

Acro Skills List: Acrobatic Arts

Dancers must have 50% or more of the skills on the list in order to take that level.

Beginner Acro:

1. Little or no previous Acro experience.

Dancers in Beginner Acro will work on Cartwheels, forward rolls, handstands, and basic flexibility requirements.

Beginner/Intermediate Acro:

1. Cartwheel
2. Forward roll
3. Press up to bridge
4. Bridge with one hand or one leg
5. Handstand clicking feet together in the air
6. Walk down wall to bridge and back up stand or standing bridge (backbend)
7. Teddy bear hold
8. 1/2 (or more) scale/scorpion
9. Bridge with kick and jump or kick-over

Dancers in Acro level 2 will work on backbend kick-overs, handstand to bridge, full scales/scorpions, standing bridge (backbend) and recovers, and more.

Intermediate Acro:

1. Standing bridge (backbend) kick-overs or back walkover
2. Standing bridge (backbend) and recover with arms by ears
3. Scale/Scorpion hold for 10 seconds
4. Handstand hold either straight or curved
5. Handstand to bridge and recover or front walkover
6. Cartwheel on both sides (favorite and least favorite side)
7. One hand cartwheel with arm to side
8. Headstand hold 5 seconds
9. Elbowstand/Chinstand holds

Dancers in Acro level 3 will work on back walkovers and variations, front walkovers and variations, full scales/scorpions, chinstands/elbowstands, handstand holds and balances using the handstand canes, and more.

Intermediate/Advanced Acro:

1. Backwalkover

2. Front walkover
3. Arabian handstand
4. Chinstand hold 10 seconds
5. Headstand hold 10 seconds
6. Handstand hold straight and curved with feet together
7. Elbowstand hold 10 seconds
8. Cartwheel on favorite/least favorite side
9. One hand cartwheel with arm to side
10. 3/4 scale or scorpion

Dancers in Intermediate/Advanced will work on back walkover variations, front walkover variations, full scorpions, chinstand/elbowstand variations, handstand walks/turns and balances using the handstand canes, and more.

Advanced Acro:

1. Backwalkover
2. Front walkover
3. One hand front/backwalkover
4. Tinsica
5. Rolling Tinsica
6. Full scale or scorpion
7. Chinstand hold
8. Straight and curved handstand hold (5+ seconds)
9. Elbowstand hold
10. Side aerial

Dancers in Advanced Acro will work on back walkover variations, front walkover variations, full scorpions, chinstand/elbowstand variations, handstand walks/turns and balances using the handstand canes, aerials, and more.