

PAA – Jazz Dance

Suggested Technical Skills Exercises

The Suggested Technical Skills Exercises are intended as a count by count guide to fulfilling the Technical Skills component of the Jazz Dance examination. They are not compulsory.

If you do not wish to follow these Suggested Technical Skills Exercises please see the Jazz Dance Syllabus for the minimum requirements for the Technical component of the examination.

A video demonstrating all the Suggested Technical Skills Exercises is available to download from <https://www.rslawards.com/paa/syllabus/>



Jazz Dance

Suggested Technical

Skills Exercises

PREMIERE – GRADE 8



All supporting material can be downloaded from
www.rslawards.com

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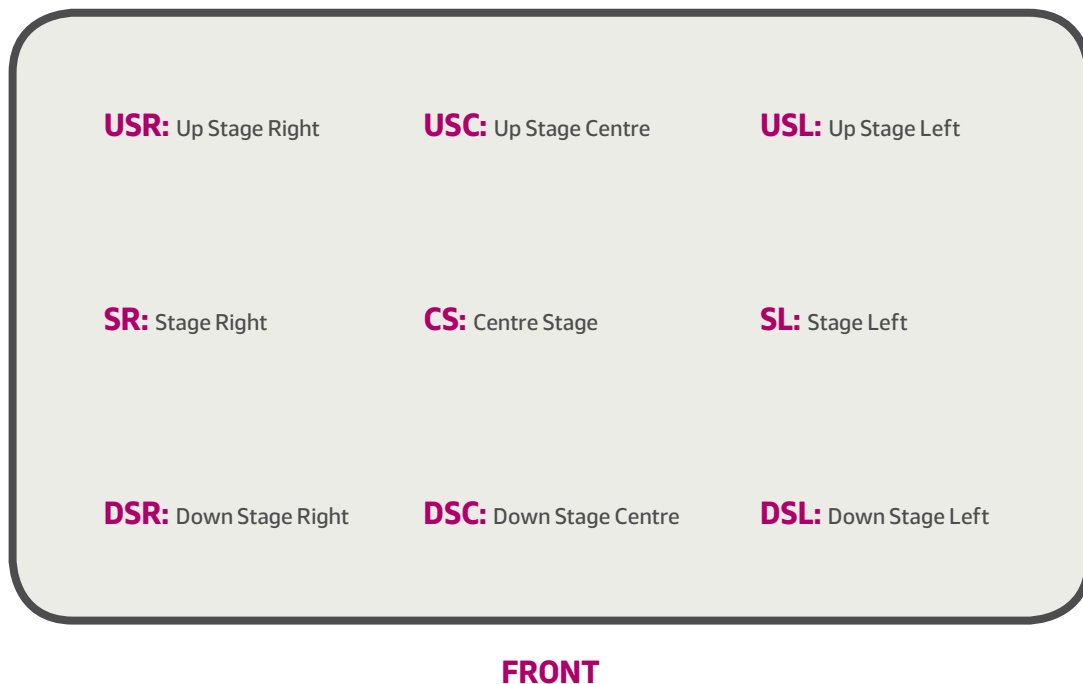
PAA Suggested Technical Exercises

- Exercises are read left to right
- Musical counts are given first, followed by the main action and finally arm and hand gestures
- A gap in the arm and hand gesture column denotes no change from previously given directions
- Stage directions are given from the dancer's point of view. Stage directions are abbreviated
- Where direction for head or arm movement is not specified, teachers are free to add their own
- Where exercises specify Free Arrangement teachers are given autonomy to choreograph the given section or exercise

Stage Directions

This is intended as a guide to standard stage directions.

Please use in conjunction with the video demonstration at www.rslawards.com/performance-arts



ENTRY LEVEL

PREMIERE

A THE WARM UP

The Warm Up is free choice but must contain a minimum of:

- Runs on the balls of feet
- Knee bounces in parallel 1st and 2nd

B LIMBERING AND MOBILISING

Preparation: Stand parallel 2nd, CS facing front, arms held by sides.

Counts	Choreography	Arms
1-8	Introduction – wait.	
1-8	4 shoulder rolls backwards with knee bends.	Arms held by sides.
1-8	4 shoulder rolls forwards with knee bends.	
1	Head isolation to Left.	Hands on hip or held by sides.
2	Head isolation to Centre.	
3	Head isolation to the Right.	
4	Head isolation to the Centre.	
5-8	Circle head – Left side, Back, Right side, Centre.	
1-4	Standing side bend to Left.	Right arm reaches up and over to Left side.
5-8	Gentle pulse through stretch.	
1-4	Standing leg stretch over Left leg.	Hands around Left leg and ankle.
5-8	Gentle pulse through stretch.	
1-4	Standing forward stretch in Centre.	Relaxed to the floor.
5-8	Gentle pulse through stretch.	
1-2	Bend both knees.	
3-8	Slowly unfold spine to standing.	
6 bars	Repeat on the Right side.	
1-8	Slowly unfold spine to standing. Hold.	

ENTRY LEVEL**PREMIERE****C FLOOR STRENGTHENING**

Preparation: Lay on back facing SR, abdominals engaged. Hip and legs turned out. Legs extended, feet pointed, arms resting in low V.

Counts	Choreography	Arms
5-8	Introduction – wait.	On floor in low V.
1-4	Slowly lift Right leg aiming for 45 degrees.	
5-8	Slowly lower Right leg.	
1-8	Repeat on same side.	
4 bars	Repeat twice on Left leg.	
1-4	Turn body to lying on Right side, Right knee slightly flexed, Left leg extended.	Left palm rests on floor in front of chest, head lies on Right arm.
5-8	Hold.	
1-4	Slowly lift Left leg aiming for 45 degrees.	
5-8	Slowly lower Left leg.	
1-8	Repeat on same side.	
1-4	Turn body to lying on Left side, Right knee slightly flexed, Left leg extended.	Right palm rests on floor in front of chest, head lies on Left arm.
5-8	Hold.	
4 bars	Repeat side leg lifts on Right leg.	
1-4	Turn body to lying on back.	On floor in low V.
5-8	Hold and engage abdominals, drawn knees up to bend with feet flat on floor.	
1-4	Spinal curl pushing pelvis upwards.	
5-8	Reverse spinal curl.	
1-8	Repeat spinal curl.	
1-4	Extend legs.	
5-8	Hold.	

ENTRY LEVEL

PREMIERE

D ISOLATIONS

Preparation: Stand parallel 2nd, SC facing front, arms held by sides

Counts	Choreography	Arms
1-8	Introduction – wait.	
1, 2	Double shoulder shrug on Right side.	Arms held low V, fingers splayed.
3, 4	Double should shrug on Left side.	
5-6	Right knee inverted isolation.	
7-8	Left knee inverted isolation.	
1-8	Repeat all.	
1-4	Grapevine Right ending jump with clap.	Natural swing, clap.
5-8	Repeat to Left.	
1, 2	Standing parallel 1st, soft knees.	Reach up Right, Left, fingers splayed.
3, 4		Return in a fist to hip, Right, Left.
5-8		Repeat arms up and Back to hips.
1, 2	Step Right and Left, into parallel 2nd.	Arms held by sides.
3-8	Free Arrangement to end.	

E PREPARATION FOR PIROUÉTTE AT THE BARRE

Preparation: Stand parallel 1st facing the barre

Counts	Choreography	Arms
1-4	Introduction – wait.	Place hands on barre.
5-8	Introduction – place hands on barre	
1, 2	Slide the Right foot to jazz 4th.	
3, 4	Bring Right foot to retiré, supporting foot flat.	
5, 6	Hold.	
7, 8	Return to parallel 1st.	
1-8	Repeat on Left side.	
16 bars	Repeat on Right and Left again.	

ENTRY LEVEL**PREMIERE****F ELEVATION AND TRAVEL – DANCE COMBINATION**
Preparation: Stand USL, facing DSR, in parallel 1st, arms held by sides

Counts	Choreography	Arms
1–8	Introduction – wait.	
1–4	4 skips travelling on diagonal to Centre.	Natural swing in opposition.
5–8	4 skips to turn over the Right shoulder to face front.	
1–3	Step, turn, step to Right.	Open to jazz 2nd, close to jazz 1st, open jazz 2nd.
4	Step Left leg across in front.	Arms held by sides.
5–8	Into 4 gallops to the Right.	Natural swing.
1–3	Step, turn, step to Left.	Open to jazz 2nd, close to jazz 1st, open jazz 2nd.
4	Step, Right leg across in front.	Arms held by sides.
5–8	Into 4 gallops to the Left.	Natural swing.
1–8	2 jazz squares leading with Right foot.	
1–4	4 jumps in parallel 1st.	
5–8	4 jumps in parallel 2nd.	
1–4	4 jumps in parallel 1st.	
5–8	4 jumps in parallel 1st, taking quarter turns to Right.	
1, 2	Step into parallel 2nd, Right, Left.	
3, 4		Arms push into jazz 4th, fingers splayed.
5–8	Hold.	
	<i>Be prepared to demonstrate the exercise on both sides.</i>	

ENTRY LEVEL

DEBUT

A THE WARM UP

The Warm Up is free choice but must contain a minimum of:

- Jumps in parallel 1st and 2nd
- Step turn step ending on a jump or dig with arm sequence

B LIMBERING AND MOBILISING

Preparation: Sitting on the floor, CS facing front. Lifting out of the hips, legs extended in front, feet pointed. Arms held in a low V, fingertips touching the floor

Counts	Choreography	Arms
4 bars	Introduction – wait.	Low V, fingertips on floor.
1–4	Slowly flex Right foot.	
5–8	Ripple through foot Back to pointed.	
1–8	Repeat with Left foot.	
4 bars	Repeat again with Right and Left foot.	
1–4		Lift to high parallel, palms facing.
5–8	Forward stretch.	In line with body.
1–8	Hold stretch.	
1–4	Draw knees into chest, rounding spine, feet flat on floor.	Wrap around the legs.
5–8	Come to sitting, pulling legs in, soles of the feet together creating a diamond shape.	Hold ankles, elbows press knees.
1–8	Forward stretch.	Press elbows further.
1–4	Draw knees into chest.	
5–8	Come to sitting, legs to 2nd position.	Low V, fingertips touching floor.
1–8	Forward stretch.	Overhead, follow the line of the body.
1–4	Draw knees into chest.	Wrap around legs.
5–8	Return to opening position.	Low V, fingertips touching floor.

ENTRY LEVEL**DEBUT****C FLOOR STRENGTHENING**

Preparation: Lay on back facing Right side. Hips and legs turned out. Legs are extended, feet pointed.

Counts	Choreography	Arms
4 bars	Introduction – wait.	Arms in low V.
1, 2	Flex Right knee in parallel, bring to chest.	
3, 4	Extend Right leg upwards – aim for 90 degrees.	
5–8	Slowly lower leg turning out from the hip.	
1–8	Repeat on same side.	
4 bar	Repeat on the Left side twice.	
1–4	Turn body to lying on Right side, Right knee slightly flexed, Left leg extended.	Right arm straight, in line with body, Left palm resting on floor in front of chest.
5–8	Hold.	
1, 2	Flex Left knee in parallel, in to chest.	
3, 4	Extend Left leg upwards turning out from the hip – aim for 90 degrees.	
5–8	Slowly lower leg.	
1–8	Repeat on the same side.	
1–4	Roll to lay on back.	Low V by sides.
5–8	Roll to lay on Left side, Left knee slightly flexed, Right leg extended (as per Right side).	Left arm straight, in line with body, Right palm resting on floor in front of chest (as per Right side).
4 bars	Repeat leg extensions on the Right twice.	
1–4	Come up to sitting, facing front.	Use Right hand and arm to push body off floor.
5–8	Face side, knees to chest, feet flat on floor.	Wrap around legs.
1–4	Using abdominals, contract, rounding the spine.	
5–8	Release contraction.	
1–8	Repeat contraction again and continue to roll down to the floor to lie on back, extend legs.	Release and come to rest in low V at sides on floor.

