

NATIONAL PERFORMING
ARTS ALLIANCE

LEVEL 3 JAZZ
GRADES 6 7 8



CONTENTS



PAGE	GRADE 6 MODERN JAZZ
4	Welcome Warm Up
4 – 6	Barre Amalgamation
7	Back & Leg Flexibility
8 - 9	Floor 1
10 - 11	Floor 2
12 - 14	Centre Amalgamation
15	Unset Arm Combo
16 - 17	Turns
18	Kicks
19	Across the Floor
20	Elevation – Jumps, Leaps, Turns
20	This Is Me – Candidate Choreography
20	Dance
20	Thank You
GRADE 7 MODERN JAZZ	
22	Welcome Warm Up
22 - 24	Barre Amalgamation
25	Back & Leg Flexibility
26 - 28	Floor Amalgamation
29 - 31	Centre Combo
32	Unset Arm Combo
33 - 34	Turns
35	Kicks
36	Across the Floor
37	Elevation – Jumps, Leaps, Turns
37	This Is Me – Candidate Choreography
37	Dance
37	Thank You
GRADE 8 MODERN JAZZ	
39	Welcome Warm Up
39 - 41	Barre Amalgamation
42	Back & Leg Flexibility
43 - 46	Floor Amalgamation
47 - 49	Centre Combo
50	Unset Arm Combo
51 - 53	Turns
54	Kicks
55	Across the Floor
56	Elevation – Jumps, Leaps, Turns
57	This Is Me - Candidate Choreography
57	Dance
57	Thank You

GRADE 6 JAZZ

COMPONENT	FORMAT
Welcome Warm Up	All together
Barre Amalgamation	All together
Exercise for Back & Leg Flexibility	All together
Floor Combination	All together
Centre Amalgamation	All together
Unset Arm Combination	Solo or in pairs
Turns	Solo consecutively
Kicks	Solo consecutively
Across The Floor	Solo consecutively
Jumps, Leaps, Turns in the Air	Solo consecutively
This Is Me - Candidate Choreography	Solo
Dance	Solo, in pairs or duet
Thank You	All together

EXAM TIMINGS GQAL REGULATED FULL GRADE

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	30 minutes
3 - 4	35 minutes

CLASS GRADE
**(TEACHERS CHOICE OF ANY 8 EXERCISES FROM THE GRADE 6 SYLLABUS-
 THANK YOU IS COMPULSORY AND NOT INCLUDED IN THE CHOICE OF 8)**

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	15 minutes
3 - 4	18 minutes

WELCOME WARM UP

A 16 bar repeatable routine, choreographed by the teacher,
to include appropriate warm up actions for
Modern Jazz at Level 3

BARRE AMALGAMATION

Commence sideways to barre, feet 3rd, RF front.
LH barre, R arm held at side.

BAR	COUNT		
1	1 2 3 4	Tendu RF forward, bend LL, rond de jambe RL to back, stretch LL count 4	RA 1 st to jazz 2 nd palm to front
2	5 6	Battement cloche RL through 1 st forward then back at 45°	Hold position
	7	Battement cloche RL through 1 st to attitude devant, LL bent	
	8	Hold position	
3	1 2 3 4	Maintaining bend in L, extend RL 90°	
4	5	Stretch LL, RF full retire devant	RH jazz 1 st , palm to chest
	6	Hold position	Hold position
	7 8	Developpe RL 2 nd	RA 5 th
5	1	Lower RF to natural 2 nd , weight central	Release LH from barre lower RA to end both 2 nd , palms down
6	2 3 4 5	Rib shift x 4 LRLR	Jazz 2 nd palmsdown
	6	Transfer weight to LF, raising RL 2 nd at 45°	LH to barre, RA 2 nd palm down
	7	Place RF full retire devant	RA 5 th
	8	Hold position	
7	1 2 3 4	Incline body forward passing RL back into attitude derriere	Hold position
8	5	Recover to standing, RL full retire derriere	
	6	Turn 1/8 to L, bend LL, RF low parallel retire devant	
	7	Maintaining bend in L extend RL forward at 45°	RA 1 st

