



BNR DANCE CO



## ACCREDITATION PROGRAM

The BNR Dance Co offers dance accreditation opportunities for students ages ten and up. Since we are a performance company, accreditation allows dancers to be able to list and quantify their achievements for future college applications, resumes, and the like.

Dancers are *not* required to participate in this program, and there are *no* testing fees. Tests are held four times per year during regularly scheduled classes:

*November, February, May, August*

Dancers have three categories in which to be tested:

1. Compulsory Dance Elements
2. Freestyle Dance
3. Choreographed Dance

In each category, there are three levels to achieve:

**BRONZE, SILVER, GOLD**

Looking forward to an exciting season! Please see me for any questions or comments.

Thanks,

*KHC*

Kathy HurdCarrillo

## COMPULSORY DANCE ELEMENTS



## DESCRIPTION

1. "FIVE BALLET POSITIONS" -----FOOT AND ARM PLACEMENT
2. PLIE / RELEVE ( plee-ay/ rell- uh- vay) -----BEND KNEES/ POINT TOES
3. TEMPS LEVE ( tahn- lu-vay) -----JUMP UP
4. BATTEMENT ( bat- mon)----- "BEATS"- FAST LEG EXTENSIONS
5. FRAPPE ( frap-ay) -----QUICK FOOT MOVEMENTS
6. DEVELOPPE ( dev-low-pay) -----SLOW LEG EXTENSIONS
7. PIROUETTE ( peer-row-wet) -----SPIN
8. ROND DE JAMBE ( rahn- du-jahm)----- DRAW CIRCLES WITH FEET
9. A'TERRE ( ah-tare) ----- ONE KNEE- FLOORWORK
10. ARABESQUE/ ATTITUDE ( air-uh- besk) -----STRAIGHT LEG EXTENSION/ BENT
11. REVERANCE (rev-er-ahns)-----CURSTIE OR BOW 4<sup>TH</sup> POSITION
12. CHASSE (shah- say) -----GALLOP
13. TOUR JETE ( tur- juh- tay) -----LEAP THAT TURNS
14. JETE ( juh-tay) ----- LEAP (GRANDE/ PETITE)
15. PAS DE CHEVAL ( pah- duh- shev-all) -----WALKING HORSE STEP
16. PAS DE CHAT ( pah- duh- shah)----- CAT LEAP
17. GLISSADE (glee- sod) -----GLIDING STEP
18. "CATCH FOOT POSITIONS" -----FLOOR OR STANDING