

PMDS Company Skill Sheet

Petite Company

- Understanding of a right and left en dehor pirouette
- Right and left splits more $\frac{3}{4}$ of the way down
- Understanding of right and left a chassé, run, run, grand jeté/ leap.
- Step touch on the beat of the music

Mini Company

- Clean single right or left en dehor pirouette. Jazz and ballet.
- 1 of 3 splits all the way down. The other 2 $\frac{3}{4}$ way down.
- Understanding of right and left a chassé, run, run, grand jeté/ leap with one side nearly a full split leap.
- Straight leg battement in every direction.
- Understanding of a side leap.
- Able to count music and count themselves in across the floor.

Youth Company + Junior Performance Troupe

- Double en dehor pirouette on one side. Clean single on the other. Jazz and ballet.
- 2 of 3 splits all the way down.
- Chassé, run, run, grand jeté/ leap with a full split on one side.
- Side leap
- Fouetté jump
- Sissone jump
- Calypso jump
- Piqué turns
- Chainé turns
- Piqué arabesque
- Fan kick
- Illusion
- Able to count music and count themselves in across the floor.
- Tombé pas de bourre pirouette exercise across the floor.

Junior Company + Senior Performance Troupe

- Clean Double en dehor pirouette on both sides. Jazz and ballet.
- 2 of 3 splits all the way down.
- Chassé, run, run, grand jeté/ leap with a full split on both side.
- Side leap both sides.
- Fouetté jump
- Sissone jump
- Calypso jump.
- Piqué turns + 1 double piqué
- Chainé turns
- Piqué arabesque
- Fan kick- open at the top
- Illusion
- Leg hold
- Able to count music and count themselves in across the floor.
- Tombé pas de bourre pirouette exercise across the floor.
- Understanding of fouetté turns and turns in 2nd.

Tricks (optional):

1. Front walkover
2. cartwheel both sides
3. Aerial
4. Back or front handspring
5. Kip up
6. Baby freeze or other freezes

Zenith Company

- Clean triple en dehor pirouette on both sides. Jazz and ballet.
- All 3 splits all the way down.
- Full split leap on both sides.
- Full split side leap both sides.
- Fouetté jump
- Sissone jump with split.
- Firebird
- Calypso jump
- Piqué, piqué, double piqué, step over turn, double step over turn.
- Chainé turns into relevé arabesque.
- Piqué arabesque
- Fan kick- layout
- Illusion
- Leg hold/ leg hold turn
- Able to count music and count themselves in across the floor.
- Tombé pas de bourre pirouette exercise across the floor.
- Double pirouette, 8 fouettés into a double pirouette (turned out)

Tricks (optional):

1. Front walkover
2. Cartwheel both sides
3. Aerial
4. Back or front handspring
5. Kip up
6. Baby freeze or other freezes

Solo Requirements

Age 9 +

1-2 years competitive experience within a group.

2 Full splits

1 Full split leap

Ages 9-10 years old: clean single pirouette on both sides

Ages 10-13: clean double pirouette one side- single on the other.

14+ clean triple pirouette on one side- double on the other.

Comfortable with facial expressions and story telling on stage.

PMDS is a group before we are a soloist. Each level has certain group requirements to fulfill before a solo is allowed. After auditions more information will be sent out.

Solos require a large commitment including time and financially. A minimum competition entry is approx. \$145/solo per competition and solo choreography fees start at \$300. Please keep that in mind as you start to explore your options.

If you are a Junior or Senior in HS and are interested in exploring an outside solo choreographer, please let us know on your audition paperwork. All outside choreographers need to be approved by Miss Danielle and each dancer will hire them independently of PMDS. If you are interested in learning more about these details, please send us an email.