**Year Long Standards for Dance**



Designed by

Superintendent Lee Yang

Principal Vince Xiong

Former Dance Teacher Edward Lee

Taught by

Teacher Stacie Fisher

| **Standards** | **Grade** | **Order of Standards** | **Month** |
| --- | --- | --- | --- |
| TIME & RHYTHM | 1 | 1 | August-November |
| Process, procedures, and rules (2 Days) | 1 | 2 | August |
| Up-Lock (4 Days) | 1 | 3 | August |
| 1. Arm Cross | 1 | 4 | August |
| 2. The Hulk | 1 | 5 | August |
| 3. Muscle Man | 1 | 6 | August |
| Down-Lock (4 Days) | 1 | 7 | August |
| 1. Push | 1 | 8 | August |
| 2. Ironman | 1 | 9 | August |
| 3. Chicken | 1 | 10 | August |
| Wrist-Roll (4 Days) | 1 | 11 | August-September |
| 1. Right Punch | 1 | 12 | August-September |
| 2. Right Hold | 1 | 13 | August-September |
| 3. Right Comb | 1 | 14 | August-September |
| Uncle Sam (4 Days) | 1 | 15 | September |
| 1.Left Hand Right Shoulder | 1 | 16 | September |
| 2. Left Hand Right Shoulder Hold | 1 | 17 | September |
| 3. Left Hand Point | 1 | 18 | September |
| Culminating Performance (Begin Day 3 through Day 25) | 1 | 19 | August |
| Intro (4 Days) | 1 | 20 | August |
| Verse (4 Days) | 1 | 21 | August |
| Chorus (4 Days) | 1 | 22 | August |
| Bridge (4 Days) | 1 | 23 | September |
| End (4 Days) | 1 | 24 | September-October |
| Practice and Clean (3 days) | 1 | 25 | October |
| LOCKING | 2 | 26 | August-November |
| Process, procedures, and rules (1 Day) | 2 | 27 | August |
| Tom and Jerry (2 Days) | 2 | 28 | August |
| 1. Head Roll Right | 2 | 29 | August |
| 2. Head Roll Center | 2 | 30 | August |
| 3. Head Roll Left | 2 | 31 | August |
| 4. Head Roll Center | 2 | 32 | August |
| Flicks (2 Days) | 2 | 33 | August |
| 1. Right Hand Flicks Right | 2 | 34 | August |
| 2. Right Hand Back to Center | 2 | 35 | August |
| 3. Right Hand Flicks Left | 2 | 36 | August |
| 4. Right Hand Back to Center | 2 | 37 | August |
| Pacing (2 Days) | 2 | 38 | August |
| 1. Right fist punch out to the right | 2 | 39 | August |
| 2. Right fist retract to front right chest with elbow out | 2 | 40 | August |
| 3. Right fist punch down extending elbow straight | 2 | 41 | August |
| 4. Right retract back (same as #2) | 2 | 42 | August |
| Leo Walk (2 Days) | 2 | 43 | August |
| 1. High knee (right) | 2 | 44 | August |
| 2. Step to the right | 2 | 45 | August |
| 3. Dip with slight lean to the right | 2 | 46 | August |
| 4. Slide left foot toward right in a standing position | 2 | 47 | August |
| 5. High knee (left) | 2 | 48 | August |
| 6. Step to the left | 2 | 49 | August |
| 7. Dip with slight lean to the left | 2 | 50 | August |
| 8. Slide right foot toward left in a standing position | 2 | 51 | August |
| Scoopy-Doo (refer to video) (4 Days) | 2 | 52 | September |
| 1. Move #1 | 2 | 53 | September |
| 2. Move #2 | 2 | 54 | September |
| 3. Move #3 | 2 | 55 | September |
| Which-A-Way (refer to video) (4 Days) | 2 | 56 | September-October |
| 1. Move #1 | 2 | 57 | September-October |
| 2. Move #2 | 2 | 58 | September-October |
| 3. Move #3 | 2 | 59 | September-October |
| 4. Move #4 | 2 | 60 | September-October |
| 5. Move #5 | 2 | 61 | September-October |
| 6. Move #6 | 2 | 62 | September-October |
| 7. Move #7 | 2 | 63 | September-October |
| 8. Move #8 | 2 | 64 | September-October |
| Culminating Performance (Begin Day 3 through Day 25) | 2 | 65 | August |
| Intro (4 Days) | 2 | 66 | August |
| Verse (4 Days) | 2 | 67 | August |
| Chorus (4 Days) | 2 | 68 | August-September |
| Bridge (4 Days) | 2 | 69 | September |
| End (4 Days) | 2 | 70 | October |
| Practice and Clean (4 days) | 2 | 71 | October |
| BREAKING | 3 | 72 | August-November |
| Process, procedures, and rules (1 Day) | 3 | 73 | August |
| Top Rock Two Step (4 Days) | 3 | 74 | August |
| 1. Move #1 | 3 | 75 | August |
| 2. Move #2 | 3 | 76 | August |
| 3. Move #3 | 3 | 77 | August |
| 4. Move #4 | 3 | 78 | August |
| 5. Move #5 | 3 | 79 | August |
| Indian Step (4 Days) | 3 | 80 | August |
| 1. Move #1 | 3 | 81 | August |
| 2. Move #2 | 3 | 82 | August |
| 3. Move #3 | 3 | 83 | August |
| 4. Move #4 | 3 | 84 | August |
| 5. Move #5 | 3 | 85 | August |
