

## **RC DANCE TEAM TECHNIQUE LIST**

*OUR GOAL AT RC DANCE IS TO IMPROVE ON WHAT WE HAVE DONE THIS YEAR AND CONTINUE TO GROW, GIVING DANCERS ONLY THE BEST TRAINING AND MENTORING. WE'RE PROVIDING A LIST OF TECHNIQUE SKILLS WE WOULD LIKE TO SEE AT AUDITIONS.*

### **MINI GROUPS**

**SPLITS**

**PIROUETTE TURN**

**LEG EXTENSION**

**PENCHE**

**CARTWHEEL**

### **JUNIOR/TEEN LARGE GROUPS**

**R/L SPLITS**

**CLEAN BATTEMENTS**

**PIQUE TURNS**

**R/L CLEAN SINGLE/DOUBLE PIROUETTE**

**LEG EXTENSION**

**CLEAN LEAP**

**CHaine TURNS**

### **JUNIOR/TEEN SMALL GROUPS**

**CLEAN DOUBLE/TRIPLE TURNS**

**A LA SECONDE TURNS INTO A DOUBLE TURN**

**PENCIL TURNS**

**COUPE TURNS**

**PENCHE**

**CALYPSO**

**TILT JUMP**

**SECOND JUMPS**

**SURPRISE LEAPS**

**BACK ATTITUDE INTO KICK ARCH**

**LEG HOLD**