#TEAMTRA DANCE TEAM PERSONALITY TYPES

Go With The Flow Girl

Rolls with the punches, and doesn't speak up much even in disagreement.

The Protester

Always leads the group opposite of the coach.

The Silent Assassin

Super quiet dancer, hard to read. You never know if this dancer is happy or sad.

The Perfect Storm

The ideal dancer. Goes hard at everything and is a natural leader.

The Faker

The "ideal" teammate and dancer in practice, but will talk about you behind your back.

Reality TV

Always has crazy personal drama that they bring to the team.

The Toddler

Mom does everything; goes home every chance they get and has trouble functioning without specific direction.

The Know It All

Always has answers to everyone's questions, even unsolicited. And sometimes wrong.



The Nun

This dancers gets uncomfortable with certain dance moves, music, and conversation.

The Hot One

Loves wearing the uniform in front of people more than they love working hard.

The Soloist

Has trouble blending with the group (on and off the dance floor).

The Aggressor

The team walks on eggshells in fear of the attitude/wrath of this dancer

The Clown

The comedic relief of the team, but loses focus.

The Lone Scholar

This dancer makes everyone feel like their coursework is always heavier and more important than everyone else's.

The Dance Mom

Great dancer and teammate, but mom always has an issue (probably because they're a Faker, too).

Santas Little Helper

Wants to assist with anything and everything all the time (is more than likely the perfect storm, too).

Frazzle Dazzle

Has trouble adjusting to change overall, but especially in the moment. Easily flustered.

The Brain Fart

Is always missing something or digging for something.

The Red Shirt

This dancer always has an injury or illness, but you can never really tell if they're hurt. They've got magical powers to transform themselves to healthy when it's time for fun stuff.

The Space Cadet

You never know if they're 100% present. You may find this dancer gazing into space.

Easy Street

One who always looks for the easy way out and doesn't put the work in.

The Eggshell

The dancer who can do everything perfect in practice, but cracks under pressure and can't execute during competition.

The Megaphone

The dancer who takes vocals to the next level.

The Weeping Willow

The one who is always crying.

The Dancer Who Cries Wolf

The dancer who threatens to quit once a week, but never does.

The Rock

The alternate who is the biggest support system to everyone on and off the mat.

The Boundary Crosser

An underclassman who has the mentality of a senior captain. AKA- needs to take several seats.

Living in the Past

The dancer who still isn't over their studio or high school team accomplishments.

The Yes Dancer

The teammate that agrees with everyone all the time.

Chatterboxes

That dancer that talks every minute during practice. To anyone that will pretend to listen.

Critiquer

Always giving other team members corrections when they barely take their own advice.

The Lazy Dancer

Doesn't work very hard at practice by doing the bare minimum, but performs well.

The Super Stalker

Knows everything about every team from stalking dance videos and social media.

The Gold Digger

Only cares about winning and hates games; will do whatever it takes (positive or negative) to achieve a victory.

The Big "But"

Always has an excuse for their mistakes/lack of effort.

The Granny

Always has something that someone else needs. Tissue, tampon, band-aid, Icy Hot...

Miss/Mr. Imperfect

Never happy with their personal performance; always hard on themselves.

Most Valuable Dancer (MVD)

One of the hardest working teammates; shows a significant change technically and stylistically from the beginning of the season to the end.