ENTRY LEVEL

DEBUT

D ISOLATIONS

Preparation: Stand parallel 2nd, CS facing front, arms held by sides

Counts	Choreography	Arms	
1-4	Introduction – wait.		
5-8		Lift to jazz 5th, palms facing front, fingers splayed.	
1, 2		Right arm drops by side.	
2, 3		Repeat Left.	
4, 5		Right wrist rotates into finger click.	
7, 8		Repeat Left.	
1, 2		Isolate Right knee forced arch, recover.	Arms held by sides.
3, 4		Repeat to Left.	
5-8	Repeat Right and Left again.		
1, 2	Single shoulder shrug Right, replace.		
3, 4	Repeat Left.		
5, 6	Double shoulder shrug Right, replace.		
7, 8	Repeat Left.		
1	Head isolation to Right.		
2	Return to Centre.		
3	Repeat to Left.		
4	Return to Centre.		
5-8	Head circle starting from Right.		
1, 2	Backwards shoulder roll on the Right.		
3, 4	Repeat Left.		
5-8	Backwards should roll with both shoulders with a plié in the knees.		
	Hold.		

ENTRY LEVEL

DEBUT

E PREPARATION FOR PIROUÉTTE AT THE BARRE Preparation: Stand parallel facing the barre

Counts	Choreography	Arms	
1-4	Introduction – wait.	Place hands on barre.	
5-8			
1, 2	Slide Right foot to jazz 4th.		
3, 4	Bring Right foot to retiré, supporting foot flat.		
5, 6	Hold.		
7, 8	Return to parallel 1st.		
1-8	Repeat on Left side.		
4 bars	Repeat on Right and Left side on relevé in retiré position.		
1-4	Hold.		Arms down from the barre.

ENTRY LEVEL

DEBUT

F ELEVATION AND TRAVEL – DANCE COMBINATION

Preparation: Stand USC, facing DSC, in parallel 1st, arms held by sides

Counts	Choreography	Arms
1–4	Introduction – wait.	
1	Cross step Right over Left.	On hips.
2	Tap Left to side.	
3, 4	Repeat other side.	
5–7	3 gallops to the Right.	Natural swing.
8	Transfer weight over Right, Left with plié and stretch, Left foot point to side on floor.	To jazz 5th, palms front, fingers splayed.
1–3	Repeat gallops to Left, transfer weight over Left leg with plié and stretch.	Natural swing.
4		To parallel 5th, palms front, fingers splayed.
5	Recover to 2nd parallel.	Arms held by sides.
6		
7	Jump feet together.	Free.
8	Tuck-jump to parallel 2nd.	
1–4	Backwards shoulder roll with plié, recover.	
5–8	<i>To DSR:</i> 4 runs off to allow for further candidates to perform. <i>or:</i> <i>To USL:</i> 4 runs in own circle turning over Left shoulder to starting position to repeat on other side.	

LEVEL 1

GRADE 1

A THE WARM UP

The Warm Up is free choice but must contain a minimum of:

- Knee bounces in parallel 1st and 2 building into jumps in parallel 1st and 2nd with arm sequence
- Step turn step ending on a jump or dig with arm sequence (open 2nd, close 1st, open 2nd, place side)

B LIMBERING AND MOBILISING

Preparation: Stand parallel 2nd, CS face front, arms held by sides.

Counts	Choreography	Arms
1-4	Introduction – wait.	
5-8		Slowly lift up to jazz 2nd, palms down.
1-6	Side bend to Right.	Left reaches over to the Right.
7,8	Recover.	Recover to jazz 2nd.
1-8	Repeat side bend to Left and recover.	
1, 2	Lift focus.	Reach to jazz 5th.
3, 4	Release upper body.	Pull elbows down in front in parallel .
5, 6	Roll down through body to floor.	
7, 8	Straighten legs.	Palm of hands to floor.
1-4	Gently pulse .	Reach through legs.
5, 6	Bend knees and recover through a flat back.	Jazz 2nd, palms down.
7, 8	Recover to standing.	
8 bars	Repeat all on Left side.	

LEVEL 1**GRADE 1****C FLOOR STRENGTHENING**

Preparation: Lay on back facing SR, abdominals engaged. Hips and legs turned out. Legs extended, feet pointed, arms resting in low V.

Counts	Choreography	Arms
1-8	Introduction - wait.	
1-4	Slowly lift Right leg aiming for 90 degrees.	
5	Lower leg.	
6	Rebound leg.	
7,8	Slowly lower leg to floor.	
1-8	Repeat on Left leg.	
4 bars	Repeat on Right and Left.	
1-4	Right knee to chest.	Hold lower leg or ankle.
5-8	Extend leg to hamstring stretch.	Remain in position to aid stretch.
1-4	Hold stretch.	
5-8	Release stretch and slowly lower leg to floor.	Release hands, arms back to low V on floor.
4 bars	Repeat stretch on Left leg.	
8 bars	Repeat on Right and Left leg again.	
1,2		Slide along floor to jazz 5th.
3,4	Roll onto front.	
5,6		Slide along floor to sides, palms up.
7,8	Hold.	
1,2	Back lift.	
3,4	Release.	
5,6	Back lift.	
7,8	Release.	
1-8	Repeat 2 back lifts.	
1,2		Slide along floor to press-up position.
3,4	Move into spine stretch, bottom resting on heels.	
5-8	Hold stretch.	

LEVEL 1**GRADE 1****D ISOLATIONS**

Preparation: Stand parallel 1st, CF facing front with arms in jazz 1st.

Counts	Choreography	Arms
5-8	Introduction - wait.	
1-8	Introduction - wait.	
1, 2	Step Right, Left to parallel 2nd.	
3		Reach up to jazz 5th, palms facing front.
4		Reach open to jazz 2nd, palms facing down.
5, 6	Rib isolation to the Right, return Centre.	Remain in jazz 2nd.
7, 8	Repeat ribs to Left.	
1-4	Rib isolation Right and Left	
5-8	Head rotation.	Drop to by sides.
1, 2		Backwards shoulder roll Right.
3, 4		Repeat Left.
5	Isolate Right knee, tilt head to Right.	Lift Right shoulder.
6	Recover.	Repeat Left.
7, 8	Repeat Left.	Return Centre.
1-4	Rib isolation in square Right, back, Left and front.	Remain by sides.
5-7	Recover to opening position.	
8	Hold.	
8 bars	Repeat all on other side.	
	<i>Be prepared to demonstrate the exercise on both sides.</i>	

LEVEL 1

GRADE 1

E PREPARATION FOR PIROUÉTTE AT THE BARRE

Preparation: Stand parallel 1st, sideways to the barre, Left arm placed on barre, arms held by sides.

Counts	Choreography	Arms
1-6	Introduction – wait.	Place Left hand on barre.
7-8		
1-8	Introduction – wait.	
1, 2	Slide Right foot to jazz 4th position.	Right prepare in front, jazz 3rd.
3, 4	Bring Right to retiré, on relevé.	Right to jazz 1st.
5, 6	Hold.	
7, 8	Return to parallel 1st.	
6 bars	Repeat three more times turning to face the other side on counts 7, 8 of the final repetition.	
8 bars	Repeat all on other side.	

Be prepared to demonstrate the exercise on both sides.

LEVEL 1**GRADE 1****F GIRL'S ARM SEQUENCE**

Preparation: Kneeling down, USC, facing front. Arms held by sides, fingers tips touching floor.

Counts	Choreography	Arms
1-6	Introduction - wait.	
1-3	Head follows arm.	Circle Right backwards.
4-6	Repeat on Left.	Repeat Left.
1-3	Rise to kneeling up position, focus high, towards arms.	Both lift to jazz 5th.
4-6	Seated roll to Right, stand up on Right, Left facing DSR.	Come to side.
1-3	Free run to DSR, finishing in parallel 1st .	Free.
4-6	Focus rises with arms.	Lift through jazz 2nd position to open jazz 5th, palms down.
1-3	Follow arm.	Softly lower Right inverting elbow, palm up.
4-6	Repeat Left. Hold. <i>Be prepared to demonstrate the exercise on both sides.</i>	Repeat Left.

F BOY'S ARM SEQUENCE

Preparation: Kneeling down, USC, facing front. Arms held by sides, fingertips touching floor.

Counts	Choreography	Arms
1-6	Introduction - wait.	
1-3	Head follows arm.	Circle Right backwards.
4-6	Repeat on Left.	Repeat Left.
1-3	Rise to kneeling up position, focus high, towards arms.	Both rise up to jazz 5th.
4-6	Seated roll to Right, stand up on Right, Left facing DSR.	Come to side.
1-3	3 walks to DSR.	Free.
4-6	Join feet together as focus rises with arms	Lift through jazz 2nd position to open jazz 5th, palms down.
1-3	Follow arm.	Softly lower Right, invert elbow, palm up.
4-6	Repeat Left. Hold. <i>Be prepared to demonstrate the exercise on both sides.</i>	Repeat Left.

LEVEL 1**GRADE 1**
G ELEVATION AND TRAVEL – DANCE COMBINATION
 Preparation: Stand USR, facing DSL, in parallel 1st, arms held by sides.

Counts	Choreography	Arms
1–8	Introduction - wait.	
1&	<i>Travelling to DSL:</i> Step hop on Left, Right to retiré, turn body to knee.	Swing to opposition.
2&	Land and step forwards on Left.	
3, 4	Repeat step, hop, step on same side.	
5, 6	Left leg gallop.	Swing to jazz 3rd.
7, 8	Right leg gallop.	Swing to jazz 3rd.
1–4	<i>On spot:</i> 4 free runs, commencing on Left in own circle turning over Left shoulder to end facing front.	Free arms.
5, 6	<i>Towards SL:</i> Step Left and hop, bring Right to retiré.	
7, 8	<i>Towards SR:</i> Repeat other side.	
1–4	<i>Travelling to SL:</i> 4 gallops to Left.	
&	Hop, Right to retiré and half turn to face back.	
5–8	4 gallops to Right, facing back.	
1, 2	<i>Travelling to SR:</i> Step turn.	Jazz 2nd and to jazz 1st.
3	<i>On spot:</i> Step to parallel 2nd.	Jazz 2nd, palms down.
4	Hold.	
5, 6	Slow twist body to look over Left shoulder.	Low V.
7	Bend knees.	
8	Hold.	
1, 2	2 jumps in parallel 1st.	Swing.
3	Jump parallel 2nd.	
4	Jump parallel 1st.	
5–8	<i>To DSR:</i> 4 runs off to allow for further candidates to perform. or: <i>To USL:</i> 4 runs in own circle turning over Left shoulder to starting position to repeat on other side. <i>Be prepared to demonstrate the exercise on both sides.</i>	Free.

LEVEL 1

GRADE 2

A THE WARM UP
The Warm Up is free choice but must contain a minimum of:

- Whole body swings in parallel 1st with easy knee bounces, arms circling
- Preliminary stretches

LEVEL 1**GRADE 2****B LIMBERING AND MOBILISING**

Preparation: Sitting on the floor, CS facing front, soles of the feet together to form a diamond, hands holding ankles.

