

Dance Company Class Curriculum - Poms Dance - Cowboy Casanova

SKILL	Level 1	Level 2	DEFINITIONS/COMMENTS
Arm Movements			
<u>Diagonal</u>	X	X	One arm up in a High V and one arm down in a Low V
<u>Goal Post</u>	X	X	Both arms are straight up, parallel to each other and close to the ears. (This has also been referred to as a "Touchdown")
<u>High V</u>	X	X	Both arms up to a V with wrists facing out
<u>Inverted T</u>	X	X	Both hands touching in the middle of the chest with elbows out to the side
<u>Lasso</u>	X	X	One arm is on your hip while the other arm rotates from a High V across the top of your head and back to a High V
<u>Low V</u>	X	X	Both arms down away from hips in and upside down V
<u>Punchout</u>	X	X	Left and/or right arm punches forward, chest high or both arms cross in front of your body, chest high
<u>Punchup</u>	X	X	Left and/or Right Arm Punches Up and close to your face, your wrist should face inward, knuckles face out
<u>T Motion</u>	X	X	Both arms stretched straight out even with shoulders to form a T shape