

Dance Class Curriculum

Class: ***Baby Ballet***

Ages 18mos-2yrs

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

Dance Class Curriculum

Class: *TuTu Tots*

Ages 2-3yrs

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

Dance Class Curriculum

Class: *Hip Hop Tots*

Ages 3-5

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

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

Dance Class Curriculum

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

Ages 4-5

Ballet:

Basic 5 positions understanding
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

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
Saute de chat
Pas de bourrée
Piqué entournant
Tombé
Waltz (not en tournant)

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:

Mind Body Connection
5 Arabesques
Assemblé
Bourrée en tournant
Echappé from 5 th to 2 nd changing
Entrechat quatre
Jeté
Promenade en l'air
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
Emboité
Fouetté sauté
Pas de Chat
Piqué arabesque
Plié chaîné
Waltz en tournant

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
Fouetté rond de jambe en tournant prep
Center:
Mind Body Connection
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
Waltz en tournant
Soutenu en tournant

Dance Class Curriculum

Class: *Elite Ballet II*

Ages 12-18 with recommendation

Barre:

Balançoire
Frappé doubles
Frappé singles in relevé with pointed foot
Petit battement in relevé
Grand rond de jambe
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
Fouetté rond de jambe en tournant

Across the floor:

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

Dance Class Curriculum

Class: *Elite Ballet III*

Ages 12-18 with recommendation

Barre:

Grand rond de jambe in relevé

Frappé doubles and in relevé with pointed foot
--

Rond de jambe en l'air in relevé

Serré

Center:

Fouetté rond de jambe en tournant (double)
--

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:

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
Petite battement
Attitude balance derriere
Battement en cloche

Center:

Stage directions
5 Arabesques
Assemblé
Bourrée en tournant
Echappé from 5 th to 2 nd changing
Entrechat quatre
Jeté
Sissone
Sauté 1st-5th
Promenade en l'air
Soutenu en tournant
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

Across the floor:

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

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
Mind body connection

Dance Class Curriculum

Class: *Pointe Prep II*

Ages 11-18

Prances
Elevé in 1st-5th
Plié relevé in 1st-5th
Tendus to demi pointe
Jeté, sauté
Leg muscle control
Thera Band Exercises
Mind body connection

Dance Class Curriculum

Class: *Pre Pointe*

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
Over press in 1st-5th positions
Relevé and elevé in 1st-5th positions
Balance in 1st-5th positions
Balance in sous-sous
Balance in retiré
Detourné
Ballonné
Bourrée
Echappé in 2nd
Pas de bourrée
Piqué to retiré

Center/ Across the floor:

Bourrée
Chaîné
Piqué arabesque
Piqué pirouette
Pirouette prep

Dance Class Curriculum

Class: *Pointe II*

Ages 13-18 with recommendation

Barre:

Relevés and elevés alignment
Fondu sur les pointes
Pointed frappé en pointe
Pirouette to balance en de hors
Battement en pointe

Center:

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

Across the Floor:

Lame duck
Double piqué pirouette
Single pirouette arabesque
Soutenus

Dance Class Curriculum

Class: *Beginning Jazz*

Ages 6-9

Battment leg holds
Chaîné turn
Head Isolations
Ribcage isolations
Shoulder isolations
Hip isolations
Jazz square
Kick ball change
Leap
Pivot turn
Sassy walks
Single pirouette turns
Splits

Dance Class Curriculum

Class: ***Jazz I***

Ages 8-11

Arch
Battment leg holds
Chaîné turn
Flat back
Hinge
Kick ball change
Leaps
Lunge
Paddle turn
Pivot turn
Sassy walks
Single pirouette turns
Splits

Dance Class Curriculum

Class: *Jazz II*

Ages 10-12

Chasse pivot
Chassés alternating
Grapevine
Hitch kick
Jazz walk
Leg hold
Lindy
Pas de bourrée
Passé walks
Pike jump
Single pirouette turn
Single stag leaps
Straddle jump
Tuck jump

Dance Class Curriculum

Class: ***Jazz III***

Ages 11-14

Single attitude turns (front)
Capezio
Chaîné turns relevé & plié
Double pirouette turns
Toe rise/roll up
Fan kick
Layout
Single pencil turns
Tilt Jump
Double stag leaps
C-Jump
Triplet series

Expressions Performing Arts Academy

Dance Class Curriculum

Class: ***Jazz IV***

Ages 12-18 with recommendation

Capezio to the floor
Knee drops
Illusion
Shoulder roll
Single tour
Center Leap
Barrel Turn
Double pencil turn
Turning pas de bourrée
Firebird

Expressions Performing Arts Academy

Dance Class Curriculum

Class: ***Jazz V***

Ages 13-18 with recommendation

Musicality
Double attitude turns (front)
Turning disc
Triple pirouette turns
Triple pencil turn
Fouetté turns
Illusion
Butterfly jump

