

YCADA DANCE GLOSSARY

REFERENCE GUIDE FOR ALL SKILLS MENTIONED IN THE GENERAL SAFETY RULES.

Aerial: Cartwheel executed without placing hands on the ground.

Airborne: To be in air and free of contact from the performance surface and/or another dancer.

A la Seconde Turns (Turns in Second): A turning series that opens from a plié out to the front in second position (extended directly out to the side, level with hips) on relevé, and repeats with a turn in plié and so on. Very similar to fouetté turns but instead of the leg whipping in to passé, it stays in second position.

Arabesque (air-u-besk): When the dancer stands on one leg while the other is fully extended behind at a 90 degree angle.

Attitude: A position where one leg is the supporting leg and the other is extended back/front at a 90 degree angle, with a bent knee and well turned out so that the knee is level with the foot.

Axle: The working leg kicks out from a low chaîné and around through second position, where it meets the other leg in a tucked position while completing a full rotation in mid air.

Back Walkover: A non aerial tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, simultaneously kicking one foot to rotate the hips over the head and land on one foot/leg at a time.

Backward Roll: A non airborne tumbling skill where one rolls in a tucked position backward with their shoulders in contact with the performance surface and lifting the hips over head through an inverted position.

Break Dancing: A rhythmic style of dancing involving rapid acrobatic moves, jumps, and twists in which different parts of the body are in contact with the performance surface.

Cartwheel: A non airborne gymnastic skill where a dancer uses the support of their arms to pass through a sideways inverted position while kicking one leg up at a time and landing one foot at a time.

Chaîné Turns (sha-nay): A series of rapid turns, chained together, on the balls of the feet. One foot steps out and the other follows in to a closed turn, repeat.

Chassé (sha-say): A step in which one foot replaces the other and literally chases it out of its position. Usually done across the floor or as a prep into a leap or other aerial skill.

Chorus Line Flips: A skill in which a dancer back or front flips between two other dancer whose arms and/or wrists are interlocked. The dancer flips with or without hand/arm contact.

Dance Lifts: An action in which a dancer(s) (the elevated dancer) is elevated from the performance surface by one or more dancers (the supporting dancers) and set down.

Elevated: Raising a dancer to a higher position.

Elevated Dancer: A dancer who is lifted by supporting dancers.

Flying Squirrel: A jump using forward momentum while the dancers arms and legs are extended creating an "X" position in the air.

Fouetté Turns (fweh-tay): A turning series that opens from a pirouette in slight plié (with a turned out passé) and then extends out to the front in second position (extended directly out to the side, level with hips) on relevé, and whips in to repeat with a pirouette in plié and so on. Very similar to al a seconde turns but instead of the leg staying in second position it whips in to passé.

Forward Roll: A non airborne tumbling skill where the dancer rolls forward through an inverted tucked position while the hips rotate over the head.

Front Heel Stretch: The dancer first grabs his/her foot before stretching the leg up to the front of the body at the highest point of extension.

Front Walkover: A non airborne tumbling skill where the dancer rotates forward with his/her hands on the performance surface while passing through an inverted position, then kicks the legs over to rotate hips over head landing one foot at a time.

Front Leap/Grand Jeté (Leap): A large leap forward with one leg extended in front and the other extended in back to create the splits in mid air.

Hand/Arm Contact: The physical contact between two or more dancers through the hand(s)/arm(s).

Handstand: A position in which the dancer is in a straight bodied, inverted position while the arms are placed on the performance surface extended by the head supporting his/her body weight.

Head Spin: A hip hop technique in which the dancer spins on his/her head with use of the arms to aid in rotation and speed. The legs can be held in a variety of positions.

Headstand: A position in which a dancer is inverted on one's head while the hands are also on the performance surface to support his/her body weight.