9	8 a 1	Low grand rond de jambe en l'air en dehors into pas de bouree under, turning to L to face barre	2 nd end both hands barre
	2	Swing L leg to side into off balance	Extend RA to side
	3 4	Hold position	Hold position
10	5 6 7 8	Lower L to side into wide lunge line	Release hands from barre, L bras bas, R overhead 5th
11	1 2	Centralise weight into full plie 2 nd	1 st palms to chest
	3	Turn ¼ R to face R side in deep parallel lunge in 4 th	LH barre, RH jazz 1st
	4	Incline body forward diagonal line	Lower RH down and back into curved line
	5	Hold position	Hold position
12	6 7 8	Close LF to R into body ripple to standing on demi pointe	Swing RA forward, down and back to high parallel, palm in
13	1 2 3 4	Lower to RF, bending leg. LF low parallel retire	2 nd , palm facing
14	5	Maintaining bend in R leg, extend LL forward at 45°	
	6	Turning ¼ to L to face barre place LF in full retire devant, stretch RL	Both hands barre
	7 8	Developpe LL placing LF on barre	
15	1 2 3 4	Incline body to L into side stretch	Release RA sideways through 2 nd carry overhead into side stretch to L
16	5 6	Recover to upright	Recover 5 th
	7 8	Hold position	Place RH barre
17	1 2 3 4	Lift LL from barre and carry to back into attitude	Both hands barre
18	5 6	Lower LL 1 st position	
	7	Close feet to parallel 1st	
	8	Step RF to side to parallel 2 nd , hip width apart	
19	1	Raise RH bending R leg	
	2	R hip isolation	
	3	Lower R hip to neutral retaining raised heel and bend in leg	
	4	Lower RH stretching leg	
20	5	Bend both legs	
	6 7 8	Swing hips to RLR	
21	1 2 3 4	Circle hips backwards from R to L to end centre	

22	5	Cross LF behind R commencing to turn L	
	6	Step RF forward to face L side	RH barre, L arm 2 nd palm down
	7	Turning L step LF to wide t/o 2 nd weight on LF, RF extended to side	Both hands barre, wide line
	8	Hold position	Hold position
23	1 2 3 4	Outward round kick R to end RF forward facing L side, LF extended behind	RH barre, LA 2 nd palm down
24	5 6	Pass LF forward through demi plie 1 st to degage LF in front	Lower LA to side
	7 8	Close LF to RF in 3 rd	Hold position
25 - 48		Repeat all on other side	



BACK & LEG FLEXIBILITY

Commence facing barre. Feet 1st. Hands on barre

BAR	COUNT		
INTRO	1 2 3	Point RF to 2 nd	Both hands on barre
	4 5 6	Raise RL to 45°	
1	1 2 3	Turning slightly to L bend RL towards LL placing inside of RF parallel to L calf – body upright	
2	4 5 6	Recover extending RL to 2 nd at 45°	
3 - 4	1 - 6	Repeat bars 1 & 2 ending on a rise	
5	1 2 3	Maintaining turn out bend both legs	Place RH to instep/ankle/calf
6 - 7	4 5 6 1 2 3	Recover to LL extending RL to high aerial	Extend arm maintaining hold
8	4 5 6	Hold position	
9 - 10	1 - 6	Lower to R into wide lunge to R both feet flat	Release hold lowering arm to low V
11	1 2 3	Turning to face R side close feet parallel 1st bending knees	Lower RA to floor with slight swing forwards palm in
12	4 5 6	With rebound body ripple to standing	Circle arm backwards to end high parallel
13	1 2 3	Strong back flexion	With slight rebound forward carry RA back
14	4 5 6	Recover to upright	Recover to high parallel
15	1 2 3	Step RF 2 nd turning to R away from barre	Circle RA across body to R to 2 nd
16	4 5 6	Continue to turn to end facing barre LL extended to 2 nd 45°	Both hands to barre
17 - 32		Repeat bars 1 – 16 on other side	

FLOOR 1

Commence kneeling up on L, R leg extended in front, facing RDF,
arms held at sides.

BAR	COUNT		
1	1 2 3	Lower to floor into front split	Raise arms sideways to 5th
2	4 5 6	Incline body forward over leg	Hold position
3	1 2 3	Recover to upright position	
4	4 5	Hold position	Open arms to 2 nd , palms up
	6	Twist from the waist to L, shoulders to front	RA swing across to 3 rd palm up
5	1 2 3	Turn to R to end lying on floor, face down, legs together facing L side	Swing across to R end hands under shoulders
6	4 5 6	Continuing turn to R, hurdle R leg over into push up, LL straight, RH raised	Weight on LH, RA extended high, hand expansion
7	1 2 3		
8	4 5 6	Turn R to end inverted V line, feet parallel 1st, legs straight, instep stretch	Both hands to floor, elbows straight
9	1 2 3	Press heels into floor	Hold position
10	4 5 6	Raise heels	
11	1	Hold position	
	2	Lower heels to floor	
	3	Raise heels	
12	4 5 6	Lower R hip towards floor	Bend elbows
13	1 2 3	Recover to inverted V	Stretch elbows
14	4 5 6	Lower R hip towards floor	Bend elbows

© Copyright 2022 National Performing Arts Alliance Ltd.

