

## Dance Company Class Curriculum - Poms Dance

	A	B	C	D
1	SKILL	Level 1	Level 2	COMMENTS
2	<b>Arm Movements</b>			
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	Candle Sticks	X	X	Extend arms out in front of you with fists facing each other
8	Daggers		X	Both arms bent in front of chest, elbows pointing down and fists facing each other
9	Diagonal	X	X	One arm up in a High V and one arm down in a Low V
10	Goal Post	X	X	Both arms straight up close to ears slightly in front of body little cinnamon rolls facing the front
11	High V	X	X	Both arms up to a V with wrists facing out
12	Inverted T	X	X	Both hands touching in the middle of the chest with elbows out to the side
13	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
14	L Motion	X	X	Both arms form an L shape
15	Left High V	X	X	Left arm is in High V position. Right arm is on hip with fist facing back
16	Left L	X	X	Left arm is in T Position. Right arm is in Goal Post Position
17	Left Low V	X	X	Left arm in Low V position. Right arm is on hip with fist facing back
18	Left Punch	X	X	Left arm is in Goal Post position. Right arm is on hip with fist facing back
19	Low V	X	X	Both arms down away from hips in and upside down V
20	Right High V	X	X	Right arm is in High V position. Left arm is on hip with fist facing back
21	Right L	X	X	Right arm is in T Position. Left arm is in Goal Post Position
22	Right Low V	X	X	Right arm in Low V position. Left arm is on hip with fist facing back
23	Right Punch	X	X	Right arm is in Goal Post position. Left arm is on hip with fist facing back
24	Roll Off		X	When a group is divided into two or more groups to do the same motion and different times
25	T Motion	X	X	Both arms stretched straight out even with shoulders to form a T shape
26	<b>Leg/Dance Movements</b>			
27	Essence	X	X	Is a fundamental dance step that involves brushing a foot back, followed by a ball change and a stamp.
28	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.

## Dance Company Class Curriculum - Poms Dance

	A	B	C	D
1	SKILL	Level 1	Level 2	COMMENTS
29	Jazz Square	X	X	A four-step sequence that forms a square on the floor
30	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
31	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)
32	Pivot Turn	X	X	Dancer rotates on the spot with their body revolving around a vertical axis without traveling
33	Sashay		X	A sliding step with one foot followed immediately by the other which can be done forward, backward or sideways.
34	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
35	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
36	Sugar		X	A quick swivel on the balls of the feet, with the knee going out