

## Afro-Caribbean Skills Chart

Skills	Description (if needed)
Dunham Sit/Seat R&L	Legs crossed and sitting on the floor in 8 counts, 4 counts, then 2 counts
Head Release	
Undulation (Arms & Back)	
Dunham Runs	Running with a plie
Flick Walks	
Pivot Turns R&L	
Quarter Pivot Turns R&L	
Pony R&L	Arms & body curved to the direction of leg, eyes looking at the elbow
Chugs (Small) R&L	Stationary or small movement
Chugs (Big) R&L	Across the floor to travel
Chugs w/ Arms	
Step-Ballchange R&L	Step-ball changes with more weight and a plie
Kick-Ballchange R&L	(Same as above)
Step-Ball-Throw R&L	Throwing arms out in front while the supporting leg kicks out
Coupe Step-Ballchange (4 Directions)	Coupe is with the working leg bent and the other foot is flexed; same leg coupes in each direction (Front, back, right, left)
Triplet R&L	More plie & weight than a regular triplet
Triplet w/ Turn R&L	
Triplet w/ Jete (Straight legs) R&L	
3-Step Turn R&L	Regular 3 step turn but palms facing outward
3-Step Turn w/ Pop R&L	
3-Step Turn w/ Throw & Chug R&L	Same as throw definition above with a chug on the working leg
3-Step Turn w/ Leap R&L	
Stag Jumps R&L	Body is contracted and curved
Elbow Twist R&L	Body is twisted facing towards the ceiling then switches to other direction
Hops in 2 <sup>nd</sup> (Forward & Back)	Weight grounde, arms make right angles
Elbow-Knee Twist R&L	Body contracted to allow the opposite elbow and knee to touch
Pirouette R&L	Knees bent; weight heavy; in order to get out of -> hop in 2 <sup>nd</sup> facing the front
Fouette R&L	Same as above but swings out instead of hopping in 2 <sup>nd</sup>
Turn in Second R&L	Same as above but leg stays out, it's important to have a strong core and

	weight
Multiple Turns 4-8 R&L	
Multiple Turns 8-12 R&L	
Leg Brush R&L	Arms are brushing the leg from thigh to knee & leg is pointed or flexed
Leg Brush w/ Jump R&L	Same as above adding a jump
Rocking Horse (In Place)	Legs are in attitude, hopping on the front foot then back foot and then swing the front foot back to hop on it. The upper body is strong and falls forwards, backwards, forwards, backwards.
Rocking Horse (Across the Floor)	Same as above but they travel
Rocking Horse (Change Directions)	Stationary going front, back, right, left