| 6. Move #6 | 3 | 86 | August |
| 7. Move #7 | 3 | 87 | August |
| 8. Move #8 | 3 | 88 | August |
| Coffee Grinder (4 Days) | 3 | 89 | September |
| 1. Move #1 | 3 | 90 | September |
| 2. Move #2 | 3 | 91 | September |
| 3. Move #3 | 3 | 92 | September |
| 4. Move #4 | 3 | 93 | September |
| 5. Move #5 | 3 | 94 | September |
| 6. Move #6 | 3 | 95 | September |
| 7. Move #7 | 3 | 96 | September |
| 8. Move #8 | 3 | 97 | September |
| CC (4 Days) | 3 | 98 | September-October |
| 1. Move #1 | 3 | 99 | September-October |
| 2. Move #2 | 3 | 100 | September-October |
| 3. Move #3 | 3 | 101 | September-October |
| 4. Move #4 | 3 | 102 | September-October |
| 5. Move #5 | 3 | 103 | September-October |
| 6. Move #6 | 3 | 104 | September-October |
| 7. Move #7 | 3 | 105 | September-October |
| 8. Move #8 | 3 | 106 | September-October |
| Culminating Performance (Begin Day 3 through Day 25) | 3 | 107 | August-November |
| Intro (4 Days) | 3 | 108 | August |
| Verse (4 Days) | 3 | 109 | August |
| Chorus (4 Days) | 3 | 110 | September |
| Bridge (4 Days) | 3 | 111 | September-October |
| End (4 Days) | 3 | 112 | October |
| Practice and Clean (4 days) | 3 | 113 | October |
| POPPING | 4 | 114 | August-November |
| Process, procedures, and rules (1 Day) | 4 | 115 | August |
| Fresno (2 Days) | 4 | 116 | August |
| 1. Move #1 | 4 | 117 | August |
| 2. Move #2 | 4 | 118 | August |
| 3. Move #3 | 4 | 119 | August |
| 4. Move #4 | 4 | 120 | August |
| Tracing (2 Days) | 4 | 121 | August |
| 1. Move #1 | 4 | 122 | August |
| 2. Move #2 | 4 | 123 | August |
| 3. Move #3 | 4 | 124 | August |
| 4. Move #4 | 4 | 125 | August |
| 5. Move #5 | 4 | 126 | August |
| 6. Move #6 | 4 | 127 | August |
| 7. Move #7 | 4 | 128 | August |
| 8. Move #8 | 4 | 129 | August |
| Wave (6 Days) | 4 | 130 | August |
| 1. Move #1 | 4 | 131 | August |
| 2. Move #2 | 4 | 132 | August |
| 3. Move #3 | 4 | 133 | August |
| 4. Move #4 | 4 | 134 | August |
| 5. Move #5 | 4 | 135 | August |
| 6. Move #6 | 4 | 136 | August |
| 7. Move #7 | 4 | 137 | August |
| 8. Move #8 | 4 | 138 | August |
| 9. Move #9 | 4 | 139 | August |
| 10. Move #10 | 4 | 140 | August |
| 11. Move #11 | 4 | 141 | August |
| 12. Move #12 | 4 | 142 | August |
| Twist-O-Flex (4 Days) | 4 | 143 | September |
| 1. Move #1 | 4 | 144 | September |
| 2. Move #2 | 4 | 145 | September |
| 3. Move #3 | 4 | 146 | September |
| 4. Move #4 | 4 | 147 | September |
| Culminating Performance (Begin Day 3 through Day 25) | 4 | 148 | August-November |
| Intro (4 Days) | 4 | 149 | August |
| Verse (4 Days) | 4 | 150 | August |
| Chorus (4 Days) | 4 | 151 | August |
| Bridge (4 Days) | 4 | 152 | September |
| End (4 Days) | 4 | 153 | September-October |
| Practice and Clean (4 days) | 4 | 154 | October |
| MUSICALLY | 5 | 155 | August-November |
| Process, procedures, and rules (1 Day) | 5 | 156 | August |
| Sadness (4 Days) | 5 | 157 | August |
| Happy (2 Days) | 5 | 158 | August |
| Instrustments (6 Days) | 5 | 159 | August-September |
| snare drums | 5 | 160 | August-September |
| kicks | 5 | 161 | August-September |
| high hats | 5 | 162 | August-September |
| piano/guitar | 5 | 163 | August-September |
| Lyrics (Rhythm) (4 Days) | 5 | 164 | September |
| Culminating Performance | 5 | 165 | August-November |
| Intro (4 Days) | 5 | 166 | August |
| Verse (4 Days) | 5 | 167 | August |
| Chorus (4 Days) | 5 | 168 | August-September |
| Bridge (4 Days) | 5 | 169 | September |
| End (4 Days) | 5 | 170 | September-October |
| Practice and Clean (4 days) | 5 | 171 | October |
| EXPRESSION | 6 | 172 | August-November |
| Process, procedures, and rules (1 Day) | 6 | 173 | August |
| Song (Day 2) | 6 | 174 | August |
| Theme (Day 2) | 6 | 175 | August |
| Group Indenfication (Day 3) | 6 | 176 | August |
| Introducation (Day 4-7) | 6 | 177 | September |
| Verse (Day 8-13) | 6 | 178 | September |
| Chorus (Day 14-17) | 6 | 179 | September |
| Bridge (Day 18-19) | 6 | 180 | October |
| End (Day 20-22) | 6 | 181 | October |
| Practice and Clean (Day 23-25) | 6 | 182 | October |
| Performance/Participate | 6 | 183 | November |