

Jazz Content and Mastery

Intro to Dance

All men should be able to do 15 full push-ups with elbows in by the end of the year. Women should be able to do the same with knees down, or they may hold the plank position at your discretion.

All students will understand the importance of increasing blood flow in their body before they begin stretch.

All students will stretch with proper alignment.

By the end of the year, students should know:

Other

- Isolation of rib cage, head, shoulders and hips
- Contractions
- Hip and shoulder rolls
- Students will be able to travel across the floor on the balls of their feet
- Students will be able to balance in first, second and passe
- Freeze
- Flick
- Hinge
- Step
- Knee drop
- Touch
- Beveled
- Parallel
- Forced arch
- Sharp/strong
- Flat back
- Lunge
- Jazz sit
- Jazz hand
- Spotting
- Roll to ground and stand

Transitional steps

- Chasse (in any direction)
- Jazz walk (forward and to the side)
- Pas de bourre
- Ball change

- Jazz square
- Six step progression
- Side step
- Step drag
- Triplet
- Paddle turn
- Sticker step/pony
- Catch step

Port De Bra

- Students will be able to hold their arms
 - o out to their side with their elbows straight and palms down
 - o in a diagonal
 - o high V and low V
 - o high 5th
 - o 1st position
 - o Second
 - o Arms up by ears palms out

Turns

- Pivot turn
- Pas de bourree
- Single pirouette en de hor
- Chaine
- Pique turn
- Soutenu
- Pencil turn

Leaps and stationary jumps

- Saute de chat
- Press leap
- "X" leap
- Stag leap
- Tuck jump

Grand battements

- Grand Battements with a straight leg
- Grand Battement in second
- Fan kick

Students should be able to execute a 32 count combination that combines from 2 to 4 elements.

OVERVIEW:

Class consists of:

Warm up in the center

- Planks
- Isolations
- Contractions
- stretching

Progressions across the floor:

- traveling across the room
- turns across the room

Center work

- balances
- turns
- stationary leaps

Leaps across the floor

- traveling leaps

Level One and Level Two

Student should know, be able to execute, and/or thoroughly understand the steps and concepts of Intro to Dance.

Combinations in centre and across the floor should continue to be simplistic and to the point.

All men should be able to do 20 push-ups with elbows in by the end of the year. Ladies should be able to do 10 with elbows in by the end of the year. All students should be able to hold a plank in the correct alignment for 30 seconds.

**Students in level one should be able to recognize and verbally explain the content listed below*

**Students in level two should be able to physically execute the content listed below*

By the end of the year, students should know:

Other

- Isolation of rib cage, head, shoulders and hips
- Contractions
- Hip and shoulder rolls
- Students will be able to travel across the floor on the balls of their feet
- Students will be able to balance in first, second and passe
- Freeze
- Flick
- Hinge
- Step
- Knee drop
- Touch
- Beveled

- Parallel
- Forced arch
- Sharp/strong
- Flat back
- Lunge
- Jazz sit
- Jazz hand
- Spotting
- Needle
- Roll and stand
- Pitch and or tilt

Transitional steps

- Chasse (in any direction)
- Jazz walk (forward and to the side)
- Pas de bourre
- Ball change
- Jazz square with port de bra and upper body
- Six step progression and/or cross ball change
- Side step
- Step drag
- Triplet
- Paddle turn
- Sticker step/pony
- Catch step
- spotting

Port De Bra

- Students will be able to hold their arms
 - o out to their side with their elbows straight and palms down
 - o in a diagonal
 - o high V and low V
 - o high 5th
 - o 1st position
 - o second
 - o Arms up by ears palms out

Turns

- Pivot turn
- Pas de bourre and pas de bourre turning
- double pirouette en de hor
- single pirouette en dedan
- coupe turn
- Chainé
- Pique turn
- Soutenu

- Pencil turn

Leaps and stationary jumps

- Brush leap (grand jete)
- Saute de chat
- Press leap
- "X" leap
- Stag leap
- Tuck jump
- Axel
- Tour en tournant
- Russian or second leap
- Tilt leap

Grand battements

- Grand Battements devant
- Develop devant and a la second
- Grand Battement in second
- Fan kick
- Hitch kick

OVERVIEW:

Class consists of:

Warm up in the center

- Planks
- Isolations
- Contractions
- stretching

Progressions across the floor:

- traveling across the room
- turns across the room

Center work

- balances
- turns
- stationary leaps

Leaps across the floor

- traveling leaps

Students should be able to execute a jazz dance.

Level Three and Four

Student should know, be able to execute, and/or thoroughly understand the steps and concepts of Jazz 1 and 2.

Combinations in centre and across the floor may include more complex weight shifts, rhythm and they may require a greater level of flexibility.

All men should be able to do 20 push-ups with elbows in by the end of the year. Ladies should be able to do 10 with elbows in by the end of the year. All students should be able to hold a plank in the correct alignment for 30 seconds.

**Students in level three should be able to recognize and verbally explain the content listed below*

**Students in level four should be able to physically execute the content listed below*

By the end of the year, students should know:

Other

- Isolation of rib cage, head, shoulders and hips
- Contractions
- Hip and shoulder rolls
- Students will be able to travel across the floor on the balls of their feet with complex port de bra
- Students will have impeccable balance
- Freeze
- Flick
- Hinge
- Step
- Knee drop with one leg or both
- Knee turn
- Touch
- Beveled
- Parallel
- Forced arch
- Sharp/strong
- Flat back and flat back at a 45 degree angle
- Lunge
- Jazz sit
- Jazz hand
- Spotting
- Needle without arms on the ground
- Pitch
- Tilt

Transitional steps

- Chasse (in any direction)

- Jazz walk (forward and to the side)
 - o Students will be able to “free style” while Jazz walking
- Pas de bourre
- Ball change with a syncopated rhythm
- Jazz square with port de bra and upper body
- Six step progression and/or cross ball change
- Side step
- Step drag
- Triplet forwards and backwards
- Paddle turn
- Sticker step/pony
- Catch step
- spotting

Port De Bra

- Students will be able to hold their arms
 - o out to their side with their elbows straight and palms down
 - o in a diagonal
 - o high V and low V
 - o high 5th
 - o 1st position
 - o second

Turns

- Pivot turn with variations in rhythm and arms
- Pas de bourre and pas de bourre turning
- double pirouette en de hor
- double pirouette en dedan
- multiple coupe turns
- Chaine
- Multiple pique turns
- Soutenu
- Pencil turn
- Attitude turns
- Turns in a la seconde
- Fourtes
- Leg catch turns

Leaps and stationary jumps

*Dancers should be able to change arms, direction and head placement on most leaps

- Brush leap (grand jete)
- Chaine coupe jete with straight legs or with the following leg in attitude
- Saute de chat
- Press leap
- “X” leap
- Stag leap

- Tuck jump
- Multiple axel turns
- Tour en tournant
- Switch Russian or second leap
- Switch Tilt leap
- Turning second leap
- Turning switch tilt
- "C" jump and turning "C" jump
- Barrel leap
- Reverse leap and switch reverse leap
- Jete with back leg in attitude head released

Grand battements

- Battements with a straight leg
- Battements with a developpe
- Battement in second
- Battement derriere
- Fan kick
- Hitch kick

OVERVIEW:

Class consists of:

Warm up in the center

- Planks
- Isolations
- Contractions
- stretching

Progressions across the floor:

- traveling across the room
- turns across the room

Center work

- balances
- turns
- stationary leaps

Leaps across the floor

- traveling leaps

Students should be able to execute a jazz dance.

