



# 2009-2010 USASF DANCE Glossary

Updated 02-26-09

## LEGEND

**HIGHLIGHTED** Please read these carefully as anything highlighted in red is a deliberate NEW DEFINITION that was decided upon at the USASF Dance Rules Meeting.

**BLUE, BOLD FONT** Anything bolded in blue includes newly discovered clarifications to the current rules. These rules haven't changed. However, they have been clarified for better understanding.

Please contact Tegan Reeves ([treeves@usasf.net](mailto:treeves@usasf.net)) or Catherine Morris ([cmorris@varsityspirit.com](mailto:cmorris@varsityspirit.com)) for further explanation with regards to any of these topics.

**Aerial Cartwheel:** Cartwheel executed without placing hands on the ground.

**Airborne:** To be free of contact with a person and/or the performing surface.

**Back Walkover:** A non-airborne tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

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

**Chorus Line Flips:** An assisted back/front tuck over the interlocked arms of additional dancers. *(Chorus Line Flips are illegal)*

**Dive Roll:** An airborne forward roll where the hands and feet are off of the performing surface simultaneously.

**Elevated:** To move a dancer to a higher position or place from a lower one.

**Front Walkover:** A non-airborne tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.

**Handstand:** A straight body inverted position where the arms are extended straight by the head and ears.

**Head Spin:** A hip hop technique 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.

**Headstand:** A position in which one supports oneself vertically on one's head with the hands on the floor supporting the body.

**Kip-up:** From lying down, stomach up, the dancer bends knees, thrusts legs into the chest, rolls back slightly, and then kicks up. The force of the kick causes the dancer to land in an upright position.



**Lifts:** An action in which the partner is elevated to any height and set down. [Refer to the USASF/IASF Rules for Dance for a full definition.](#)

**Hip over head rotation:** A movement where hips move over the head, as in a back walkover or similar tumbling skill.

**Partnering:** Any type of trick that uses two individuals [where](#) one uses the other for support. [Refer to the USASF/IASF Rules for Partnering for a full definition.](#)

**Pony Sit:** Base either kneeling or standing in bent over position. Partner straddles/sits on the lower back.

**Prop:** An object that can be manipulated.

**Shoulder Roll:** A forward or backward roll starting from a squatting or tucked position, where the back of the shoulder is the contact with the floor. Head is tilted to the side to avoid contact with the floor.

**Shoulder Sit:** Base stands with feet slightly beyond shoulder width apart. Top person sits atop bases shoulders with legs wrapped around mid-section of bases back.

**Stall:** A hip hop technique that involves halting all body motion, often in an interesting, inverted or balance-intensive position on one or both hands for support.

**Thigh Stand:** With bases in lunge positions with one leg bent and one leg straight, lifted dancer's feet are placed in the pockets of the bases thighs. Bases should support the top person with one arm around the back of the lifted dancers leg and the other hand bracing the foot.

**Toe Pitch:** A single or multi-based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person's height often resulting in a hip over head rotation/flip.

**Toss:** An airborne stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss).

**Windmill:** Beginning in a position laying down on the back, the 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 of the power, allowing the body to "flip" from a position on the back to a position with the chest to the ground.