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- Heel Stretch:** When the dancer first grabs his/her foot before stretching the leg out to the side of the body at the highest point of extension.
- Hip Over Head Rotation:** A movement where hips move over the head. Examples: Forward roll, back walkover
- Inverted:** When the dancers shoulders are below her/his waist with at least one foot above his/her head
- Jump:** An airborne position not involving hip over head rotation that is executed by pushing off of the performance surface with the power from one's feet and legs.
- Kick and Hold:** When the dancer kicks one leg to the front, grabs the foot, and holds it at the highest point of extension.
- Kip Up:** Originating from a laying down position (on back, stomach up) the dancer bends knees into chest and kicks up to land on his/her feet.
- Krumping:** This is a very expressive style of dance involving movements that are fast, aggressive, and highly energetic.
- Lifting Dancer:** A dancer (s) who lifts and bears the weight of an elevated dancer during a dance lift.
- Liquid Dancing:** Liquid like movements and gestured dancing that can sometimes involve pantomime.
- Passé (pah-say):** A position that has one leg, the working leg, connected to the supporting leg with a pointed toe. The working leg should connect the arch of the foot to the knee of the supporting leg.
- Piqué Turns (pee-kay):** A series of rapid turns with the supporting leg stepping directly on to relevé as the other, the working leg, pulls up to passé while completing a full rotation, repeat.
- Pirouette Turns (pir-o-et):** A full rotation of the body with the supporting leg on relevé and the working leg pulled up to passé.
- Plié (plee-ay):** A bending of the knee or knees.
- Pony Sit:** The supporting dancer kneels or stands in bent over position while the partner straddles and sits on the lower back.
- Pop & Lock:** Sudden muscle contractions that create a visual of the dancer popping their body rather than moving more naturally. Intricate and robotic movements that can create the image of a strobe light, "snap shot effect".
- Prop:** An object that a dancer can control and utilize throughout a performance.
- Pyramid:** A grouping of connected stunts.
- Relevé (reh-la-vay):** A rising of the body on the balls of the feet.
- Round Off:** The dancer places hands on the performance surface while kicking legs up into an inverted position then snaps the feet and legs together to land at the same time.
- Scale:** When the dancer pulls one leg, fully extended and turned out, directly to the back and stretches it to the highest point of extension. Similar to an arabesque, but the dancer uses his/her hand to stretch it to a higher point.
- Shoulder Roll:** Similar to a forward or backward roll, although the back of the shoulder is the contact with the floor and the head is tilted to the side to avoid direct contact with the performance surface.
- Shoulder Sit:** The supporting dancer stands up while the elevated dancer sits on top of their shoulders with legs wrapped around the supporting dancer's back.
- Side Leap/Jeté à la Seconde:** A leap to the side in which one leg rises to second position, or highest point of extension, while the other leg follows by doing the same on the opposite side to meet in a straddle position in mid air before landing.
- Spotting:** A term used for the movement of the head and focusing of the eyes during pirouettes and other turning movements. The dancer chooses a spot to focus on with their eyes and as the turn is executed, the eyes stay focused on that spot until the head has no choice but to whip around. This will prevent dizziness and help the dancer to not fall out or travel during the turn(s).
- Stall:** A hip hop maneuver that halts all body motion. This skill uses the dancers strength and balance to freeze in a pose that is usually creative in leg variations or done on one or both hands in the inverted position.
- Street Dancing:** This type of dancing includes break dancing, krumping, liquid dancing, popping, etc.
- Supporting Dancer:** A dancer (s) who bears the weight of the elevated dancer.

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Switch Leap: A leap in which the working leg kicks forward then switches to the back as the other leg comes to the front to create the ending position of a leap before landing.

Switch Second: Facing the side, the dancer begins a leap by extending one leg forward, then rotates the hips and body to the front while switching the leg position in mid air to end with both legs extended at each side (straddle position).

Thigh Stand: The supporting dancers are in a lunge position while the elevated dancer places their feet in the pockets of the supporting dancer's thighs.

Tumbling: An acrobatic or gymnastics skill executed by an individual dancer without contact, assistance or support of another dancer(s).

Turning Kick and Hold: Executing a full turn(s) while remaining in the position of a kick and hold until rotation(s) is complete.

Turning Switch: When the dancer begins the skill with a low chainé that leads into a leap starting in one direction and then switches leg position (like a switch leap) while body rotates in mid air before completing the skill.

Weight Bearing: A skill in which the dancers weight is supported by another dancer

Windmill: Beginning in a position laying down on the back, the dancer spins from his/her upper back to the chest while twirling his/her legs around his/her body in a v-shape. The leg motion gives the majority of the power, allowing the body to "flip" from a position on the back to a position with the chest to the ground.