

Common College Dance Team Recruitment Video

Video Element	Specifications	Element Timing
Filming Requirements	<ul style="list-style-type: none"> ● Subject should be well lit ● Full body should be visible in frame ● Female Attire: Black Sports Bra or Tank Top & Black Shorts ● Male Attire: All black attire <ul style="list-style-type: none"> ● Video Should be Submitted via Unlisted YouTube Link. 	
Introduction Required	<p>Intro:</p> <ul style="list-style-type: none"> ● Name Age, Hometown, Studio/Team and Brief Dance Background <p>Answer the following questions:</p> <ul style="list-style-type: none"> ● Why do you want to be on a college Dance Team? ● Why do you think you would be a good candidate for a college dance team? ● What is your intended major? 	<p>30 Seconds Minimum</p> <p>3 Minutes Maximum</p>
Skill Demonstration: Required Elements	<p><u>Right Pirouettes:</u></p> <ul style="list-style-type: none"> ● Triple (3) Parallel ● Quadruple (4) Parallel ● Quintuple (5) Parallel <p><u>Left Pirouettes:</u></p> <ul style="list-style-type: none"> ● Triple (3) Parallel <p><u>A la Seconde Turn Combinations:</u></p> <ul style="list-style-type: none"> ● Showcase a la seconde turns in any combo. Use any variation of changing spots, floats, variation in arm & leg position, speed, pirouettes, etc. <p><u>Jumps/Leaps:</u></p> <ul style="list-style-type: none"> ● Right Leap in Second ● Right Turning Jete Attitude ● Switch Leaps – Minimum 2 (any variation – switch leap, switch tilt, switch arabesque, switch center, etc. 	<p>Film continuously in one take.</p> <p>Turn combination should be a minimum of three 8 counts.</p>

	<p><u>Flexibility:</u></p> <ul style="list-style-type: none"> • Side Tilt Extension • Penche • Leg Turn (any variation) <p><u>Acro:</u></p> <ul style="list-style-type: none"> • Walkover (Front & Back) • Side Aerial (Right AND Left) <p>Dancer may repeat a skill, if necessary, not exceeding a maximum of two attempts.</p>	
<p>Skill Demonstration: <i>Optional Elements</i></p>	<ul style="list-style-type: none"> • Front Aerial • Standing Back Tuck • Back Handspring • Headspring • Kip Up • Rubberband • Scorpion • Advanced Specialty Skills of Choice 	3-minute max.
<p>Style Combinations <i>Required</i></p>	<p>Three (3) 45-second combinations demonstrating different styles:</p> <ul style="list-style-type: none"> • Jazz • Pom • Hip Hop 	30-second minimum & 45-second maximum per style.
<p>Solo Entry <i>Required</i></p>	<p>One (1) solo performance of any style.</p> <p>Can be filmed in a studio or submitted from competition as long as it's within at least 6 months of submission.</p>	3-minute maximum