

Dance Company Class Curriculum - Poms Dance

	A	B	C	D
1	SKILL	Level 1	Level 2	COMMENTS
2	Arm Movements			
3	Bow & Arrow		X	Half T with a half Inverted T
4	Broken Diagonal		X	One arm is bent at the elbow
5	Broken T	X	X	Either right or left hand out to a T Motion. The other hand is bent at the elbow
6	Buckets	X	X	Both arms straight out in front. Fists facing down as if holding bucket handles
7	Candlesticks	X	X	Extend arms out in front of you with fists facing each other
8	Cone		X	Both arms straight up close to ears slightly in front of body little cinnamon rolls facing front and touching each other
9	Daggers		X	Both arms bent in front of chest, elbows pointing down and fists facing each other
10	Diagonal	X	X	One arm up in a High V and one arm down in a Low V
11	Goal Post	X	X	Both arms straight up close to ears slightly in front of body little cinnamon rolls facing the front
12	High V	X	X	Both arms up to a V with wrists facing out
13	Inverted T	X	X	Both hands touching in the middle of the chest with elbows out to the side
14	K Motion		X	One Arm forms a High V and the other arm comes across the body. There are both right and left K's
15	L Motion	X	X	Both arms form an L shape
16	Left High V	X	X	Left arm is in High V position. Right arm is on hip with fist facing back
17	Left L	X	X	Left arm is in T Position. Right arm is in Goal Post Position
18	Left Low V	X	X	Left arm in Low V position. Right arm is on hip with fist facing back
19	Left Punch	X	X	Left arm is in Goal Post position. Right arm is on hip with fist facing back
20	Low V	X	X	Both arms down away from hips in and upside down V
21	Right High V	X	X	Right arm is in High V position. Left arm is on hip with fist facing back
22	Right L	X	X	Right arm is in T Position. Left arm is in Goal Post Position
23	Right Low V	X	X	Right arm in Low V position. Left arm is on hip with fist facing back
24	Right Punch	X	X	Right arm is in Goal Post position. Left arm is on hip with fist facing back
25	Roll Off	X	X	When a group is divided into two or more groups to do the same motion at different times
26	T Motion	X	X	Both arms stretched straight out even with shoulders to form a T shape
27	Leg/Dance Movements			
28	Essence		X	Is a fundamental dance step that involves brushing a foot back, followed by a ball change and a stamp.

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29	Grapevine		X	A dance move consisting of four steps: stepping to the side, crossing the other foot behind, stepping to the side again, and then touching or stepping the feet together.
30	Jazz Square	X	X	A four-step sequence that forms a square on the floor
31	Kick Ball Change		X	A three-step dance move that consists of a kick, a "ball-of-the-foot" step, and a weight transfer to the other foot
32	Lindy		X	A dance step combining a side shuffle and a back rock (It involves stepping side, stepping together, then stepping out, followed by a rock step back and a recovery step)
33	Mambo	X	X	A 3-count, 3-step weight-transfer dance move characterized by a rock-recover-together motion (e.g., forward-back-together or side-center-together). It is a foundational Latin dance step, often performed with a 2, 3, 4 (or "one-and-two") rhythm, involving hip movement and shifting weight completely on the final step.
34	Pivot Turn	X	X	Dancer rotates on the spot with their body revolving around a vertical axis without traveling
35	Rocking Chair	X	X	A 4-count dance step, often performed by rocking forward and back on one foot while transferring weight. Starting with weight on the left, the sequence is: rock forward right, recover left, rock back right, recover left.
36	Sashay		X	A sliding step with one foot followed immediately by the other which can be done forward, backward or sideways.
37	Step Cross		X	One foot crosses in front of or behind the other as part of a sequence of steps, most commonly starting with a step out then crossing the second foot over or behind the first
38	Step Touch	X	X	Step to the side with one foot and then bring the other foot to touch next to it, without putting full weight on the second foot
39	Sugar		X	A quick swivel on the balls of the feet, with the knee going out moving from side to side
40	V-Step	X	X	An "out-out-in-in" movement where the dancer steps diagonally forward and outward with both feet, forming a V-shape, then returns them to center.