

# Level 2

# UNIT #1 BODY

INCREASED  
FLEXIBILITY  
STRENGTH

## MAINTAIN A HEALTHY, SAFE BODY FOR DANCE

- CORRECTLY WARMING UP THE BODY
- PROPER NUTRITION
- ADEQUATE HYDRATION
- SLEEP
- CONDITIONING
- INJURY PREVENTION

## PERFORMANCE AND ETTIQUETTE

1. BODY AWARENESS
2. FOCUS
3. CLARITY OF RHYTHM
4. SPATIAL INTENT
5. FULL EXPLORATION OF ENERGY
6. PROPER CLASS ETTIQUETTE
7. PROPER AUDIENCE BEHAVIOR

MEANING  
ABSTRACTION  
ALTERING  
TIME, SPACE,  
AND ENERGY

## BRAIN DANCE COMBO

1. BREATH-CENTERING
2. TACTILE-BRUSH, TAP
3. CORE DISTAL-STARFISH
4. HEAD TAIL-SNAKE
5. UPPER LOWER-FROG
6. BODY HALF-LIZZARD
7. CROSS LATERAL-PRETZEL
8. VESTIBULAR-MONKEY

## LOCOMOTOR SKILLS

### COMBINATION OF ALL

WALK  
RUN  
JUMP  
LEAP  
HOP  
SKIP  
GALLOP  
SLIDE  
ROLL

## AXIAL MOVEMENT

PROUD	CURLY
TENSE	FREEZING
PRICKLY	STICKY
CURVED	GENTLE
FLUTTERY	FLAT
BUMPY	UNEVEN
FLOATING	CREEPY

## Bones

Cranium  
Spinal Column  
Rib Cage  
Pelvis  
Sitz Bones  
Phalanges  
Patella  
Femur  
Sternum  
Humerus  
Scapula

## Technique

- Demi plié in all 5
- Correct tendu and degage turned out en croix
- 2 connected chaines
- Pique preps
- Single pique turn
- Double pirouette
- Bigger brush and developpe leap
- Small side leap
- Small battement to the front
- Backbend kickover
- Connected cartwheels
- Start kicking up into handstands