Counts	Choreography	Arms
1-8	Introduction - wait.	
1-6	Rounding the spine, stretch forward over legs.	Hold ankles.
7,8	Recover.	
1-6	Repeat stretch with a flat back.	Use elbows to press knees flat to floor.
7	Recover bringing knees together, feet on floor.	Hold knees.
8	Extend legs forwards along floor to parallel.	Down.
1-6	Rounding spine, stretch forward over legs.	Come to rest on lower leg.
7,8	Recover.	
1-6	Repeat stretch with flat back.	
7	Recover and knees to chest, feet on floor.	Hold knees.
8	Extend legs along floor to 2nd.	Jazz 2nd, palms down.
1-6	Side bend to Left.	Left arm extends to Right side, Right arm reaches over to Left.
7	Rotate round to Centre.	Jazz 2nd palms down.
8	Recover.	
1-8	Repeat side bend and recover to Right.	
1-6	Rounding the spine, stretch forwards.	Hands rest on floor.
7,8	Recover.	Arms to jazz 2nd, palms down.
1-6	Repeat stretch with a flat back.	Stay jazz 2nd.
7,8	Release stretch and recover through spine.	Sweep and back to jazz 2nd.
1,2	Flex both feet.	
3,4	Bring legs together to parallel in front.	
5,6	Draw legs in with soles of the feet together to form a diamond.	Hands hold ankles.
7,8	Hold.	

LEVEL 1**GRADE 2****C FLOOR STRENGTHENING**

Preparation: Lay on back, CS facing SR, knees bent with feet flat on the floor. Arms rest on the floor in 2nd position with palms down.

Counts	Choreography	Arms
4 bars	Introduction - wait.	
1-4	Curl up off the floor to sitting position.	Slowly lift to jazz 5th.
5-8	Curving through the spine, roll back down to the floor.	Reverse to starting position.
6 bars	Repeat 3 more times.	
1, 2	Extend both legs along floor until straight.	
3, 4	Lift into coccyx balance.	Low jazz 2nd.
5, 6	Recover - return to lying down.	Recover.
7, 8	Bring knees back in, feet on floor.	
1-4	Draw Right knee to chest.	Right hand holds thigh, Left hand holds lower leg or ankle.
5-8	Extend to hamstring stretch.	
1-4	Hold stretch.	
5-8	Recover.	Release to jazz 2nd.
4 bars	Repeat stretch on Left leg.	
1, 2	Extend both legs along the floor until straight.	
3-8	3 front kicks on Right leg.	Arms remain in jazz 2nd.
1-6	3 front kicks on Left leg.	
7, 8	Draw legs back in, knees bent, feet on floor.	

LEVEL 1**GRADE 2****D ISOLATIONS**

Preparation: Stand parallel 1st, USC, facing front, arms held by sides.

Counts	Choreography	Arms
1-8	Introduction - wait.	
1-4	Take 4 walks forward - Left first.	Arms swing, opposition.
5-6	Step to parallel 2nd, Left, Right.	
7-8	Rib isolation Right and recover.	
1, 2	Hip rotation Left, treading through Left foot.	Roll Left wrist and click.
3, 4	Repeat Right.	Repeat Right.
5, 6	Isolate Right knee, transfer weight to Left. Tilt head to Left.	Arms held by sides.
7	Extend Right knee, return to parallel 2nd, hips Centre.	
8	Head isolation to Left and recover.	
1-4	Rib circle (smooth) to Right.	
5-6	Backwards shoulder roll - Left.	
7, 8	Repeat Right.	
1-4	Head rotation to Right.	
5	Close the Right leg to Left, knee bent to bevelle position.	
6	Switch leg.	
7		Cross over chest, fingertips touch shoulders.
8		Reach jazz 5th, focus high.
	<i>Be prepared to demonstrate the exercise on both sides.</i>	Repeat the exercise on the other side.

E PREPARATION FOR PIROUÉTTE AT THE BARRE

Free Arrangement choreographed by the teacher.

Preparation exercise to build strength and accuracy sideways to the barre, to include:

- Sideways to the barre
- Use of jazz 4th, relevé and retiré
- Single pirouette at the barre

Be prepared to demonstrate the exercise on both sides.

LEVEL 1

GRADE 2

F PREPARATION FOR LEG TILT AT THE BARRE

Preparation: Stand facing the barre, 1st position, turned out, arms held by sides.

Counts	Choreography	Arms
1-4	Introduction - wait.	
5-8	Introduction.	Place hands on barre.
1, 2	Tendu Right foot to 2nd.	
3, 4	Flex the Right foot.	
5, 6	Extend to fully stretched point.	
7, 8	Close Right foot in turned out 1st.	
1-8	Repeat in Left.	
1, 2 *	Tendu Right foot to 2nd.	
3, 4	Lift Right leg straight (aiming for 90 degrees) .	
5, 6	Lower Right leg.	
7, 8	Close Right foot in 1st position, turned out.	
1-8	Repeat Left side.	
8 bars	Repeat all.	
	Hold.	Arms down from barre.

LEVEL 1

GRADE 2

G GIRL'S ARM SEQUENCE
Preparation: Stand parallel 1st, USC, arms held by sides.

Counts	Choreography	Arms
1-8	Introduction - wait.	
1-4	Head follows arm.	Right lifts to high V.
5-8	Repeat on Left.	
1, 2	Release body over legs and bend knees.	Sweep down.
3, 4	Recover.	Sweep to high V, palms down.
5-8	Runs forwards end parallel 1st.	Release to by sides.
1-3	Step-turn-step to Right.	Soft, by sides.
4	Lunge onto Right, body to DSR, focus to hands.	High V, palms down.
5-8	Repeat to Left.	
1, 2	Close the Right leg to stand parallel 1st facing DSL.	Remain in high V.
3-5	Eye-line follows hand.	Lower Right to by side.
6-8	Repeat Left.	
1-8	Free run over Left shoulder to return to opening position. <i>Be prepared to demonstrate the exercise on both sides.</i>	Return to opening position.

LEVEL 1**GRADE 2****G BOY'S ARM SEQUENCE**

Preparation: Stand parallel 1st, USC, arms held by sides.

Counts	Choreography	Arms
	No Introduction - straight in.	
1-4	Head follows arm.	Right lifts to high V.
5-8	Repeat on Left.	
1, 2	Release body over legs and bend knees.	Sweep down.
3, 4	Recover.	Sweep to high V, palms down.
5-8	Runs forwards end parallel 1st.	Release to by sides.
1-3	Step-turn-step to Right.	Soft, by sides.
4	Lunge onto Right, body to DSR, focus to hands.	High V, palms down.
5-8	Repeat to Left.	
1, 2	Close the Right leg to stand parallel 1st facing DSL.	Remain in high V.
2-5	Eye-line follows hand.	Lower Right to by side.
6-8	Repeat Left.	
1-8	Free run over Left shoulder to return to opening position.	Return to opening position.
	<i>Be prepared to demonstrate the exercise on both sides.</i>	

LEVEL 1**GRADE 2****H ELEVATION AND TRAVEL – DANCE COMBINATION**

Preparation: Stand USC, facing front, weight on Left, turned out, Right tucked behind Left, both knees flexed. Left arm is held 2nd, palm front, fingers splayed. Right arm is held behind the head, flexed at the elbow, with Right hand visible, next to Left ear, palm front, fingers splayed.

Counts	Choreography	Arms
1–8	Introduction - wait.	
1	<i>On Spot:</i> Step Right to 2nd position, parallel.	Right opens, so in jazz 2nd position, palms down.
2		Both drop to by sides.
3		Backwards shoulder roll.
4	High release and ripple through body.	
5, 6	Continue ripple until body over legs.	Hands rest on floor.
7	Extend both legs, keep body stretched over.	Extend, reaching to the floor.
8	Recover to standing.	Jazz 5th, palms facing.
1, 2	Press through Left foot.	Left drops, circling inwards, coming to the Left side in low jazz 2nd.
3, 4	<i>Travelling to SL:</i> Repeat other side.	
5+6	Pas de bourrée stepping Left.	Jazz 1st and open to opposition .
7+8	Repeat Right.	
1, 2	Relevé on Right leg, Left retirés to knee.	Jazz 1st.
3, 4	Step to side on Left.	Low V, palms back, fingers splayed.
5–7	Step- turn- step to Right, with Left leg drag.	Open jazz 2nd, close first and into opposition.
8	Hold.	
8&1	<i>On Spot:</i> Left leg ball change.	Free.
2	Left leg side kick .	Jazz 4th.
3	Left leg land.	Hold.
4	Transfer weight to lunge on Left.	Hold.
8&5, 6–8	Repeat on Right.	
1–8	<i>Travelling to USR, facing DSL:</i> 8 runs run, starting on Left.	Swing in opposition.

LEVEL 1

GRADE 2

H ELEVATION AND TRAVEL – DANCE COMBINATION (CONTINUED)

Counts	Choreography	Arms
1&2	Gallop on Left leg.	
3,4	Step Right, Left leg leap.	Jazz 1st to jazz 3rd.
5,6	<i>To SR:</i> Step turn to Right.	Open jazz 2nd, close jazz 1st.
7	Step Right to 2nd.	Jazz 2nd, palms front.
8	Tuck Left behind, both knees flexed (start position, alternate legs). <i>Be prepared to demonstrate the exercise on both sides.</i>	Right in jazz 2nd, Left tucks behind head (opening position, alternate arms).

LEVEL 1**GRADE 3****A THE WARM UP**

The Warm Up is free choice but must contain a minimum of:

- Travelling steps with change of direction
- High release recovering through forward stretch position

B LIMBERING AND MOBILISING

Preparation: Stand parallel 2nd, USC facing front, arms held by sides.

Counts	Choreography	Arms
5-8	Introduction.	Lift slowly through jazz 2nd to jazz 5th.
1-6	Standing side bend Right and hold.	Maintain.
7,8	Turn body to forward stretch to Right.	Maintain.
1-6	Hold Stretch.	
7,8	Release body over Right leg.	Hands hold ankle or lower leg.
1-6	Hold stretch.	
7	Move to Centre.	Hands rest on floor.
8	Recover to standing.	Jazz 5th , palms facing.
6 bars	Repeat all stretches on Left side.	
1, 2	Plié 2nd, turnout.	Jazz 2nd, palms down.
3, 4	Unfold to forward stretch, remain in plié.	Reach forward, parallel 5th, palms facing.
5, 6	Extend legs.	
7, 8	Recover to standing through forward stretch.	Jazz 5th, palms facing.
1-8	Repeat plié and forward stretch.	
1-4	Maintain.	Shake hands, moving from high to low ending by side.
5-8	Plié, stretch.	Backwards shoulder roll.

Continued over >

LEVEL 1**GRADE 3****C FLOOR STRENGTHENING**

Preparation: Lying on floor, sideways on, legs extended, feet pointed with arms held by sides.

Counts	Choreography	Arms
4 bars	Introduction - wait.	
1	Come to sitting in coccyx balance, legs off floor and bent knees.	Lift to counter balance in parallel middle.
2-4	Hold.	
5-8	Recover to lying, curling through spine.	Recover to by sides on floor.
1-8	Repeat coccyx balance and release.	
1-8	Repeat but in jack-knife position (straight legs).	Counter balance wide V.
1-8	Repeat jack-knife and release.	
1-4	Draw Right knee towards chest.	Right hand holds thigh, Left hand holds instep.
5-8	Extend Right knee and leg to full hamstring stretch.	Hand stay to increase stretch.
1-4	Hold stretch .	
5-8	Lower to floor - straight leg.	Recover to by sides on floor.
4 bars	Repeat stretch on Left.	
1-6	3 front kicks on Right leg.	Low V on floor, at sides.
7,8	Roll onto Right side.	Right extended along floor, head resting on it, Left resting on floor in front of chest.
1-6	3 side kicks on Left leg.	
7,8	Roll to return to lying on back.	Low V on floor, at sides.
1-8	Repeat front kicks and roll on Left.	
1-8	Repeat side kids and roll on Right.	
	Hold.	

LEVEL 1**GRADE 3****D ISOLATIONS**

Preparation: Stand parallel 2nd, CS facing front, arms held by sides.

