



Required Skillset

It is essential that every student-athlete on the **Spelman College Jagualettes Dance Team** demonstrates a strong foundation in technique and performance quality. The skills listed below reflect the **elite fundamental background** expected of all incoming dancers.

All **required skills must be demonstrated on video** as part of the Official Recruitment Submission video.

Filming Requirement:

- **ALL required skills must be filmed and submitted in one continuous take**
- Dancers may perform **each required skill up to two times**, if necessary
- Dancers must be dressed in all black

Optional skills may be included to further showcase ability but should not exceed **three (3) minutes total**.

Required Turns

- Right side **double (2)** pirouette
- Right side **triple (3)** pirouette
- Right side **quadruple (4)** pirouette
- Left side **double (2)** pirouette

A La Seconde Turn Combination

Must include:

- A la seconde turns
- Changing spots
- Floats
- Variations in arm and leg positions
- Speed and control
- Pirouette and other technical elements

Minimum length: Three (3) counts of eight

Required Acro

- Walkover (*front or back*)
 - Aerial (*right, left, or both*)
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Required Leaps & Jumps

- Right open second leap
- Right calypso **or** turning jeté attitude
- **Switch leaps (minimum of two)**
 - Any variation accepted:
 - Regular switch leap
 - Switch tilt

- Switch arabesque
 - Switch open
 - Either side
 - Single toe touch
 - Double toe touch
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Required Flexibility

- Side tilt
 - Penché
 - Leg turn (*any variation*)
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Optional Skills

(Optional section should not exceed three (3) minutes total)

- Front aerial
- Standing back tuck
- Back handspring
- Headspring
- Kip-up
- 540
- Flexibility features (*legs, back, etc.*)
- Additional advanced turn combinations
- Additional advanced jump and/or leap combinations

Questions? spelmanjaguarettesdanceteam@gmail.com