

2021 Team Auditions – Skills Demonstrations (in addition to routine)

**These are skills that we would like to see at auditions. Do not worry about perfection, just do your best. If you aren't sure what a skill should look like, please watch the skills demo video. Each level will need to demo the skills listed below it as well as the previous level (Ex: Level B will demo all the A & B Skills)

Routine A

Keeping a beat and counting music
Demonstration of right and left
Following directions and attention span

Routine B

Kick sequence (optional)- watch video online
Split leap (both ways/both sides)
Toe touch – land with feet together
Pirouettes (as many as you can do correctly)
Sommersault

Routine C

*All of the above skills plus...
Tilt
Split Jump
Turning leap
Tripod
Cartwheel (both sides)
Renversé (fan kicks)
C-Jump

Routine D

*All of the above skills plus...
Firebird
Turning Disc
Kip & Head Kip
Switch Leap
A-turns (3 and a double out)

Routine E

*All of the above skills plus...
Axle
Double Russian
A-Turns (3-double float-2 triple out)
Changing Spot a-turns