Counts	Choreography	Arms
1-8	Introduction - wait.	
1	Rib isolation Right.	
2	Rib isolation Left.	
3, 4	Rib rotation to Right (smooth).	
5, 6	Hip rotation Right, Right leg.	Left hand reaches jazz 5th, palms front, fingers splayed.
7	Step Left to side, drag Right.	Left down to floor between legs.
8	Hold.	
1		Right unfolds to jazz 2nd, palm front, fingers splayed.
&2	Head isolation Right, back to Centre.	
3, 4	Hold.	
5, 6	Ball-change Right behind.	Release.
7, 8	Right leg side kick, and land.	Jazz 4th, Left high, lower.
1+2	Pas de bourrée on Left.	Jazz 1st, jazz 3rd.
3+4	Pas de bourrée on Right.	
5, 6	Left leg steps into hip rotation on Left.	Backwards shoulder roll on Left.
7, 8	Repeat on Right.	
1, 2	In parallel 2nd, plié in both knees, ripple body forward over legs.	Swing down to floor.
3, 4	Roll up.	Swing up back to jazz 2nd.
5	Isolate Right knee, inverted position, head isolation to Right.	Arms held by sides.
6	Recover.	
7	Isolate Left knee, inverted position, head isolation to Right.	
8	<i>Be prepared to demonstrate the exercise on both sides.</i>	

LEVEL 1**GRADE 3****E PIROUÉTTE****Free Arrangement.**

Pirouette exercise in the centre, to include:

- Use of jazz 4th, relevé and retiré
- Single pirouette

Be prepared to demonstrate the exercise on both sides.

F PREPARATION FOR A LEG TILT AT THE BARRE
 Preparation: Stand in 1st position, turned out facing the barre with hands placed on barre.

Counts	Choreography	Arms
4 bars	Introduction - wait.	Place hands on barre.
1, 2	Tendu the Right foot to 2nd.	
3, 4	Lift the Right leg straight, aiming for 90 degrees.	
5, 6	Lower and prepare.	
7, 8, 1, 2, 3, 4, 5, 6	Repeat lift and lower twice more.	
7, 8	Close Right foot to 1st.	
4 bars	Repeat on Left leg.	
1, 2	Tendu Right foot 2nd.	
3, 4	Bring the Right knee to retiré.	
5, 6	Adjust weight placement (to prepare for leg extension).	
7, 8	Extend the Right leg into tilt position.	
1-4	Hold.	
5, 6	Lower Right leg to tendu 2nd.	
7, 8	Close Right leg to 1st position.	
4 bars	Repeat leg tilt on the Left side.	

LEVEL 1**GRADE 3****G GIRL'S ARM SEQUENCE**

Preparation: Stand in preparatory, Right foot behind, CS facing front, arms held by sides.

Counts	Choreography	Arms
1-8	Introduction - wait.	
1-4	Right leg steps out to a sideways lunge.	Right circles backwards.
5-8	Right leg rebounds to close parallel 1st coming to face DSL, eye-line low.	Right wraps around body.
1-4	Small plié and extend legs, soft ripple in body to high release, raise eye-line.	Both circle across body, up and open through jazz 5th.
5-8	Free run over Left shoulder, end standing parallel 1st, facing front.	Held slightly behind the body in low V.
4 bars	Repeat sequence on other side.	
1-3	Open ball-change on Left.	Left glides across chest and opens in front.
4-6	Repeat Right.	Repeat Right.
7	Step Right across.	Free.
8	Step Left and drag (face DSL).	
1-3, 4	Step-turn-step Right, hold.	Arms open jazz 2nd , close jazz 1st to come to a low jazz 3rd , palms down.
5-7, 8	Repeat to Left.	Repeat on Left.
1-4	Free run towards DSR, end parallel 1st, eye-line lifted.	Soft by sides.
5, 6, 7, 8		Wrap Left, then Right around shoulders.
1-4	Small plié and extend legs, soft ripple of body into a high release.	Arms circle across and open up through jazz 5th.
5-8	Hold.	
	<i>Be prepared to demonstrate the exercise on both sides.</i>	

LEVEL 1**GRADE 3****G BOY'S ARM SEQUENCE**

Preparation: Stand in preparatory, Right foot behind, CS facing front, arms held by sides.

Counts	Choreography	Arms
1-8	Introduction - wait.	
1-4	Right leg steps out to a sideways lunge.	Right circles backwards.
5-8	Right leg rebounds to close parallel 1st coming to face DSL, eye-line low.	Right wraps around body.
1-4	Small plié and extend legs, soft ripple in body to high release, raise eye-line.	Both circle across body, up and open through jazz 5th.
5-8	Free run over Left shoulder, end standing parallel 1st, facing front.	Held slightly behind the body in low V.
4 bars	Repeat sequence on other side.	
1-3	Open ball-change on Left.	Left glides across chest and opens in front.
4-6	Repeat Right.	Repeat Right.
7	Step Right across.	Free.
8	Step Left and drag (face DSL).	
1-3, 4	Step-turn-step Right, hold.	Arms open jazz 2nd , close jazz 1st to come to a low jazz 3rd , palms down.
5-7, 8	Repeat to Left.	Repeat on Left.
1-4	Free run towards DSR, end parallel 1st, eye-line lifted.	Soft by sides.
5, 6, 7, 8		Wrap Left, then Right around shoulders.
1-4	Small plié and extend legs, soft ripple of body into a high release.	Arms circle across and open up through jazz 5th.
5-8	Hold.	
	<i>Be prepared to demonstrate the exercise on both sides.</i>	

LEVEL 1**GRADE 3****H ELEVATION AND TRAVEL – DANCE COMBINATION**
Preparation: Stand USL, facing DSR, in parallel 1st, arms held by sides

Counts	Choreography	Arms
1–8		
1–8	<i>Travel on diagonal to CS:</i> Spring ball change to Left, Right, Left, Right.	Opposition.
1–4	<i>Travel to USR:</i> Step–turn–step Right, with Left leg drag.	Jazz 2nd, close jazz 1st, down in opposition.
5, 6	Step Left back, join Right.	Jazz 2nd, palms down.
7, 8	<i>In Centre, face front:</i> Step Left forward, front kick Right.	
8	Right leg lowers.	
1, 2	<i>Travelling to SR:</i> Double hop on Left leg, Right in retiré.	Jazz 1st.
3, 4	Step on Right leg and drag, hold.	Diagonal line, Right high.
5–8	Repeat hops and drag with half turn to face back on first hop.	Jazz 1st to diagonal, Left high.
1–3	<i>To end facing DSR:</i> Pas de bourrée, turning over Right shoulder to jazz 4th.	Free, end in opposition.
5, 6	Single pirouette Left.	Jazz 1st.
6, 7	Recover to parallel 1st.	Arms held by sides.
1–4	<i>Circling to Right to end facing DSL:</i> Double circular spring Right.	Left held jazz 2nd, Right circling above head.
5, 6, 7, 8	<i>Travel to DSL:</i> Gallop Right, Left.	Opposition.
1	Step Right forward.	Jazz 1st.
2	Left leg forward leap.	Opposition.
3, 4	<i>On spot:</i> Left leg lands, recover joining Right to parallel 1st.	Come to by side.
5–8	Hold.	Left rises to high V.
1–4	Hold.	Repeat Right.
5, 6, 7, 8	<i>To USR:</i> 2 walks backwards, Left, Right, along a diagonal.	Left lowers with Left leg, Right with Right leg.

Continued >

LEVEL 1

GRADE 3

H ELEVATION AND TRAVEL – DANCE COMBINATION (CONTINUED)

Counts	Choreography	Arms
8&1	Step back on Left, bringing Right foot in back to jazz 4th position.	Opposition.
2	Hold.	
3, 4	<i>On spot:</i> Pas de bourrée, turning over Right shoulder to face USR.	Jazz 1st, opposition.
5-8	<i>To USR:</i> 4 runs, Left first to end facing DSL in parallel 1st. Hold. <i>Be prepared to demonstrate the exercise on both sides.</i>	Natural swing.

LEVEL 2

GRADE 4

A THE WARM UP

The Warm Up is free choice but must contain a minimum of:

- Variety of preliminary stretches including forward stretch
- Full plié in 2nd position

B LIMBERING AND MOBILISING

Preparation: Stand turned out 2nd, CS facing front with arms held by sides.

Counts	Choreography	Arms
1-8	Introduction – wait.	
1-4	Plié 2nd.	Slowly lift to jazz 2nd, palms down.
5-8	Recover and extend knees to standing straight.	Continue rising up to jazz 5th, palms facing.
1-8	Repeat plié in 2nd, stretch.	Slowly lower down to jazz 2nd and lift back up to jazz 5th.
1-4	4 side stretches with a tick-tock action Right, Left, Right, Left.	Maintain jazz 5th.
5	Forward stretch to DL.	
6	Rotate round to forward stretch.	
7,8	Plié to release stretch, unfold through spine.	Hands come to rest on floor.
	<i>Repeat exercise from the beginning on Left side.</i>	Come by side.

LEVEL 2**GRADE 4****C FLOOR STRENGTHENING**

Preparation: Start sitting on floor facing SR, knees are flexed and drawn in, feet flat on floor, arms held in jazz 5th position.

Counts	Choreography	Arms
5-8	Introduction – wait.	
1-4	Roll down through spine to the floor.	Lower to parallel middle and open to jazz 2nd to rest on floor.
5-8	Roll back up to starting position.	Lift to parallel middle and lift to jazz 5th.
1-8	Repeat.	
1-4	Roll down through the spine to floor.	Lower to parallel middle and open to jazz 2nd to rest on floor.
5-8	Come up to Jack Knife position and hold.	Counter balance in low V.
1-8	Repeat.	Repeat.
1-4	Release and roll through the spine to floor.	Lower to parallel middle and open to jazz 2nd to rest on floor.
5-8 *	Front kick Right and Left.	Low V on floor.
1-4	Front kick Right, catch and hold.	Aid stretch.
5-8	Slowly lower the Right leg.	
1, 2	Roll onto the Right side.	Right on floor, Left in front of chest, resting on floor.
3, 4	Side kick Left.	
5-8	Roll back to lying position.	
6 bars	Repeat from front kicks. *	Repeat as before.
1-4	Curl up to sitting position, legs straight.	Up to jazz 5th.
5-8	Release the body forwards and stretch over legs.	Rest on ankles.
1, 2	Come up from stretch and draw knees in to chest.	Wrap round legs.
3, 4	Drop knees to Left, roll and come up to kneeling facing SL.	
5-8	Into back bend.	Right circles (forward, up, back) fingertips touching the floor, Left continues the diagonal line.

LEVEL 2

GRADE 4

D ISOLATIONS

Preparation: Stand parallel CS 2nd facing front, arms held by sides.

Counts	Choreography	Arms
1-8	Introduction – wait.	
1, 2	Body ripple transferring weight onto Right hip.	Arms held by sides.
3, 4	Left foot, ball change, step.	
5	Jump feet together, body over , knees bent.	Wrap body.
6	Hold.	
7, 8	Open stepping Left foot forwards, with a hip roll Left.	Splayed hand, wrists roll.
1	Close Right leg to stand parallel 1st.	
&2	Head isolation, down, up.	
3		Hands cross to touch the opposite shoulder.
&		Hands uncross to touch corresponding shoulder.
4		Arms come by sides.
5	Step forward on Left leg.	Low V, palms splayed to back.
6	Hold.	
7, 8	Step to side on Right foot, with hip roll Right.	Arms held by sides.
1, 2	Rib isolation Left, Right.	
3, 4	Rib rotation starting Right.	
5-8	Repeat rib sequence.	
1, 2	Isolate Right knee, head tilts to Right.	Right shoulder shrug.
3, 4	Repeat Left.	Repeat Left.
5, 6		Shoulder roll on both sides.
7	Close the Right leg, in bevelle position.	
8	Switch legs.	Reach to Jazz 5th, palms splayed to front.
	<i>Be prepared to demonstrate the exercise on both sides.</i>	

LEVEL 2**GRADE 4****E PIROUÉTTE**

Free Arrangement choreographed by the teacher. Pirouette exercise in the centre appropriate for an intermediate dancer, to include:

- Use of Jazz 4th, relevé and retiré
- Single and double pirouette
- Demonstrate on both sides

F PREPARATION FOR LEG TILT AT THE BARRE

Preparation: Stand in turnout 1st position, facing the barre with hands placed on barre.

