

Dance Company Class Curriculum - Poms Dance

SKILL	Level 1	Level 2	DEFINITIONS/COMMENTS
Arm Movements			
Bow & Arrow		X	Half T with a Half Inverted T
Broken Diagonal		X	One arm is bent at the elbow
Broken T	X	X	Either right or left hand out to a T Motion. The other hand is bent at the elbow
Buckets	X	X	Both arms straight out in front. Fists facing down as if holding bucket handles
Candlesticks	X	X	Extend arms out in front of you with fists facing each other
Cone		X	Both arms straight up close to ears slightly in front of body little cinnamon rolls facing front and touching each other
Daggers		X	Both arms bent in front of chest, elbows pointing down and fists facing each other
Diagonal	X	X	One arm up in a High V and one arm down in a Low V
Goal Post	X	X	Both arms are straight up, parallel to each other and close to the ears. (This has also been referred to as a "Touchdown")
High V	X	X	Both arms up to a V with wrists facing out
Inverted T	X	X	Both hands touching in the middle of the chest with elbows out to the side
Left High V	X	X	Left arm is in High V position. Right arm is on hip with fist facing back
Left L	X	X	Left arm is in T Position. Right arm is in Goal Post Position
Left Low V	X	X	Left arm in Low V position. Right arm is on hip with fist facing back
Left Punch	X	X	Left arm is in Goal Post position. Right arm is on hip with fist facing back
Low V	X	X	Both arms down away from hips in and upside down V
Punchout	X	X	Left and/or Right Arm Punches Forward, Up, Down or Across
Right High V	X	X	Right arm is in High V position. Left arm is on hip with fist facing back
Right L	X	X	Right arm is in T Position. Left arm is in Goal Post Position
Right Low V	X	X	Right arm in Low V position. Left arm is on hip with fist facing back
Right Punch	X	X	Right arm is in Goal Post position. Left arm is on hip with fist facing back
Ripple	X	X	The ripple is created by performing the same motion(s) sequentially across different counts, rather than all at once, creating a "wave" effect that travels through the routine.
T Motion	X	X	Both arms stretched straight out even with shoulders to form a T shape

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Leg/Dance Movements			
Coaster Step	X	X	A three-step shifting weight move often following a back, together, forward pattern. Can also coaster forward.
Cross Point		X	A two-step movement that crosses one foot diagonally over the other, shifting weight to that crossed foot, and then pointing or touching the opposite toe outward to the side with a straight leg. Can be used to move forward or back.
Cross Rock Shuffle		X	A three-part sequence that combines a cross rock (stepping one foot over the other and shifting your weight, then shifting it back) with a three-step shuffle to the side. Often counted as 1, 2, 3&4
Essence		X	Is a fundamental dance step that involves brushing a foot back, followed by a ball change and a stamp.
Heel Tog	X	X	Also called 'heel together". Touch your right heel out diagonally, forward, or to the side. Step the right foot back to its normal spot next to your left foot.
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.
Jazz Square	X	X	A four-step sequence that forms a square on the floor
K-Step	X	X	A step where your feet trace the shape of the letter K on the floor. It takes 8 counts to complete and involves stepping diagonally forward and backward while tapping or touching your free foot in the center.
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
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)
Lock Step		X	A three-step pattern where the trailing foot crosses behind the leading foot, momentarily "locking" the ankles before stepping forward again, usually performed while traveling diagonally across the floor.
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.
Monterey Turn		X	A 4-count turning move that involves pointing your toe, spinning on the ball of your standing foot, pointing your other toe, and stepping in place.

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Pony		X	Dance move characterized by a, consistent, rhythmic, downward, "bouncing" or hopping, motion, often, mimicking, riding, a, horse,. (It typically involves, transferring, weight, from, foot, to, foot, with, a, "down-up-down," or, triple-step, motion, (1, 2, 3), often, done, while, moving, backward, or, in, place)
Pivot Turn	X	X	A 2-step move used to change direction. Take a large step forward on one foot and push to rotate on the ball of the other foot to make a 1/4 or 1/2 turn.
Push Turns	X	X	A series of short rotation steps where you make a 1/4 turn on each step by puching off the free foot. You spin on the ball of one supporting foot while the other foot acts as a "paddle" to propel your body (also called paddle turns).
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.
Rhumba Box	X	X	A set of foot movements that creates a square (or box) shape on the floor. It uses a specific count of 1, 2, 3, 4, where you step on three beats and hold for the fourth beat.
Sashay	X	X	A sliding step with one foot followed immediately by the other which can be done forward, backward or sideways.
Side Rock Cross	X	X	A three-step move that shifts your weight sideways and then crosses your foot. Step (or rock) your right foot out to the right side, transferring your weight to it. Shift your weight back onto your left foot, leaving your right foot free. Cross your right foot over your left foot, putting your weight onto it. Hold.
Skate		X	Moving forward sliding one foot diagonally forward, taking weight, and sliding the other foot diagonally forward in the opposite direction.
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
Toe Strut	X	X	A 2-count walking step that adds rhythm and a bounce. Touch the ball of your foot (the toe) to the floor first, then drop your heel to take your full body wight. It can be done moving forward, backward, or to the side using either foot. Strut steps are usually counted in pairs.
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.
Weave		X	A traveling sideways step where one foot crosses alternately in front and behind the other foot. Cross, side, behind, side.
Zig Zag	X	X	A traveling step that moves diagonally forward and backward, creating a "Z" pattern on the floor with an altenating step-together-step or step-touch pattern.