

STRUT TRAINING PROGRAM LEVELS

LEVEL	REQUIREMENTS	EXPECTATIONS	CLASS CURRICULUM
BEGINNER	<ul style="list-style-type: none"> - Willingness to learn 	<ul style="list-style-type: none"> - Can count music 	<ul style="list-style-type: none"> - How to spot - Overall flexibility and post dance body care - Weight transfers & pas de bourrée - Head rolls into whips - Basic dance terminology - Proper plie - Ankle strength & foot placements - Balance exercises
ADVANCED BEGINNER	<ul style="list-style-type: none"> - Can spot head - Headwhips - Proper plie & foot placements - Pas de bourrée - Rib/Hip isolations & rolls 	<ul style="list-style-type: none"> - Working on drag turns - Can pas de bourrée into turn prep - Working on double time headwhips - Can hold eye contact with self in mirror 	<ul style="list-style-type: none"> - Hinges from knees - Floor work & changing levels (moving to the floor & back up) - Kick prep - Drag turns - Half side lunges - Performance - Core strength
INTERMEDIATE	<ul style="list-style-type: none"> - Clean drag turn (both sides) - Kicks with straight leg - Double time headwhips - Hinge variations - Quicker weight transfers - Comfortable with floor work 	<ul style="list-style-type: none"> - Working on single pirouettes - Working on figure 8 head whips - Working on kicks at 90 - Can transition between levels quicker (floor to standing) - Understands dance terminology - Performance 	<ul style="list-style-type: none"> - Pirouette prep - Flexibility, working for splits - Standing hinge - Side lunge - Candle sticks - Shoulder rolls - Alignment - Expanding on terminology - Upper body strength

ADVANCED INTERMEDIATE	<ul style="list-style-type: none"> - Clean single pirouette (both sides) - Kicks at 90 - Figure 8 head whips - Splits, at least 1 side - Hinge from standing - Comfortable transitioning levels (floor to standing) - Comfortable with floor work 	<ul style="list-style-type: none"> - Working on double pirouettes - Working on double time figure 8 head whips - Side lunge - Candle sticks - Shoulder rolls - Quick pas de bourrée & weight transfers - Working on single leg splits 	<ul style="list-style-type: none"> - No hand hinge - Double pirouette prep - Speed & retention - Flexibility & strength - Increasing difficulty of floor work - Increasing difficulty of transitions
ADVANCED	<ul style="list-style-type: none"> - Clean double pirouette - Kicks above 90 - Double time figure 8 head whips - Splits Left & Right - No hand hinges - Can perform candle sticks, side lunges and shoulder rolls - Upper body strength (ie. can hold a 45 sec plank) 	<ul style="list-style-type: none"> - Beginning to retain & pick up choreography quicker - Working on middle splits - Can handle all types of floor work and transitions to floor 	<ul style="list-style-type: none"> - Working towards a professional level (ie. auditions & paid performances) - Increased difficulty of choreography, length of choreography and expectations of performance & retention.