Counts	Choreography	Arms
1-8	Introduction – wait.	Place hands on barre.
1-4	Tendu Right leg to 2nd.	
5, 6	Lift the leg aiming for 90 degrees or above.	
7	Lower to tendu 2nd.	
8	Lift the leg aiming for 90 degrees or above.	
1-4	Lower to tendu 2nd.	
5-8	Close slowly to 1st position.	
4 bars	Repeat other side.	
1, 2	Tendu Right.	
3, 4	Bring the Right knee to retiré.	
5, 6	Adjust weight placement, bringing Right knee in high, tilting body. (to prepare for leg extension)	
7, 8	Extend the Right leg into tilt position.	Right arm to jazz 5th.
1-4	Hold tilt.	
5, 6	Lower Right leg to tendu 2nd , recover body.	Replace on barre.
7, 8	Close Right leg to 1st position.	
4 bars	Repeat leg tilt on the Left side. <i>Be prepared to demonstrate the exercise on both sides.</i>	Repeat on Left.

LEVEL 2**GRADE 4****G GIRL'S ARM SEQUENCE**

Preparation: Stand parallel 2nd, CS, facing front, arms held by side.

Counts	Choreography	Arms
5-8	Introduction – wait.	
1, 2		Right draws circle around head.
3, 4		Then around front of body, recover to side.
5-7	Isolate Right knee on forced arch, weight transferring into Right leg.	Reach forward, hand splayed and palm down.
8	Extend Right knee, weight transfers back to Centre.	Recover to by side.
1-4	Repeat above knee isolation and weight transference turning the upper body to DSL with slow contraction.	Both reach forward to low V, palms splayed to front.
5	Step onto Right leg and retiré the Left (turned out) adjusting to face front.	Lift to jazz 4th.
6	Step Left across.	Release.
7, 8	Chainé turn to Right.	Open jazz 2nd, close jazz 1st.
1-3	Slow runs to DSR.	Held in low jazz 2nd.
4	End standing in parallel 1st.	Arms held by sides.
5-8	Head follows arm.	Right brushes up along the Left arm and across the chest to fall by Right side.
1-4	Left leg lunge, to USL, turn upper body into the lunge.	Left circles backwards, hand splayed.
5, 6	Travelling on diagonal to USL, step back Right. Head follows arm.	Right lifts to high V.
7, 8	Repeat Left.	Repeat Left.
1-4	Run in own circle turning over Right shoulder to end facing front in parallel 1st.	Cross, circling inwards to by sides.
5-8	Hold.	

LEVEL 2**GRADE 4****G BOY'S ARM SEQUENCE**

Preparation: Stand parallel 2nd, CS, facing front, arms held by side.

Counts	Choreography	Arms
1-8	Introduction – wait.	
1, 2		Right draws circle around head.
3, 4		Then around front of body, recover to side.
5-7	Isolate Right knee on forced arch, weight transferring into Right leg.	Reach forward, hand splayed and palm down.
8	Extend Right knee, weight transfer back to Centre.	Recover to by side.
1-4	Repeat above knee isolation and weight transference turning the upper body to DSL with slow contraction.	Both reach forward to low V, palms splayed to front.
5	Circular spring on to Right.	Raise to jazz 4th.
6	Step Left across.	Release.
7, 8	Chainé turn to Right.	Open jazz 2nd, close jazz 1st.
1-3	Slow runs to DSR.	Held in low jazz 2nd.
4	End standing in parallel 1st.	Arms held by sides.
5-8	Head follows arm.	Right brushes up along the Left arm and across the chest to fall by Right side.
1-4	Left leg lunge, to USL, turn upper body into the lunge.	Left circles backwards, hand splayed.
5, 6	Travelling on diagonal to USL, step back Right. Head follows arm.	Right lifts to high V.
7, 8	Repeat Left.	Repeat Left.
1-4	Run in own circle turning over Right shoulder to end facing front in parallel 1st.	Cross, circling inwards to by sides.
5-8	Hold.	

LEVEL 2**GRADE 4****H ELEVATION AND TRAVEL – DANCE COMBINATION**
Preparation: Stand USR, facing DSL, in parallel 1st, arms held by sides.

Counts	Choreography	Arms
1–8	Introduction – wait	
1, 2	<i>Travelling on diagonal to DSL:</i> Step hop on Left – Right to retiré, twist upper body to front.	Swing to jazz 2nd, palms down.
3, 4	Run Right, Left. Leap on Right.	Arms in opposition.
5, 6 7, 8	Repeat.	
1, 2	<i>On spot:</i> Left leg steps forward to rise on both feet.	Lift to jazz 5th, Left hand clasps the Right wrist, elbow bent.
3, 4	Hold balance.	
5, 6	Small high release, flex knees, focus high.	
7	Extend knees.	
8	Heels down.	
1	<i>Facing SL, travelling US:</i> Circular spring on to Left.	Jazz 4th, Left high.
2	Right leg step across.	Swing round.
3, 4	Left leg gallop, sideways.	Arms held by sides.
5	Step Right across.	
6	<i>Turning to face DSR:</i> Step hop on Left.	Jazz 4th, Right high.
7, 8	Right steps forward, Left closes to parallel 1st.	
1, 2	<i>Travel on diagonal to DSR:</i> Right leg gallop.	Swing opposition.
3	Step Left across.	
4	Side leap Right (hips face DSL).	Jazz 2nd, palms down.
5	Cross Left leg behind.	
6	<i>To face DSR:</i> turning pas de bourrée over Left shoulder into jazz 4th, preparation for pirouette.	Free.
7, 8	Double pirouette Right.	Jazz 1st.
1, 2	Step Right to parallel 2nd, hold.	Arms held by sides.
3, 4	Circular spring to the Right.	Jazz 4th, Right high.
5–8	<i>In own circle to CS:</i> Runs in own circle turning over Right shoulder.	Arms held by sides.

Continued >

LEVEL 2**GRADE 4****H** ELEVATION AND TRAVEL – DANCE COMBINATION (CONTINUED)

Counts	Choreography	Arms
1, 2	<i>On spot:</i> Step Left to side lunge.	Open through jazz 5th.
3–5	<i>To Left:</i> Pas de bourrée Right.	
6	Left side kick.	Jazz 4th, Left high.
7, 8	Lower leg and transfer weight.	Lower.
1, 2	Pas de bourrée turning to Right, end facing front.	Arms held by sides.
3–8	<i>Travel to USL:</i> 6 runs, turning by Left shoulder.	Swing.
1–4	<i>To end in USL, facing DSR:</i> Join feet parallel 1st.	Arms held by sides.
5–8	Hold.	
	<i>Be prepared to demonstrate the exercise on both sides.</i>	

I IMPROVISATION

Candidates will be given an unknown piece of music (provided by the examiner and played by the music operator in the exam).

Candidates have one minute to familiarise themselves with the with the music before the improvisation commences.

Candidates will improvise in **small groups** facing the examiner for approximately **45 seconds**.

The candidate will dance freely, choosing any Jazz moves or Jazz style to perform.

LEVEL 2

GRADE 5

A THE WARM UP

The Warm Up is free choice but must contain a minimum of:

- Accented hop and jumps in 1st and 2nd with fully stretched feet
- High release into preliminary stretches

B LIMBERING AND MOBILISING

Preparation: Stand parallel 2nd, CS facing front with arms held by sides, palms down.

Counts	Choreography	Arms
1-4	Introduction – wait.	
5-8	Introduction – wait.	Lift through jazz 2nd to parallel 5th, palms front.
1, 2	Turn the body to face DSL.	Remain.
3, 4	Lower into forward stretch.	
5-8	Hold.	
1-4	Lower body over Left leg bringing chest to leg.	Hands come to Left ankle. Hands Centre, fingertips to floor.
5, 6	Move round to Centre.	
7, 8	Recover to standing, rolling through spin, using plié.	Lift through jazz 2nd to jazz 5th.
4 bars	Repeat all from beginning.	Repeat arms end by side.
1-4	Slowly lower into forward stretch.	Arms held by sides.
5, 6	Hold.	
7, 8	Hold.	Jazz 5th, palms facing.
1-4	Plié in turned out 2nd.	
5, 6	Release body forward, extending knees.	Hands on floor.
7, 8	Roll up through spine to standing parallel 2nd.	Arms held by sides.
4 bars	Repeat forward stretch and release.	

LEVEL 2**GRADE 5****C FLOOR STRENGTHENING**

Preparation: Sit on floor, facing SR, knees flexed and drawn in, feet flat on floor, arms held in jazz 5th, palms forwards.

Counts	Choreography	Arms
5-8	Introduction – wait.	
1-8	Roll down through spine, keeping upper back just off the floor.	Lower until hands clasp and arms are extended in front.
1-8	Reverse and recover to sitting position.	Reverse to jazz 5th.
1-8	Repeat above in 4 counts .	Repeat.
1, 2	Extend knees until legs straight.	Reach to jazz 5th, palms facing.
3, 4	Forward stretch over legs.	Hands rest on floor by feet.
5-8	Hold stretch.	
1-4	Hold stretch.	
5-8	Recover to sitting, knees to chest, feet flat on the floor.	Hands hold knees.
1-3	Upper back bend.	
4	Recover.	
5-8	Repeat.	
1	Knees drop to the Left side (front).	Left arm supports weight.
2-4	Roll over into press-up position.	Press up position.
5-8	Lower down to come lying on front.	
1-4	Hold.	
5-8	Push body into arch, feet and hands flat on the floor.	
1, 2	Release the Right leg and feed under the Left, towards the back.	Left hand comes of the floor.
3, 4	Release the Left leg, turning the body to end sitting in 2nd position, facing SR.	Lift to jazz 2nd.
5-8	Hold.	
1-8	Circular stretch - over Right leg, in Centre, over Left leg and recover.	Circle with body.
1-8	Repeat in other direction.	Repeat.

Continued >

LEVEL 2

GRADE 5

C FLOOR STRENGTHENING (CONTINUED)

Counts	Choreography	Arms
1, 2	Hug knees into chest, feet flat on foot.	Hold knees.
3, 4	Hold.	
5, 6	Lay on Right side, legs extended.	Right extended along the floor and Left on floor in front of chest.
7, 8	Side kick Left.	
1-4	Repeat kick.	
5, 6	Roll onto back, legs extended.	Arms held by sides.
7, 8	Curl up to sitting.	Lift to jazz 5th, palms facing.

LEVEL 2**GRADE 5****D ISOLATIONS**

Preparation: Stand parallel 2nd, CS facing front, arms held by sides.

