



A VARSITY BRAND

## DANCE GLOSSARY OF TERMS

**Airborne**-To be free of contact with a person and/or the performing surface.

**Back Walkover**-A non-airborne tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

**Cartwheel**-A non-airborne gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.

**Chorus Line Flips**: A skill in which a dancer back or front flips between two other dancers whose arms and/or wrists are interlocked.

**Dance Lift**- An action in which a dancer(s) is elevated from the performance surface by one or more dancers and set down. A Dance Lift is comprised of “Lifting” dancer(s) and “Elevated” dancer(s). Refer to the UDA Rules for Dance Lifts, Dance Tricks and Partnering for safety guidelines.

**Dance Trick (executed as a partners or in a group)**- An action in which a dancer(s) executes a skill with support from one or more dancers. A Dance Trick is comprised of “Supporting” dancer(s) and “Executing” dancer(s). Refer to the UDA Rules for Dance Lifts, Dance Tricks and Partnering for safety guidelines.

**Dance Trick (executed as an individual)**: See Tumbling.

**Dive Roll**-An airborne forward roll where the hands and feet are off of the performing surface simultaneously. **This skill is allowed as long as the dancer is in a piked position.**

**Elevated**: To move a dancer to a higher position or place from a lower one.

**Elevated dancer**- A dancer who is lifted from the performance surface as a part of a Dance Lift. Refer to the UDA Rules for Dance Lifts, Dance Tricks and Partnering for safety guidelines.

**Executing dancer**-A dancer who performs a skill as a part of a Dance Trick or uses support from another dancer or dancers when Partnering. Refer to the UDA Rules for Dance Lifts, Dance Tricks and Partnering for safety guidelines.

**Flying squirrel**- A jump executed with forward momentum with the dancers arms extended in front, legs behind, creating an "X" position in the air.

**Front Walkover**-A non-airborne tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.

**Handstand**-A straight body inverted position where the arms are extended straight by the head and ears.

**Head Spin**-A hip hop technique in which the dancer spins on his/her head and uses his/her hands to aid in speed. The legs can be held in a variety of positions.

**Head Spring (front/back)**- The dancer approaches the head spring much like a hand spring, and can be executed either to the front or to the back. A front head spring begins in a standing or squatting position, the hands are placed on the floor with the head in between the hands like a head stand, the legs come over the head and whip through as in a kip up to spring the dancer over to land on the feet. A back head spring begins in a standing or squatting position. The dancer springs backward to land on one or both hands, rolls through to the head and completes the skill with a kip up to land forward on the feet.

**Headstand**- A position in which one supports oneself vertically on one's head with the hands on the floor supporting the body.

**Kip up**- From lying down, stomach up, the dancer bends knees, thrusts legs into the chest, rolls back slightly, and then kicks up. The force of the kick causes the dancer to land in an upright position with both feet planted on the floor.

**Lifting dancer**-A dancer (s) who lifts an Elevated Dancer as a part of a Dance Lift. Refer to the UDA Rules for Dance Lifts, Dance Tricks and Partnering for safety guidelines.

**Hip over head rotation**-A movement where hips move over the head, as in a back walkover, cartwheel or similar tumbling skill.

**Partnering**-An action in which two or more dancers use support from one another, but are not elevated. Partnering can involve both "Supporting" and "Executing" skills. Refer to the UDA Rules for Dance Lifts, Dance Tricks and Partnering for safety guidelines.

**Pony Sit**-Base either kneeling or standing in bent over position. Partner straddles/sits on the lower back.

**Prop**-An object that can be manipulated.

**Shoulder Roll**-A forward or backward roll starting from a squatting or tucked position, where the back of the shoulder is the contact with the floor. Head is tilted to the side to avoid contact with the floor.

**Shoulder Sit**-Base stands with feet slightly beyond shoulder width apart. Top person sits atop bases shoulders with legs wrapped around mid-section of bases back.

**Side Somi**-A tuck in the sideways position. Can be performed, running, or from a cartwheel or round-off entry.

**Shushunova**-A straddle jump (toe touch) landing in a prone support (push up position).

**Stall**-A hip hop technique that involves halting all body motion, often in an interesting, inverted or balance-intensive position on one or both hands for support.

**Supporting Dancer**-A dancer (s) who holds or tosses and/or maintains contact with an Executing dancer as a part of a Dance Trick or Partnering skill. Refer to the UDA Rules for Dance Lifts, Dance Tricks and Partnering for safety guidelines.

**Thigh Stand**-With bases in lunge positions with one leg bent and one leg straight, lifted dancers feet are placed in the pockets of the bases thighs. Bases should support the top person with one arm around the back of the lifted dancer's leg and the other hand bracing the foot.

**Toe Pitch**-A single or multi-based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person's height often resulting in a hip over head rotation/flip.

**Toss**- An airborne trick where supporting dancer(s) execute a throwing motion to increase the height of the executing dancer. Executing dancer becomes free from the performance surface, but maintains hand/arm/body to hand/arm contact with at least one supporting dancer.

**Tumbling**-An acrobatic or gymnastics skill executed by an individual dancer without contact, assistance or support of another dancer(s) and begins and ends on the performance surface.

**Windmill**- Beginning in a position lying 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.