

Airborne: To be free of contact with a person and/or the performing surface. (*Clarification: an example of airborne hip over rotation is a back handspring.*)

Aerial Cartwheel: An airborne tumbling skill which emulates a cartwheel executed without placing hands on the ground.

Axle: A turn in which the working leg makes a circle in the air to passé as the supporting leg lifts off the ground enabling the dancer to perform a rotation in the air and then lands on the original supporting leg.

Back Walkover: A non-airborne tumbling skill where the dancer reaches backward with an arched torso through an inverted position, hands make contact with the ground, then the hips rotate over the head and the torso hollows bringing the dancer to an upright position, landing one foot/leg at a time.

Breaking: A style of hip hop dance that incorporates martial arts, tumbling oriented tricks and dance. The term for a person who executes this style of dance is known as a BBoy (breaking –boy) or BGirl (breaking –girl).

C- Jump: A jump in which the dancer creates an arch in the back allowing the knees to bend and the feet reach behind the body.

Cartwheel: A non-airborne tumbling skill where the dancer supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.

Calypso [ka-lip-SO]: A turning leap in which the working leg extends making a circle in the air as the supporting leg lifts off the ground enabling the dancer to perform a rotation in the air then the supporting (back) leg reaches behind the body, often in an attitude, and then lands on the original working leg.

Category: Denoting the style of a performance piece/competition routine. (*Example: Jazz, Pom or Hip Hop*)

Coed: A Division that includes 2 or more males.

Coupe [koo-PAY]: A position in which one foot is held lifted and close to the ankle. Also known as Coup de Pied: quickly takes the place of the other; meaning to cut or cutting.

Dance Crew: A style of dance, typically seen in the hip hop category, involving a body or group of dancers who work at a common style of dance.

Dance Lift (executed as partners or in a group): A skill in which a dancer(s) is elevated from the performance surface by one or more dancers and set down. A Dance Lift is comprised of “Lifting” dancer(s) and “Elevated” dancer(s). Refer to the USASF/IASF Rules for Dance Lifts, Dance Tricks and Partnering for safety guidelines.

Dance Trick (executed as partners or in a group): A skill in which a dancer(s) executes a skill with support from one or more dancers. A Dance Trick is comprised of “Supporting” dancer(s) and “Executing” dancer(s). Refer to the USASF/IASF Rules for Dance Lifts, Dance Tricks and Partnering for safety guidelines.

Dance Trick (executed as an individual): An acrobatic or gymnastics skill executed by an individual dancer without contact, assistance or support of another dancer(s) and begins and ends on the performance surface.

Dance Trick (executed as a group): An action in which a dancer(s) executes a skill with support from one or more dancers. A Dance Trick is comprised of “Supporting” dancer(s) and “Executing” dancer(s).

Developpé [develop-AY]: An action in which the working leg moves through passé (bends) before extending into position; meaning to develop.

Dive Roll: An airborne tumbling skill in which the dancer does a forward roll where the hands and feet are off of the performing surface simultaneously. This skill is allowed **only if** the dancer is in a pike position.

Division: Denoting the composition of a competing group of dancers. (*Example: Senior Coed, Junior and Youth*)

Elevated: An action in which a dancer is moved to a higher position or place from a lower one.

Elevated Dancer: A dancer who is lifted from the performance surface as a part of a Dance Lift. *Refer to the USASF/IASF Rules for Dance Lifts, Dance Tricks and Partnering for safety guidelines.*

Executing Dancer: A dancer who performs a skill as a part of a Dance Trick or uses support from another dancer or dancers when Partnering. *Refer to the USASF/IASF Rules for Dance Lifts, Dance Tricks and Partnering for safety guidelines.*

Fouetté [foo-eh-TAY]: A turning step, usually done in a series, in which the working leg makes a circle in the air and then into passé as the dancer turns bending (plié) and rising (relevé) at each revolution; meaning to whip. Fouette turns can also be done to the side or in second position (fouette a la seconde).

Fouetté a la Seconde: A turning step done in a series in which the working leg makes a circle in the air and extends at a 90° angle from the supporting leg remaining parallel to the ground as the dancer turns with a plié and relevé at each revolution.

Flying squirrel: A jump in which the dancer executes with forward momentum with the dancers arms extended in front, legs behind, creating an "X" position in the air.

Front Walkover: A non-airborne tumbling skill where the dancer rotates forward with a hollow torso through an inverted position and arches up bringing the legs and hips over the head to a non-inverted position legs landing one foot/leg at a time.

Handstand: A non-airborne, non-rotating, tumbling skill where the dancer supports his/herself vertically on his/her hands in an inverted position and the arms are extended straight by the head and ears.

Head Spin: A trick, typically performed in hip hop, in which the dancer spins on his/her head and uses his/her hands to aid in speed. The legs can be held in a variety of positions.

Head Spring (front/back): A trick, typically performed in hip hop, in which the dancer approaches the head spring much like a hand spring, and can be executed either to the front or to the back. Beginning in a standing or squatting position, the hands are placed on the floor with the head between the hands, and the legs come over/whip through the body similar to a kip up and the dancer lands on two feet.

Headstand: A non-airborne, non-rotating, tumbling skill where the dancer supports his/herself vertically on his/her head in an inverted position and the hands are on the floor supporting the body.

Inversion: A position in which the dancer's waist/hips and at least one foot are higher than his/her head and shoulders. (*Clarification: An arch in a back lift is not considered an inversion*)

Jetté [juh-TAY]: A skill in which the dancer takes off from one foot by brushing the feet into the ground and swiftly 'whipping' them into the position and then landing on one foot. A jetté can be executed in various directions, sizes and positions.