Counts	Choreography	Arms
1–8	Introduction – wait.	
1	Isolate and invert Right knee, inverted. Right shoulder isolation, head isolation inclines to Right.	Arms held by sides.
2	Recover.	
3, 4	Repeat other side.	
5–8	Rib isolation in box, Right first.	
1, 2	Pas de bourrée on Left.	
3, 4	Hip rotation Right, stepping out with Right to Right.	Lift through jazz 2nd to jazz 5th open to opposition.
5	Backwards shoulder roll Left.	
6	Transfer weight on to Left, isolate and invert Right knee, forced arch.	Arms held by sides.
7	Hold.	
8	Isolate Right hip up and recover.	
1&	Step Right, step Left across – travelling to SR.	Jazz 1st, invert elbows.
2	Step Right to side in to a lunge.	Jazz 5th.
3		Open to jazz 2nd.
4	Transfer weight onto Right leg, turning upper body towards SL. Right leg flexed, Left stretched.	Come round and under to low V, palms up.
5	Dig Right foot behind on forced arch, turn body back to face front.	Left jazz 2nd, fingers splayed, Right hand behind head.
6	Turn over Right shoulder to face back in parallel 2nd.	Unfold to come by side.
7	Hold.	
8	Turn body to front over Right shoulder, Left lifts to forced arch to enable turn, knees bend.	Jazz 4th, Left high.
1	Step Left leg to parallel 2nd, facing front.	Arms held by sides.
2–4	Head rotation to Right.	
5–6	Backwards shoulder roll Right, Left.	
7	Jump to close feet in parallel 1st.	
8	Hold.	

Be prepared to demonstrate the exercise on both sides.

LEVEL 2**GRADE 5****E PIROUÉTTE**

Free Arrangement choreographed by the teacher. Pirouette exercise in the centre appropriate for an intermediate dancer, to include:

- Use of Jazz 4th, relevé and retiré
- Single and double pirouette
- Travelling turns
- Demonstrate on both sides

F LEG TILT – PREPARATION AT THE BARRE

Preparation: Stand in 1st position, turned out, sideways to the barre with Left hand placed on barre.

Counts	Choreography	Arms
5–8	Introduction – wait.	
1, 2	Bring the Right knee to retiré.	Lift to jazz 2nd
3, 4	Adjust weight placement (to prepare for leg extension), lift knee and start to tilt body towards barre.	
5–8	Extend the Right leg into tilt position .	Lift to jazz 5th.
1–4	Hold.	
5, 6	Lower leg.	Lower to jazz 2nd.
7, 8	Close to 1st position (2nd time – also turn to face other side).	Lower to by side.
4 bars	Repeat all from the beginning, turning to other side when completed the exercise twice.	
1–4	Turn towards the barre to return to other side.	
5–8	Hold.	Lower arm from barre to by side.
	<i>Be prepared to demonstrate the exercise on both sides.</i>	

LEVEL 2

GRADE 5

G KICK SEQUENCE

Preparation: Stand USC, facing front with feet in preparatory, weight on Left, arms held by sides.

Counts	Choreography	Arms
1-4	Introduction – wait.	
5-8	Introduction – wait.	Lift to jazz 2nd, palms down.
1-3	Pas de bourrée starting Right.	
4	Left leg side kick.	
5-8	Repeat other side.	
1, 2	Gallop Left, travelling towards DSR.	
3, 4	Chainé turn Right.	
5	Step Right leg to side to face front.	
6, 7	Fan kick Left.	
8	Step Left to side into a lunge.	
1-6	Turn over Right shoulder, 6 runs to USC to end facing front.	
7, 8	Into opening position, feet in preparatory, weight on Right leg.	Jazz 2nd, palms down.
6 bars	Repeat from the beginning starting with Left leg pas de bourrée <i>Be prepared to demonstrate the exercise on both sides.</i>	

LEVEL 2**GRADE 5****H ELEVATION AND TRAVEL – DANCE COMBINATION**

Preparation: Sit on floor CS, face USL. Sitting in pretzel position, Left leg on top, arms held in low V, fingertips touch floor.

Counts	Choreography	Arms
1–8	Introduction – wait.	
1–8	Relax rounding forward over Left knee.	Slowly, curve around knee.
1–3	<i>To face back:</i> Fan legs.	Hands rest on floor, by hips to offer support.
4	Briefly come to sitting in pretzel facing USR, Right leg on top.	
5–7	<i>To face USR:</i> Push up to standing using the Right leg.	Arms held by sides.
8	Join Left foot to Right.	
1–4	<i>To face front:</i> 2 circular springs, turning over Right shoulder.	Left jazz 2nd, Right circles above head.
5–8	Step on Right, kneel, roll on seat and recover to standing.	Hands rest on floor by hips to offer support.
1–3	<i>Travel towards DSL:</i> 3 runs, starting on Right.	Swing in opposition.
&4	Step Left, relevé and bring Right to knee.	Left extended in opposition, Right extended to back.
5, 6	<i>Travel to SR, face front:</i> Gallop to Right.	Natural swing.
7	Step Left across.	
8	Side leap to Right.	Jazz 2nd.
&	Left leg lowers behind.	
1, 2	<i>To face DSR:</i> Pas de bourée on Left.	Into jazz 3rd.
3, 4	Double pirouette.	Jazz 1st.
5	Recover to stand parallel 2nd on relevé.	Push open to jazz 2nd, wrists flexed.
6	Release over legs, knees flexed.	Wrap into body.
7	Recover to parallel 2nd on relevé as before.	Push to jazz 2nd as before.
8	Hold.	
1–8	<i>Travelling to USR:</i> 8 runs.	Swing in opposition.

Continued >

LEVEL 2**GRADE 5****H** ELEVATION AND TRAVEL – DANCE COMBINATION (CONTINUED)

Counts	Choreography	Arms
1, 2	<i>Travelling to DSL:</i> Chainé turn Right (with back to front).	Open jazz 2nd, close jazz 1st.
3, 4	Right leg gallop.	Swing in to opposition.
5, 6	Left leg gallop.	
7	Step Right.	
8	Left leg forward leap.	
1–4	Recover on Left leg join Right to close parallel 1st, relax over and flex knees, recover to standing rolling through spine.	Free.
5, 6, 7, 8	<i>Travelling to USC:</i> Gallop Left, Right (turning over Left shoulder).	
1–8	<i>Travelling to DSC:</i> 8 jazz runs starting Left leg (turning over Left shoulder).	
1, 2	<i>Facing front:</i> Step Left across and Right side kick.	Jazz 1st, jazz 4th, Left high.
3	Step Right across.	
4	Step and drag on Left to Left.	Down, Right in front.
5–8	Repeat kick and drag on other side.	Jazz 1st, jazz 4th, Right high.
1, 2	<i>To face DSR:</i> Pas de bourrée Left, turning over Left shoulder.	Jazz 1st to opposition.
3, 4	Repeat other side.	Repeat.
5	Single pirouette Left.	Jazz 1st.
6	Recover Jazz 4th.	Opposition.
7, 8	Repeat pirouette and land in parallel 2nd.	Repeat.
1–4	<i>Travelling round to SR:</i> 2 circular springs on Left.	Right jazz 2nd, Left arm circles above head.
5, 6	<i>Travelling to USC:</i> Gallop Left.	Swing in opposition.
7, 8	<i>To face front:</i> Step open Right, Left to come parallel 2nd.	Right, Left to by sides.

Continued >

LEVEL 2

GRADE 5

H ELEVATION AND TRAVEL – DANCE COMBINATION (CONTINUED)

Counts	Choreography	Arms
1	Step Right to side.	Left jazz 2nd, Right arm circles above head.
2	Left leg fan kick.	
3	Step Left to side.	
4	Kneel on Right.	Stretch forward to wrap around leg.
5–8	<i>To face USL:</i> Roll into opening position, relax over knee. <i>Be prepared to demonstrate the exercise on both sides.</i>	

I IMPROVISATION

Candidates will be given an unknown piece of music (provided by the examiner and played by the music operator in the exam).

Candidates have one minute to familiarise themselves with the with the music before the improvisation commences.

Candidates will improvise in **small groups** facing the examiner for approximately **45 seconds**.

The candidate will dance freely, choosing any Jazz moves or Jazz style to perform.

LEVEL 3

GRADE 6

A THE WARM UP

The Warm Up is free choice but must contain a minimum of:

- Forward stretch into contraction and recover
- Plié in 2nd, push onto demi point

B FLOOR STRENGTHENING

Preparation: Lay on back, CS facing SR, abdominals engaged. Hip and legs turned out. Legs extended, feet pointed, arms resting in low V.

Counts	Choreography	Arms
1-8	Introduction – wait.	
1-8	Slow and controlled lift to Jack Knife position and hold.	Counter balance in low V.
1-4	4 beats with the legs starting with Right.	Lift to jazz 5th.
5-8	Release, rolling through the spine back to opening position.	Lower to low V on floor.
4 bars	Repeat all.	Repeat all.
1-8	Roll onto front (towards front), hold.	Jazz 5th, palms flat on floor.
1-4	Lift upper body off floor into a back bend.	Lift in parallel jazz 5th.
5-8	Release to lying on front.	Return to floor.
1-4	Lift upper body and legs off the floor.	Lift in parallel jazz 5th.
5-8	Release to lying on front.	Return to floor.
4 bars	Repeat back bend and back/leg lifts.	Repeat.
1-4	Push upper body off the floor, move back and sit on heels in a back stretch.	Push body up and then palms on floor, extended forward in stretch.
5-8	Hold.	
1-4	Ripple through body back to laying on front.	Into press up position, elbows bent.
5-8	Push up and into arch, feet and hangs flat on the floor.	Support weight on floor.
1-4	Flex Left knee, into a forwards roll.	
5-8	Open legs to sitting in 2nd position, facing SL and hold.	Jazz 2nd.

Continued >

LEVEL 3

GRADE 6

B FLOOR STRENGTHENING (CONTINUED)

Counts	Choreography	Arms
1-4	Draw legs together, reverse roll backwards over either shoulder.	
5-8	Unfold to lying on front, hold.	On floor in press up position, elbows bent.

C PLIÉS Preparation: Stand in parallel 1st, CS facing front with arms held by sides.

Counts	Choreography	Arms
1-8	Introduction – wait.	
1-4	Demi-plié.	Lift to jazz 2nd, palms down.
5-8	Recover to standing.	Lower by sides.
1-8	Repeat.	Repeat.
1-4	Grande plié.	Lift to jazz 5th, palms facing.
5-8	Recover to standing.	Arms lower by sides.
1-8	Repeat.	Repeat.
1-4	Rise, lower.	Jazz 1st.
5-8	Repeat.	Elbows drop.
1-4	Repeat.	To jazz 5th, palms facing.
5-8	Repeat, turn out 1st position.	To jazz 2nd, palms down.
	<i>Repeat all in turn out 1st.</i>	

LEVEL 3**GRADE 6****D ISOLATIONS**

Preparation: Stand parallel 1st, CS facing front with arms held by sides.

Counts	Choreography	Arms
1-8	Introduction – wait.	
1		Right circles back.
2	Step Right to Right into deep lunge on Left.	Continue circle forwards (figure of 8), arm ends low between legs.
3		Right continues figure 8.
4	Recover Right leg into bevel.	Rises to high V.
5, 6	Cork screw turn to Left, end jazz 4th facing DSL.	Arms held by sides.
7	Hold.	Right pushes to jazz 2nd, palm forward, fingers splayed (towards SR).
8	Hold.	Flex Right elbow, drawing hand beside chest.
1-4	High release remaining in jazz 4th.	Right unfolds to low V.
5	Recover and shoulder shrug Right.	
6-8	Right leg sweeping turn to Left, end facing front.	Right whips to catch Left wrists, arms high, fingers splayed.
1, 2	Salsa step forwards on Right.	Remain.
3		Open jazz 2nd.
4		Close jazz 1st.
8		Elbows drop.
5-8	Repeat Left.	Repeat.
1, 2	Step to side on Right, hip isolation high, rocks back, hip isolation low, Right knee flexed.	Relaxed by sides.
3, 4	Repeat other side.	
5, 6	Hip circle to Right, treading through Right foot.	
7	Jump to close parallel 1st.	
8		Hands come behind head, elbows high.
	<i>Repeat all from the beginning on the Left side. Be prepared to demonstrate the exercise on both sides.</i>	

LEVEL 3**GRADE 6****E PIROUÉTTE**

Free Arrangement. Pirouette exercise in the Centre appropriate for an advanced dancer, to include:

- Use of jazz 4th, relevé and retiré
- Single and double pirouette
- Travelling and elevated turns
- Be prepared to demonstrate the exercise on both sides

F LEG TILT

Preparation: Stand USC, facing front with feet in preparatory, Right leg bears weight, arms held by sides.

