Tilt Jump
Triple pirouette turns
Turning pas de bourrée

Arlington Heights Park District

Dance Class Curriculum

Class: *Contemporary Hip Hop I*

Ages 6-12

3 step
6 step
Barrel jump/turn
Body rolls
Chainés
Chassés
Contract/release
Core strength
Fall and recover
Isolations (head, shoulders, hips, chest, arms)
Kick and twist
Kick ball change
Leap (side and center)
Pirouette (inside/outside)
Pivot turns
Popping/locking
Power steps
Side-step
Squats/lunges
Tilts
Up rock

Dance Class Curriculum

Class: ***Contemporary Hip Hop II***

Ages 10-18

Attitude turns
Barrel jump/turn
Calypso
Chaînés
Chassés
Contract/release
Core strength
Extensions
Fall and recover
Floor rocks
Freezes
Glides, floats, moonwalk
Illusions
Isolations (head, shoulders, hips, chest, arms)
Leap (side, center, switch)
Leg holds
Pirouette (inside/outside)
Popping/locking
Running man/shuffle
Straddle jump
Straight jump
Surprise Leap
Tilts
Transitions
Tuck jump

Arlington Heights Park District

Dance Class Curriculum

Class: *Hip Hop for Boys*

Ages 6-18

Tri-star
Snake
Sky jump
Sky
Raise the roof
Rack
Push your socks down
Hip hop squats
Hip hop kick
Cross-heel

Arlington Heights Park District

Dance Class Curriculum

Class: *Tap I*

Ages 6-7

Back flaps
Ball change
Brushes
Cramp roll
Drawbacks
Flap ball change
Flap heel walk
Flaps
Heel dig
Heel drop
Hop
Irish
Jump
Maxi ford
Paraddidle
Riffs: 4-5 counts
Scuff
Shim sham
Shuffle
Shuffle ball change
Shuffle step
Single buffalo
Stamp
Step
Sugar
Tap walk
Toe dig
Toe heel step

Arlington Heights Park District

Dance Class Curriculum

Class: *Tap II*

Ages 8-11

Cincinnati
Crossing drawback
Double buffalo
Double time cramp roll
Double time step
Fast paraddidles
Maxi ford turn
Pullback
Riffs: 5-6 counts
Running flaps
Shirley temples
Side essence
Single time step
Tap turn
Waltz clog

Arlington Heights Park District

Dance Class Curriculum

Class: *Tap III*

Ages 12-18

Double cincinnati
Double pullback
Flap turns
Graboffs
Military time step
One-leg pullback
One-leg wings
Shuffle graboffs
Slides
Synchopated wings
Toe cramp rolls
Toe stand
Trenches
Triple buffalo
Triple timestep
Wings

Arlington Heights Park District

Dance Class Curriculum

Class: *Musical Theatre*

Ages 7-18

Articulation
Battements
Breathing endurance
Broadway walks/jazz walks
Chainés
Chasse
Chasse ball change
Chasse step leap
Cross touch
Facial expressions
Flick kicks
Grapevine
Intonation
Jazz square
Kick ball change
Pas de bourrée
Pivot turn
Step touch
Vocal projection

Arlington Heights Park District

Dance Class Curriculum

Class: *Acro I*

Ages 9-12

Backbend
Bridge into leg extension
Cartwheels
Hinges into rollup
Round offs
Running cartwheels one-handed
Running front walk overs/front handsprings
Sommersault into stand, then turn
Straddle rolls
Stunts
Toe touches
Walkovers

Dance Class Curriculum

Class: *Acro II*

Ages 11-15

Aerials
Back handspring
Back walkover into turns
Backbend
Backbend Battement
Backbend into fish flop roll
Bridge into leg extension
Cartwheels
Chin roll
Chin stand
Fishflop
Front handspring
Hinges into rollup
One-handed cartwheel
One-handed round off
Partner cartwheels
Partner hand stand splits/ stunts
Roundoff
Shoulder roll
Sommersault into stand, then turn
Splits roll through
Stunts
Toe touches
Walkovers

Dance Class Curriculum

Class: *Poms I*

Ages 5-8

Arms: hi V, low V, T
Arms: broken T, Table top, candle stick
Arms: touchdown, L, Cheerio, K, S
Chaîné turns
Chasses
Cheer sit
Counting/timing
Cross touch
Formations (canon, V, lines)
Grapevine
Jazz square
kick ball change
Kick line
Kicker runs
Pas de bourrée
Ponies
Push/Pivot turns
Single pirouette turns
Splits, half splits and Straddle
Step Touch
Tuck jump
Vocalization

Arlington Heights Park District

Dance Class Curriculum

Class: *Poms II*

Ages 8-12

Double pirouette turns
Fan Kicks
Floor work
Hitch kick
Jumps (herky, pike toe touch)
Leaps
Splits
Tilt Jump
Tilt Kick
Traveling kick Line

Dance Class Curriculum

Class: ***Flexibility, Jumps, Turns***

Ages 9-18

Flexibility:

Bow and Arrow
Needle
Penché
Scorpion
Splits (right, left, and center)
Strong held développés (front, side, back, holding attitude, straight leg)
Tilt

Jumps:

Axels
Barrel Jumps
Calypso
Grande Jetés
Hitch Kicks
Russian (leap and stationary)
Russian Switch
Saut De Chats
Sissone
Stag Leaps (double and single)
Switch Leaps
Tour Jete
Tuck Jumps

Turns:

Chainé (on relevé and in plié)
Double Barrel Turn
Fouetté rond de jambe en tournant
Fouetté, a la seconde
Piqué turns
Pirouettes opening into various positions (parallel and turned out)
Single and Double Compass Turn
Single and Double Pencil Turn
Single and Double Pirouette (parallel and turned out Passé)
Single Barrel Turn
Triple Pirouettes (parallel & turned, attitude, arabesqué, multiple pushes)