Expressions Performing Arts Academy

Dance Class Curriculum

Class: ***Jazz VI***

Ages 14-18 with recommendation

Axel turns
Illusion to the floor
Quadruple pirouette turns
Improv
Turning C jump
Surprise leaps
Turns in 2nd

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

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

Dance Class Curriculum

Class: *Lyrical III*

Ages 11-14

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

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

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
Triple Pirouette
Switch Arabesque
Split Roll
Floorwork

Dance Class Curriculum

Class: *Lyrical VI*

Ages 14-18 with recommendation

Double Piqué
Extensions
Flexibility
Fouetté Turns
Musicality
Switch leap
Triple Pirouette
Turns in 2nd
Rainbow Jump
Improvisation

Dance Class Curriculum

Class: *EPAA Performance Ensemble*

Ages 8-11

Battement kick series
Chasse ball change
Chasse step leap
Coffee grinder
Compass turn
Cross touch
Cross-heel (rock step)
Fan kicks
Pas de bourree with arms
Single pirouettes
Stage leaps
Jazz walks
Tuck jump
Contractions
Flat back
Head/shoulder/rib/hip isolations
Hip circles
Splits
Lunges
Pas de bourree turn
Pique turns
Pivot turns
Center leaps
X Jump

Dance Class Curriculum

Class: *Contemporary*

Ages 10-18

Dance runs
Dance walks
Drags
Flatback
Leg Swings
Prances
Triplets
Contractions
Inversions
Isolations
Laterals
Falls to the floor
Passé tuck jump
Shoulder rolls
Split rolls
single pirouette en dehors
Saute de chat

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

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: *Hip Hop I*

Ages 8-11

3 step turn
Jazz Squares
Body rolls/snakes
Contract/release
Isolations (head, shoulders, hips, chest, arms)
Kick ball change
Pivot turns
Side-step
Chugs
Tri-star
Pony
Raise the roof/push your socks down
Skis
Musicality

Arlington Heights Park District

Dance Class Curriculum

Class: *Hip Hop II*

Ages 12-18

Barrel jump/turn
Contract/release
Body rolls
Fall and recover, floor work
Glides, floats
Isolations (head, shoulders, hips, chest, arms)
Running man/shuffle
Pony
Hip Hop jumps
Hip swivels
Rebounding movement
Musicality

Dance Class Curriculum

Class: ***Boys Hip Hop***

Ages 6-18

Tri-star
Snake
Sky jump
Raise the roof
Push your socks down
Hip hop squats
Rock Step
Coffee grinder
Tuck jump
Lunges
Step touch
3 step turn
Grapevines
Free-style
Slide steps
Burpees
Kick ball change
Attitude Poses
Chasses
Ski

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
Shim sham (part 1)
Flap heel back
Shuffle leap
Shirley Temple
Single timestep
Crossing shuffles

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
Triple buffalo
Triple timestep
Double pullback
Tap crawl (2 feet)
Scuffle
Riffle
Toe stands
Wings prep
Front Slides
Grab-offs
Shim sham (parts 1 & 2)
Alternating maxi fords

Dance Class Curriculum

Class: *Tap III*

Ages 12-18

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
Shim sham (part 1)
Flap heel back
Shuffle leap
Shirley Temple
Single timestep
Crossing shuffles
Single buffalo
Stamp
Step
Sugar
Tap walk
Toe dig
Toe heel step

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*

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

Dance Class Curriculum

Class: *Flexibility, Jumps, Turns I*

Ages 9-18

Flexibility:

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

Jumps:

Tilt jump
Axels
Calypso
Grande Jetés
Saut De Chats
Hitch Kicks
Straddle Jump
Center Leap
Single Stag Leaps
Back Leap
C-Jump
Tuck Jumps

Turns:

Chainé (in relevé and in plié)
Barrel Turn
Fouetté rond de jambe en tournant (prep at the barre)
Grand pirouette a la second (prep at the barre)
Piqué turns
Compass Turn
Single Pencil Turn
Single Pirouette (parallel and turned out passé)

Dance Class Curriculum

Class: *Flexibility, Jumps, Turns II*

Ages 11-18

Flexibility:

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

Jumps:

Tilt jump
Axels
Calypso
Grande Jetés
Saut De Chats
Hitch Kicks
Straddle Jump
Center Leap
Surprise Leap
Double Stag Leaps
Back Leap
C-Jump
Tuck Jumps

Turns:

Barrel Turn
Fouetté rond de jambe en tournant
Grand pirouette a la second
Piqué turns
Compass Turn
Double Pencil Turn
Double Pirouette (parallel and turned out passé)