Counts	Choreography	Arms
1-8	Introduction – wait.	
1, 2	Step through on Left leg.	
3, 4	Lift Right leg to retiré.	Lift to jazz 2nd, palms down.
5, 6	Adjust weight placement (to prepare for leg extension), extend the Right leg to tilt.	Left lowers, Right comes to high V, palms down.
7, 8	Lower Right leg and recover to standing in turned out 1st.	Lower to by sides.
1-8	Repeat on Left.	
	<i>Repeat the exercise from the beginning.</i>	

LEVEL 3**GRADE 6****G KICK SEQUENCE**

Preparation: Stand parallel 1st, USC, facing front, arms held by sides.

Counts	Choreography	Arms
1–8	Introduction – wait.	
1–3	Step back onto relevé, Right, Left. Step forward to flat foot on Right leg.	Arms held by sides.
4	Left leg forward kick.	Jazz 2nd.
5–8	Repeat other side.	Jazz 2nd.
1, 2	Gallop on Right leg, traveling towards DSR.	Opposition.
3 +4	Pas de bourrée, starting on Left leg, facing DSR.	Free.
5	Forward kick Right.	Jazz 2nd.
6	Right leg lands.	
7	Fan kick Left.	Both cross low and circle over head.
8	Left leg lands in 2nd position.	Arms held by sides.
1–3	Pas de bourrée behind starting with the Left leg, facing front.	
4	Left leg side kick.	Jazz 4th, Right arm high.
5–8	Repeat other side.	Repeat.
1–6	Turning over Right shoulder, take 6 jazz runs to USC on Right first, coming to face front.	Free.
7, 8	Come to parallel 1st, facing front.	Arms held by sides.
	<i>Repeat from the beginning on the Left. Be prepared to demonstrate the exercise on both sides.</i>	

LEVEL 3**GRADE 6****H ELEVATION AND TRAVEL – DANCE COMBINATION**
Preparation: Stand USL facing USL in parallel 1st, arms held by sides.

Counts	Choreography	Arms
1–8	Introduction – wait.	
1–4	<i>Travelling to DSR:</i> 4 walks backwards starting on Right.	Arms held by sides.
5	Open chainé–turn Right (low, using plié).	Jazz 2nd and close jazz 1st.
6	Calypso leap, leading with the Right leg.	Diagonal, Right arm low.
7, 8	On landing roll using the Left knee to lower and stand.	Use to aid roll.
1	<i>Facing DSR:</i> Relevé in parallel 2nd.	Low V, palms front, fingers splayed.
2, 3	Hold.	
4	Lower heels.	
5, 6	<i>To face front:</i> Fan kick Left and step out on Left.	Both circle over head.
7, 8	Pas de bourrée turning over Right shoulder, on Right.	Arms held by sides.
1, 2	Side kick Left, lower.	Jazz 4th.
3, 4	Right leg steps out to the side with hip rotation.	Low by sides.
5–7	<i>To face DSR:</i> Slide Right leg to jazz 4th, with a slow high release.	Both hands draw up to chest height, backs of wrists meeting, unfold out and backwards, coming to rest by sides.
8	Rebound to standing parallel 1st (sharp).	Arms held by sides.
1–4	<i>Travelling round and down to DSL:</i> 2 circular springs turning over Right.	Right draws circle above head, Left held in jazz 2nd.
5, 6	Right leg gallop.	Opposition.
7	Step Left.	
8	Forward leap Right.	Jazz 3rd.
8	Step Left leg through.	
1, 2	<i>Facing DSL:</i> Step Right to 2nd on relevé, hold.	Jazz 2nd.
3, 4	Slide Right foot into jazz 4th position.	Opposition.
5, 6	Double pirouette.	Jazz 1st.
7, 8	<i>Facing front:</i> Step forward Right, Left, to parallel 2nd flex knees, body forward into flat back. Hold.	Extend forwards, fingers splayed.

Continued over >

LEVEL 3**GRADE 6****H** ELEVATION AND TRAVEL – DANCE COMBINATION (CONTINUED)

Counts	Choreography	Arms
1, 2	Recover to standing, in parallel 2nd on relevé. Hold.	Low V, palms front, fingers splayed.
3, 4	<i>Travel to USL, end facing DSR:</i> Free run.	Free.
5–8	<i>Travel to DSR:</i> Open spring ball change Right, Left.	Opposition.
1, 2	Step turn step, turning over Right shoulder.	Jazz 2nd, jazz 1st, jazz 2nd.
3	Forward kick Left into layout.	Low V by sides.
4	Lower Left leg.	
5	To floor.	Hands rest on floor.
6–8	Roll on floor to Right and come to standing on Right leg.	Support roll and end by sides.
1–3	<i>Travel to USC, end facing SL:</i> Free run.	Free.
4	Stand on Left, Right prepped behind.	Arms held by sides.
5	<i>Travel DS:</i> Chainé–turn Right.	Open to jazz 2nd, close jazz 1st.
6, 7	<i>Face front:</i> Step forward on the Right to forced arch parallel 2nd.	Low V, palms forwards, hands splayed.
8	Hold balance.	
1	Hinge in the body back from bent knees. <i>Be prepared to demonstrate the exercise on both sides.</i>	

I IMPROVISATION

Candidates will be given an unknown piece of music (provided by the examiner and played by the music operator in the exam).

Candidates have one minute to familiarise themselves with the with the music before the improvisation commences.

Candidates will improvise in small groups facing the examiner for approximately one minute.

The candidate will dance freely, choosing any Jazz moves or Jazz style to perform.

LEVEL 3

GRADE 7

A THE WARM UP

The Warm Up is free choice but must contain a minimum of:

- Stretching sequence to mobilises the limbs and joints
- High energy exercise with layered steps warming up the whole body

B FLOOR STRENGTHENING

Preparation: Lay on the floor, knees bent, feet flat on floor, arms held by sides.

Counts	Choreography	Arms
1-8	Introduction – wait.	
1, 2	Draw both knees toward chest.	
3, 4	Extend legs upwards towards the ceiling at a 90 degrees angle..	
5-8	Slowly lower legs and hold just before touching the floor.	
4 bars	Repeat twice more.	
1-4	Draw both knees towards chest.	Hug knees.
5-8	Legs extend along the floor.	Come to low V.
1-6	Come to sitting through a back bend, arching the spine to lift.	
7, 8	Draw knees in, feet flat on floor, round the spine.	Wrap around knees.
1-4	Backwards roll over either shoulder.	
5-8	To end laying on front.	Sweep through jazz 2nd to jazz 5th
1, 2	Lift upper body and legs off floor.	
3, 4	Recover.	
5-8	Repeat.	
1, 2		Hands come to press- up position by shoulders.
3, 4	Press up in to plank position.	
5, 6	Hold.	
7, 8	Push arch, hands and feet flat on the floor.	

Continued >

LEVEL 3**GRADE 7****B** FLOOR STRENGTHENING (CONTINUED)

Counts	Choreography	Arms
1, 2	Life Left leg to 180 degrees, toes reaching to ceiling.	
3, 4	Hold.	
5, 6	Flex the Left knee and lower leg back to floor.	
7, 8	Flex both knees, extend legs.	
1-8	Repeat on other side.	
1-4	Starting with the Right, walk hands out, returning to plank.	
5-8	Controlled lower to lying on floor.	Hands by shoulders in press-up position.

C PLIÉS
Preparation: Stand parallel 2nd, CS facing front arms held by sides.

Counts	Choreography	Arms
1-8	Introduction – wait.	
1-4	Demi plié in parallel 2nd, recover.	Lift to jazz 2nd palms down, lower.
5-8	Demi plié in turnout 2nd, recover.	Lift to jazz 1st, lower.
1-8	Repeat pliés.	Repeat.
1-4	Grande plié in parallel 2nd.	Lift to jazz 5th, palms facing.
5-8	Recover.	Lower.
1-4	Grande plié in turnout 2nd.	Lift to jazz 5th, palms facing.
5-8	Recover.	Lower.
1, 2 *	Relevé in parallel 2nd, lower.	Jazz 1st.
3, 4	Repeat.	Elbows drop.
5, 6	Repeat.	Jazz 5th, palms facing.
7, 8	Repeat.	Open to jazz 2nd and down.
1-8	Repeat relevé sequence.*	Repeat.

LEVEL 3**GRADE 7****D ISOLATIONS**

Preparation: Stand parallel 1st, CS facing front, arms held by sides.

Counts	Choreography	Arms
1-8	Introduction – wait.	
1+2	Pas de bourrée on Right – end facing SR.	Arms held by sides.
3+4	Pas de bourrée on Left – end facing Front.	
5	Relevé in parallel 2nd.	Right shoulder isolation, recover.
6	Recover, heels down.	
7	Head isolation to Right side.	Arms held by sides.
8	Recover Centre.	Relaxed by sides.
1	Body ripple.	Come to low V, elbows bent.
2	Plié in turned out 2nd.	Fingers click low next to hips.
83	Isolate and invert Right knee, recover.	Free.
84	Repeat Left.	
5, 6	Rib isolation Right, Left.	
7, 8	Rib rotation to Right.	
1, 2	Pas de bourrée Right, turning over Right shoulder to face back.	
3	Retiré Left leg, on relevé.	Jazz 1st.
4	Step in to lunge on Left.	Opposition.
5	Facing the back rebound to parallel 2nd on relevé.	Low V.
6	Recover back to lunge.	Opposition.
7	Ripple through the body, step Left foot to join Right.	Free.
8	Step Right back into lunge.	
1	Cross Right behind Left.	Arms held by sides.
2-4	Turn over Right shoulder to face front, standing in parallel 2nd.	
5-8	Backwards shoulder roll Left, Right, Left, Right.	
	<i>Repeat from the beginning on the Left side.</i>	

LEVEL 3**GRADE 7****E PIROUËTTE**

Free Arrangement. Pirouette exercise in the Centre appropriate for an advanced dancer, to include:

- Double or triple pirouette
- Travelling and elevated turns
- Be prepared to demonstrate the exercise on both sides

F KICK SEQUENCE

Preparation: Stand USL, facing front in preparatory position, Right foot behind, arms held by sides.

Counts	Choreography	Arms
1–8	Introduction – wait.	
1–3	Step back onto relevé, Right, Left. Step forward to flat foot on Right leg.	Arms held by sides.
4	Side kick Left.	Jazz 4th, Right arm high.
5–8	Repeat other side.	Repeat.
1+2	<i>Travelling to DSR:</i> Right leg lead into gallop.	Opposition.
3+4	Left leg gallop.	
5	Step forward on Right.	
6	Forward kick Left on relevé.	Jazz 2nd.
7, 8	Repeat step kick on Right.	
1	Right leg recovers, turning body to face front.	
2	Lunge onto Right, Left leg extended to Left side.	Opposition.
3	Ball-change stepping Left leg behind.	
4	Side kick Left.	Jazz 4th.
5	Lower leg, transferring weight.	
6–8	Pas de bourrée Right, turning over Right shoulder to come front.	
1	Left leg fan kick.	Left circles head, Right held in jazz 2nd.
2	Left leg recovers to side, lunge onto Left, turning body into the lunge.	Opposition.
3, 4	Open chaîné turn Right to end facing front.	Open to jazz 2nd, close jazz 1st.
5–7	3 walks backwards, Right, Left, Right.	Arms held by sides.
8	Tuck Left behind into preparatory position.	
	<i>Repeat from the beginning on the Left.</i>	

LEVEL 3**GRADE 7****G ELEVATION AND TRAVEL – DANCE COMBINATION**
Preparation: Stand USC facing front, in parallel 2nd, arms held by sides.