Kip up: An airborne, non-rotating, tumbling skill, typically performed in hip hop, where the dancer brings the body to a non-inverted (upright) position by bending the knees, thrusting the legs into the chest rolling back slightly onto the shoulders, and then kicks up. The force of the kick causes the dancer to lift and land with both feet planted on the floor.

Krumping: A style of dance, hip hop category, 'street' dance characterized by free, expressive, exaggerated, and highly energetic moves involving the arms, head, legs, chest, and feet.

Leap: A skill in which the dancer pushes off the ground, from a plié (bend), off of one leg becoming airborne and landing on the opposite leg. (also known as grand jetté)

Lifting dancer: A dancer(s), who is part of a dance lift and lifts an Elevated Dancer as a part of a Dance Lift. Refer to the USASF/IASF Rules for Dance Lifts, Dance Tricks and Partnering for safety guidelines. **The supporting dancer may also be considered a Lifting Dancer.** Refer to the USASF/IASF Rules for Dance Lifts, Dance Tricks and Partnering for safety guidelines.

Hip over head rotation: An action where hips move over the head in a tumbling skill (Example: Back Walkover or Cartwheel).

Passé [pa-SAY]: A position or movement in which the working leg bends connecting the pointed foot to or near the knee of the supporting leg; meaning to pass. Passé can be executed with the hips parallel or turned out.

Partnering (executed in pairs): A skill in which two dancers use support from one another. Partnering can involve both “Supporting” and “Executing” skills. Refer to the USASF/IASF Rules for Dance Lifts, Dance Tricks and Partnering for safety guidelines.

Pirouette [peer-o-WET]: A skill in which the dancer bends (plié) with one foot in front of the other (fourth position) and rises (relevé) to one leg making a complete rotation of the body; meaning to whirl. A pirouette can be executed in a variety of positions.

Plié [plee-AY]: A preparatory and landing skill in which the dancer bends, softens his/her knees; meaning to bend.

Prop: An object that can be manipulated.

Prone : A position in which the front of the dancers’ body is facing the ground, and the back of the dancers body is facing up.

Relevé [rell-eh-VAY]: An executing skill in which the dancer lifts up to the ball of his/her feet; meaning to rise.

Shoulder Roll (forward/back): A non-airborne tumbling skill where the dancer rolls with the back of the shoulder is in contact with the floor and the head is tilted to the side to avoid contact with the floor.

Side Somi [sum-EE]: An airborne tumbling skill where the dancer rotates sideways in a position. Side somis can be performed, running, or from a cartwheel or round-off entry. *Side somis are not permitted.*

Shushunova [Shush-A-nova]: A jump variation in which the dancer lifts extended legs to a toe touch or pike position and then circles them behind the body dropping the chest and landing in a prone support (push up position). *(Shushunovas are not permitted)*

Stag: A position, typically performed in a leap or jump, in which the dancer bends the front leg.

Stall: A non-airborne, non rotating, tumbling skill typically performed in hip hop where the dancer halts/stops body mid motion; often in an interesting, inverted or balance-intensive position on one or both hands for support. Also known as a freeze.

Stepping/Step Dancing: A style of dance, typically hip hop category, which is a form of percussive dance in which the participant's entire body is used as an instrument to produce complex rhythms and sounds through a mixture of footsteps, spoken word, and hand claps.

Supporting Dancer: A supporting dancer(s), who part of a dance trick and bears the primary weight of a lifted dancer. A supporting dancer(s) holds or tosses and/or maintains contact with an Executing dancer as a part of a Dance Trick or Partnering skill. **The supporting dancer may also be considered a Lifting Dancer.** Refer to the USASF/IASF Rules for Dance Lifts, Dance Tricks and Partnering for safety guidelines.

Supporting Leg: The leg of a dancer, who executing a skill, that supports the weight of the body and is connected to the ground.

Supine: A position in which the back of the dancers' body is facing the ground, and the front of the dancers body is facing up.

**** Swinging Lift:** A dance lift in which the momentum of the Lifted Dancer increases while creating a curve or arc with circular/up and down motion.

Switch Leap: A leap in which the dancer swings her working leg to change the position/direction of the leap.

Tilt: A skill, typically performed in a leap or jump, in which the working leg sweeps up into the air and the supporting leg points toward the ground.

Toe Touch: A jump in which the dancer lifts the legs through a straddle rotating the hips so that the legs are rotating up toward the (upright) chest.

Tour Jetté: A skill in which the dancer takes off from one leg, executes a half turn and lands on the same leg.

Toss: An airborne **dance lift/trick** where Supporting Dancer(s) execute a throwing motion to increase the height of the executing dancer. Executing dancer becomes free from the performance surface, but maintains hand/arm/body to hand/arm contact with at least one supporting dancer.

Tumbling: A collection of skills that emphasis acrobatic or gymnastic ability, are executed by an individual dancer without contact, assistance or support of another dancer(s) and begin and end on the performance surface. (*Clarification: tumbling skills do not have to include hip over head rotation*)

Vertical Inversion: A position in which a dancer is perpendicular to the ground with his/her hips directly over his/her shoulders.

Weight bearing: A skill in which the dancers' weight is supported by his/ her hands without any other body part on the ground.

Windmill: A non-airborne, non-rotating, tumbling skill in which a dancer begins on the back, spins from his/her upper back to the chest while twirling his/her legs around his/her body in a V-shape. The leg motion gives the majority of the power, allowing the body to "flip" from a position on the back to a position with the chest to the ground.

Working Leg: The leg of a dancer, who is executing a skill that is responsible for momentum and/or position of the skill.