



CFD Elite Skills Requirements

All-Star Dance Tryouts

Empowered. Passionate. Fearless.

Mini/Junior Elite (Ages 7-11):

*These dancers are expected to demonstrate foundational skills with clean execution and energy. Focus is placed on **potential, rhythm, and flexibility**.*

- ☐ Single pirouette (right and left)
- ☐ Clean toe touch
- ☐ Straight-leg leaps (right, left, and center)
- ☐ Jazz battement kicks (front and side)
- ☐ Basic floor work (shoulder rolls, sit-throughs)
- ☐ Cartwheel or front walkover (if trained)
- ☐ Understanding of body lines and arm placement



Teen/Senior Elite (Ages 12-19):

*Dancers at this level are expected to have **technical refinement, strength, and versatility** in multiple styles. Execution, stamina, and performance intention are emphasized.*

- ☐ Double or triple pirouette (right and left)
- ☐ Toe touch with pointed feet and straight legs
- ☐ Calypso leap, switch leap, and/or turning disc
- ☐ Front and side battement kicks with control
- ☐ Tilt jump or extension (optional but encouraged)
- ☐ Strong use of body lines and transitions
- ☐ Aerial (not required but bonus skill if trained)

NOTE: *Age is not the only factor — dancers will be placed based on skill, performance ability, and team needs. Younger dancers who demonstrate advanced technical and performance skills may be considered for older groups and vice versa.*