Video Tryouts – DANCE

Preferred Leaps:
*Leap in second to right/left
*Switch leap to right/left
*Back attitude leap to right/left (Calypso)
*Turning switch to second (Turning Disc)
*2 Advanced Leaps not listed

Required Turns:
*Triple/quad pirouette
*Fouettés ala second
*1 Fouetté combination not listed

Preferred tricks:
*Head stand
*Kip up
*Stahl (Baby Freeze)
*K-stand
*Up to 2 Optional Tricks not listed

Miscellaneous:
*Leg extensions right/left (In front of face)
*Leg hold turns
*Toe touch
*Up to 2 Extra Optional Skills not listed

Solo Performance:
Solo Routines (NO LONGER THAN 1:30 minutes)
Routine can be ANY style that best fits your strengths.
You MUST have a solo to be considered for the team.
Costumes are not mandatory, but preferred.

Your video should have the following in it:

- Your name.
- Where you are from.
- Why you want to be a member of the SFA Dance Teams.