

Ultimate Dance Florida Acro: Primary Level



	Skill	Date Mastered
Flexibility	Butterfly Demonstration	
	Rock and Roll Demonstration	
	Pre-forward Bend Demonstration	
	Cobra Demonstration	
Strength	Plank Demonstration	
	Superhero Demonstration	
	Table Top Demonstration	
	Wall Sit Demonstration	
	Walk up the wall to handstand	
	Tuck Jumps (3 in a row)	
	Frog Jumps (3 in a row)	
	Crab Walks Forward	
	Right Foot Retiré Demonstration	
	Left Foot Retiré Demonstration	
Balancing Skills	Rise on Demi Pointe Demonstration	
	Ball Pose	
	Pike	
Limbering Skills	Tuck	
	Straddle	
	Stretch and Flex Feet	
	Pre-Bridge	
	Tendu devant starting position, arms forward (right and left)	
	Tendu to second ending position, arms in L position (right and left)	
	Acro second position	
	Hollow position, arms down	
	Gallops forward	
	Pre-cartwheel (right or left)	
Tumbling Skills	Somersault	