

**DEFINITIONS OF SKILLS/COMPETENCIES FOR DCE 111/113 & DCE 112/114  
(explanations and examples for items on DCE 111/113 & DCE 112/114 DTFS)**

Item 1

Use of opposition in locomotor movements such as walks, skips, chassés, etc.

Item 2

In exercises of up to 8-16 counts in DCE 111/113 and longer in DCE 112/114, the student should not have to constantly watch the teacher or other students to know what comes next.

Item 3

The student should not hold the breath in order to concentrate.

Item 4 (also applies to item 9)

Being ready to move on count 1.

Item 5

The student should not have to stop dancing and rest due to fatigue, except for occasional responses to illness.

Items 6 & 7

Preparing for class before starting time (i.e. changing clothes, taping feet/toes, refilling the water bottle, doing preparatory exercises according to individual needs), staying in class the entire time (the student should leave the dance studio only if it is necessary), observing carefully and listening well (when the student is watching a movement demonstration or a correction given to a classmate, she/he is learning), practicing on the side (but not practicing material from a different class), avoiding conversation after going across the floor, being ready for her/his turn (i.e. in center combinations, diagonal, across the floor), not chewing gum, not eating food/snack during class, etc.

Paying attention to and completing movement based assignments (i.e. doing a combination on the opposite side, twice as fast, adding improvised movements), or written ones (i.e. self-evaluations, class observations when sitting out, concert critiques) promptly/on time, showing up for appointments with the instructor, etc.

Item 8

(See alignment statement)

A plumb line may be dropped directly through the center of the three body weights (head, thorax, and pelvis) to establish effective working alignment. The plumb line should be center in each of the body weights. Additionally, a straight plumb line may be dropped through the following body landmarks: outer malleolus (outer ankle), outside of knee, greater trochanter (at outside of femur), glenoid fossa (shoulder joint), and inner ear.

Item 9 (also applies to item 4)

Maintaining the tempo while moving.

#### Items 10 & 11

Outward rotation of the legs should happen at the hip joints. The knees should be over the second toes, particularly during plies. Plies should be used as a springboard in elevations. In landing from elevations, roll through the feet and plie.

When required, the feet should be extended as fully as possible (may look different in different students depending on individual foot structure). Articulate foot movement at joints, paying attention not to have a sickled foot.

#### Items 12 and 13

Initiating movement appropriately, as stated by the instructor.

Being “up” on the standing leg (not sinking into hip joint) to allow shifting the base of support from two feet to one foot without bending the working leg.

Shifting weight through space, moving the torso as a unit.

Going off center and recovering back to center.

#### Item 14

Allowing energy to flow through the extremities.

Not stopping energy through excess tension or frozen joints.

#### Item 15

If an exercise calls for 4 counts to extend the foot in a tendu, the student should not get there in 2 counts and hold/wait.

#### Item 16

For example, strength/groundedness, lightness, sustainment, elongation, suspension, dynamic accents, nuances in phrasing, resistance, resiliency/elasticity, sequentiality in motion, etc.

#### Items 17 & 18

While performing a movement combination, demonstrate clear body shapes, designs, and lines as well as clear orientation/directions in space.

#### Item 19

The student takes ownership of the movement, to perform with a sense of “self/self involvement.”

#### Item 20

In DCE 111/113/114, the student should not pause to look around at what others are doing, and not appear shy or hesitant. In DCE 112, this should also be done imaginatively, with some degree of creativity/invention.