



2016-17 USASF Glossary of Terms

Airborne (Executed by Individuals, Groups or Pairs): A state or skill in which the dancer is free of contact from a person and/or the performing surface.

Airborne Hip Over Head Rotation (Executed by Individuals): A tumbling skill in which the hips continuously rotate over the head and there is a moment of no contact with the performance surface (Example: Round Off or a Back Handspring).

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

Axis Rotation: An action in which a dancer rotates around his/her vertical or horizontal center.

Axel: 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 follows bringing the dancer to an upright position, landing one foot/leg 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.

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.

Category: Denoting the style of a performance piece or competition routine. (Example: Jazz, Pom, Hip Hop, Contemporary/Lyrical, Kick, Variety and Prep)

Chassé [sha-SAY]: A connecting step in which one foot remains in advance of the other; meaning to chase.

Connected/Consecutive Skills: An action in which the dancer executes skills without a step, pause or break in between. (Example: Double Pirouette or Double Toe Touch)

Contact (executed by Groups or Pairs): When two (or more) people physically touch each other. Touching hair and clothing does not qualify as contact.



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Coupé [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 Lift (executed by Groups or Pairs): 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 an Executing Dancer(s) and a Supporting Dancer(s).

Développé [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 the performing surface simultaneously.

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

Drop: An action in which an airborne dancer lands on a body part other than his/her hand(s) or feet.

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

Executing Dancer: A dancer who performs a skill as a part of Groups or Pairs who use(s) support from another dancer(s).

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. Fouetté turns can also be done to the side or in second position (fouetté à la seconde).

Fouetté à 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.

Front Aerial: An airborne tumbling skill which emulates a front walkover but is executed without placing hands on the ground.

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.



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Glissade [glee-SOD]: A connecting step that transfers weight from one foot to the other; meaning to glide.

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

Head Level: A designated **and averaged** height: the crown of the head of a standing dancer while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)

Headstand: A non-airborne, non-rotating, skill where the dancer supports him/herself vertically on his/her head in an inverted position with hands in contact with the floor to support the body.

Hip Level: A designated **and averaged** height; the height of a standing dancer's hips while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)

Hip Over Head Rotation (executed by Individuals): An action characterized by continuous movement where a dancer's hips rotate over the head in a tumbling skill (Example: Back Walkover or Cartwheel).

Hip Over Head Rotation (executed by Groups or Pairs): An action characterized by continuous movement where the Executing Dancer's hips rotate over **their own** head in a lift or partnering skill.

Inversion/Inverted: A position in which the dancer's waist and hips and feet are higher than his/her head and shoulders.

Inverted Skills (executed by individuals): A skill in which the dancer's waist and hips and feet are higher than his/her head and shoulders and there is a stop, stall, or pause.

Jeté [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 jeté can be executed in various directions, sizes and positions.

Kip Up: An airborne, non-rotating, skill, typically performed in hip hop, where the dancer brings the body to an 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.



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

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 by pairs): A skill in which two dancers use support from one another. Partnering can involve both Supporting and Executing skills.

Perpendicular Inversion (executed by individuals): An inverted position in which the dancer's head, neck and shoulders are directly aligned with the performance surface at a 90 degree angle.

Pirouette [peer-o-WET]: A skill in which the dancer bends (plié) and rises (relevé) to one leg (supporting 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. (*Note: A costume piece or component, such as a glove, does not qualify as a prop.*)

Prone: A position in which the front of the dancer's body is facing the ground, and the back of the dancer's 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.

Round Off (executed by individuals): An airborne hip over head rotation skill that takes off on one foot and lands on two feet simultaneously. (**Clarification: the skill becomes airborne after the hips have rotated over the head.**)

Shoulder Inversion (executed by individuals): A position in which the dancer's shoulders /upper back area are in contact with the performance surface and the dancer's waist and hips and feet are higher than his/her head and shoulders.

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



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Shoulder Level: A designated **and averaged** height; the height of a standing dancers' shoulders while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)

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).

Stationary Turn: A turn, such as a pirouette, that rotates on a single pivot point. (Note: Chainé and Piqué turns do not qualify as Stationary Turns.)

Supporting Leg: The leg of a dancer that supports the weight of the body during a skill.

Supporting Dancer: A dancer who performs a skill as a part of "Groups or Pairs" who supports or maintains contact with an Executing Dancer.

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

Toe Pitch (executed by Groups or Pairs): A skill in which the Executing Dancer(s) starts in an upright position with **one foot in the hand(s)** of a Supporting Dancer(s) and is propelled upward. (Clarification: this is not the definition of a toe pitch back tuck).

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

Toss: A skill where the Supporting Dancer(s) releases the Executing Dancer. The Executing Dancer's **feet are** free from the performance surface when the toss is initiated.

Tumbling: A collection of skills that emphasize 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.

Vertical Inversion (executed by Groups or Pairs): A skill in which the Executing Dancer's waist and hips and feet are higher than his/her own head and shoulders and the Executing Dancer bears direct weight on the Supporting Dancer(s) by a stop, stall or change in momentum.

Windmill: A skill in which a dancer 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



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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 that is responsible for momentum and/or position during a skill.