Counts	Choreography	Arms
1–8	Introduction – wait.	
1, 2	<i>On spot:</i> Transfer weight across to Right leg treading through Right foot.	Right shoulder roll backward, arms by sides.
3, 4	Repeat Left.	Repeat Left.
5	Stand parallel 2nd.	Throw Right arm unfolding to jazz 5th, palm front, fingers splayed, Left behind head, and clasps Right elbow.
6	Plié in parallel 2nd body relaxes over in the Centre of the plié.	Remaining in position throw down fingertips of Right hand facing the floor.
7	Hold.	
8	Jump into parallel 1st.	By sides.
1	Step Right across Left.	On hips.
2	Tap Left to side.	Jazz 5th.
3	Step Left across Right.	On hips.
4	<i>To face: SL</i> Tap Right to side.	Jazz 2nd.
5, 6	<i>Face SL, travelling to DSR:</i> Gallop on Right.	
7	Step Left across.	Release.
8	Side leap, close Left behind.	Return to jazz 2nd.
1, 2	<i>To face DSR:</i> Pas de bourrée Left, turning over Left shoulder.	Jazz 1st, ending opposition.
3, 4	Double pirouette.	Jazz 1st.
5–7	Step back to parallel 2nd on relevé Right, Left. Step forward Right.	Jazz 2nd.
8	Front kick Left.	
1–3	Step back to parallel 2nd on relevé Left, Right. Step forward Left.	
4	Side kick Right.	
5–8	Step Right to side and lunge.	Sweep across body.

Continued >

LEVEL 3**GRADE 7****G ELEVATION AND TRAVEL – DANCE COMBINATION (CONTINUED)**

Counts	Choreography	Arms
1–4	<i>Travelling to USC, end facing front:</i> 4 runs starting on Right, turning over Right shoulder.	Free.
5	Step to Right side on Right leg.	Arms held by sides.
6–8	Half turn bringing the body front, stepping Left leg to join parallel 1st.	
1–4	<i>Travelling to DSL:</i> 2 chaîné turns on Right (back to audience).	Open jazz 2nd, close jazz 1st.
5	Calypso leap on Right.	Free.
6–8	On landing roll through floor, stand up on Left leg.	
1–3	3 walks forwards, Left first.	
4	Hitch-kick Left leg.	
5–8	Recover and hold, standing parallel 1st.	
1	<i>Travelling backwards to USL:</i> Step backwards on Left, turning body to face the back and drag Right foot.	Diagonal position
2&	Ball-change turning body to face the front whilst travelling USL.	
3, 4	Repeat on other side.	Repeat on other side.
5	Step Left to side.	Jazz 2nd.
6, 7	Right leg fan kick.	Left circles head, Right in jazz 2nd.
8	Lower leg to floor.	
1–4	Seat roll turning to the Left leg, roll towards the front.	Hands rest on floor.
5–8	<i>Facing SL:</i> Right leg extended in front towards SL, Left leg supporting weight, bent with flat foot at 90 degrees angle.	Right extended and supporting, Left unfolds up to ceiling, palm front, hand splayed.

H IMPROVISATION

Candidates will be given an unknown piece of music (provided by the examiner and played by the music operator in the exam).

Candidates have one minute to familiarise themselves with the with the music before the improvisation commences.

Candidates will improvise in **small groups** facing the examiner for approximately **one minute**.

The candidate will dance freely, choosing any Jazz moves or Jazz style to perform.

LEVEL 3

GRADE 8

A THE WARM UP

The Warm Up is free choice but must contain a minimum of:

- Sustained and controlled stretches
- Floor work

B FLOOR STRENGTHENING

Preparation: Lay on front, head towards SR, arms held above head in jazz 5th, palms facing.

Counts	Choreography	Arms
5-8	Introduction – wait.	
1, 2	Lift upper body off floor.	Rise with body.
3, 4	Recover to laying.	Recover to jazz 5th resting on floor.
5-8, 1-8	Repeat three more times.	
1, 2		Bring hands press up position by shoulders.
3, 4	Push up, sending hips back, resting over heels.	Hands on floor, arms extended.
5-8	Hold spine stretch.	
1-4	Ripple through spine, against floor to return to lying on front.	Hands come back to press-up position by shoulders.
5	Tuck toes under and prepare.	
6-8	Push up into arch.	
1	Relevé.	
2	Flex both knees and twist to Right.	
3, 4	Roll on floor turning over Right shoulder towards front.	
5-8	Open legs to 2nd.	Lift to jazz 2nd, palms down.
1, 2		Lift to jazz 5th, palms facing.
3, 4	Side stretch over Right leg.	
5, 6	Recover to Centre.	
7, 8	Side stretch over Left leg.	
1, 2	Recover to Centre.	
3, 4	Bring legs together, knees to chest, toes on floor.	Wrap around legs.
5, 6	Extend to Jack Knife balance.	Low V to counter-balance.
7, 8	Hold.	

LEVEL 3**GRADE 8****C** **PLIÉS**

Preparation: Stand parallel 1st, CS facing front, arms held by sides.

Counts	Choreography	Arms
1-8	Introduction – wait.	
1-4	Demi plié parallel 1st.	Lift to jazz 1st.
5-8	Recover.	Recover.
1-4, 5-8	Repeat in turned out 1st.	Lift to jazz 2nd, palms front and recover.
16 bars	Repeat all.	Repeat.
1-8	Grande plié parallel 1st.	Lift to jazz 5th.
1-8	Recover.	Recover.
16 bars	Repeat grade plié in turned out 1st.	Lift through jazz 2nd to jazz 5th.
1-4	Relevé and lower in parallel 1st.	Jazz 1st.
5-8	Repeat.	Elbows drop.
1-4	Repeat.	Jazz 5th, palms front.
5-8	Repeat.	Open to jazz 2nd, lower to sides.
1-8	Step to parallel 2nd and hold.	
20 bars	Repeat all in 2nd position.	
1-4	Hold 2nd position in parallel.	Lower arms to by sides.

LEVEL 3**GRADE 8****D ISOLATIONS**

Preparation: Stand parallel 2nd, CS facing front, arms held by sides.

Counts	Choreography	Arms
1–8	Introduction – wait.	
1	On relevé.	Backwards shoulder roll Right, Left, arms by sides.
+2	Transfer weight onto Left, isolate Right knee outwards. Right foot on forced arch.	
3	Hold.	
+4	Hip isolation to Right and recover.	
5, 6	Head isolation Right, return Centre.	
7	Step forward Left.	Circle backwards.
8	Crouch down, Right leg draws in, head down.	Hands touch floor.
1, 2	Come up and step open on Right leg to Right side, Right hip isolates to Right, back and Right again.	Relaxed by sides.
3, 4	Repeat stepping on Left to face back.	
5	Rond de jambe the Right leg on the floor, to turn and face SL.	
6	Bend both knees.	
7, 8	Relevé, transfer weight to Right hip and isolate Left knee.	Right shoots jazz 5th, and opens to jazz 2nd.
1, 2	Extend both knees to face front, parallel 2nd.	Circle above head with Right.
3, 4	Hip isolation Right, Left.	Come above head, Left hand clasping Right wrist.
5	Step back on Right, isolate Left knee, begin a body ripple.	High V.
6	Transfer weight to the back leg, Left knee isolate.	Wrist rotation and click.
7	Hold.	
8	Left hip isolate and recover. Left foot on forced arch.	
6 bars	<i>Repeat from the beginning on the same side. Be prepared to demonstrate the exercise on both sides.</i>	

LEVEL 3

GRADE 8

E PIROUÉTTE

Free Arrangement. Pirouette exercise in the Centre appropriate for an advanced dancer, to include:

- Double or triple pirouette
- Travelling and elevated turns
- Be prepared to demonstrate the exercise on both sides

F KICK SEQUENCE

Free Arrangement. Kick amalgamation appropriate for an advanced dancer, to include:

- Forward kick on relevé and on a flat foot
- Side and fan kicks
- Stylised kicks
- Be prepared to demonstrate the exercise on both sides

LEVEL 3**GRADE 8**
G ELEVATION AND TRAVEL – DANCE COMBINATION
 Preparation: Stand USR, facing DSL, in parallel 1st, arms held by sides.

Counts	Choreography	Arms
1–8	Introduction – wait.	
1–4	<i>Travelling towards DSL:</i> 4 bouncy walks starting on Right leg.	Swing in opposition.
5+6, 7+8	<i>In Centre, facing front:</i> Spring ball change on Right and Left.	Swing to jazz 3rd.
1, 2	Double pirouette Right.	Jazz 1st.
3	Recover to parallel 2nd.	Low V, palms front, fingers splayed.
4	Hold.	
5	Isolate and invert Right knee.	
6–8	Upper body ripple facing DSL.	Free.
1–4	Body ripple DSL through flat back to standing.	
5+6	Pas de bourrée, turning over Right shoulder to face front.	Circle above head and down to sides.
7, 8	Hip and shoulder roll to the Left.	Arms held by sides.
1–3	Pas de bourrée behind starting with the Right leg facing DSL.	Jazz 2nd.
4	Side kick Left.	
5, 6	<i>To face DSL:</i> Left leg recovers, stepping back into a lunge, weight over Right leg.	
7, 8		Release to low V.
1, 2	Relax body forwards.	Arms travel up to jazz 1st, opens to sweep across shoulder and release..
3–7	High release.	Release arms by sides.
8	Recover.	
1–2	<i>Travelling towards USL:</i> 2 jazz runs, Left, Right.	
3–4	<i>To face DSR:</i> Step Left, hop in retiré.	
5+6, 7+8	<i>Travelling towards DSR:</i> Spring ball change Right, Left.	

Continued >

LEVEL 3**GRADE 8****G** ELEVATION AND TRAVEL – DANCE COMBINATION (CONTINUED)

Counts	Choreography	Arms
1, 2	Gallop on Right.	Opposition.
3	Step Left.	Jazz 1st.
4	Right leap forward.	Jazz 3rd.
5, 6	Repeat step leap.	Repeat.
7	Recover to parallel 1st.	Arms held by sides.
8	Join Right leg to close parallel 1st, facing DSL.	
1, 2	<i>Travelling towards USL (back to audience):</i> chainé-turn Right on straight legs.	Jazz 2nd, jazz 1st.
3, 4	Repeat with plié.	Repeat.
5	Calypso leap, on Right.	Extend to diagonal line, Left high.
6–8	On landing roll through the floor using the Left knee to lower, stand up on Left leg.	
1–4	<i>Travelling to C:</i> 4 jazz runs, Right first, turning over Right shoulder.	Natural swing.
5+6	Double ball change on Right leg.	Jazz 2nd.
7	Side kick Right.	
8	Lower leg.	Arms held to jazz 2nd.
1, 2	Left leg fan kick.	Right circle above head, Left remains in jazz 2nd.
3, 4	Step Left to sideways lunge, twist body to Left.	Right continues to parallel middle, palm up Left arm opens to the back, continuing the line.
5–8	<i>Travelling to C:</i> 4 jazz runs turning over the Right shoulder to face front.	Swing in opposition.
1	Jump into parallel 1st.	Arms held by sides.
2	Box jump.	Jazz 2nd.
3	Recover.	Lower.
4	Drop to a crouch position head down.	Fingertips on floor.
5–8	Hold.	

LEVEL 3

GRADE 8

H IMPROVISATION

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Candidates have one minute to familiarise themselves with the with the music before the improvisation commences.

Candidates will improvise in **small groups** facing the examiner for approximately **one minute**.

The candidate will dance freely, choosing any Jazz moves or Jazz style to perform.