All Rights Reserved.

Protected with www.protectmywork.com,

Reference Number: 17653250522S048

BAR	COUNT		
15	1 2 3	Continue to lower into seat roll L to end facing RDF, RF over LL	End reaching R arm forward to RDF
16	4 5 6	Side stretch L, kneeling up on L knee	Extend reach forward and overhead to L
17 - 18	1 2 3 4 5 6	Transfer weight into deep lunge on R leg	Circle RA over to L, sweep both arms to R to strong opposition
19 - 20	1 2 3 4 5 6	Close R knee to L to end upright kneel facing LDF	Swing both arms down and across to L to end 5 th
21	1 2 3	Lean back from knees into quad stretch	Open to wide medium V palms up
22	4 5 6	Release and lower to kneel	Sweep across in front of body cross wrists relax shoulders and head
23	1 2 3	Rebound to upright kneel	5 th
24	4 5 6	Incline body to L into strong side stretch	Hold position
25	1 2 3	Recover to upright kneel	
26	4 5 6	Repeat side stretch to R	
27	1 2 3	Side fall L end lying on L side, straight leg kick R	L elbow and hand to floor, RH in front of body
28	4 5 6	Recover to kneeling lunge on RK	Jazz 2 nd palms down
29 - 30	1 2 3 4 5 6	Seat roll to L to kneeling lunge on L	End jazz 2 nd palms down
31 - 32	1 2 3 4 5 6	Hold position	Jazz 1 st to 2 nd
33 - 64		Repeat all on other side	

© Copyright 2022 National Performing Arts Alliance Ltd.
All Rights Reserved.

Protected with www.protectmywork.com,
Reference Number: 17653250522S051

FLOOR 2

Facing RDF, sitting attitude on L hip, R leg behind the body, hands placed by side in low V, finger tips to floor

BAR	COUNT	ACTION/MOVEMENT	ARMS
1	1 2 3 4	Turning to face front, roll onto L knee and extend R leg out into low ariel	LH floor, swing RA down, round and in front of body to end in high parallel line
2	5 6	Bend R knee into chest maintaining ariel	RA bends towards R knee into ½ parallel
	7 8	Straighten leg back to extended parallel line	Arm returns to high parallel line
3	1 2 3 4	Repeat Bar 2	
4	5 6 7 8	Place RF to floor maintaining extension of leg, into strong lateral flexion to R	Reach RA up and over to end in low classical 1 st position in front of body, LA circle over to end in classical 5th
5	1 2	Commence to recover from lateral flexion	Arms circle to jazz 2nd
6	3 4 5 6	Seat roll to R	Use hands as support behind the body line
	7 8	End seat roll to R facing LDF in plank position	
7	1 2	R knee bends (foot off floor) into check maintain flat body position	Arms used for support
	3 4	R foot and knee recover	
8	5 6 7 8	Repeat bar 7 with L side	
9	1 2 3	Rotate plank to R	RA arm opens as body rotates to end in jazz 2nd
	4	End in side plank position	
10	5 6	Rotate back to face floor	Perform 'thread the needle' action, R arms and hand reach through plank position
	7 8	Hold plank position	Fold 'thread the needle' position
11	1 2 3	With control, turning to the L lower the body to the floor and roll onto back, facing RDB	Continuing 'thread the needle action' roll onto R arm and shoulder
	4		Arms in jazz 2 nd on floor

12	5 6	Sit up, bend knees in, feet maintaining contact with the floor	Arms in low v position, fingertips on the floor
	7 8	Extend legs to 45 degree angle, V sit	
13	1 2 3 4	Maintain V sit position	Slowly bring arms to medium parallel to match angle of leg line
14	5 6	Maintain V sit position	R arm pulls back to LOW (Hip level) jazz 1 st with torso twist to R
	7 8		R arm returns to medium parallel
15	1 2 3 4	Repeat Bar 14	
16	5 6	Bend knees in to sitting position, recover incline of body	Arms return to Low V position, fingertips on the floor
	7 8	Turn body to R to face LDF, Into sitting attitude position on R hip, left leg behind the body	Use hand to assist turning maintain low v position
17 - 32		Repeat bars 1 – 16 on other sde	

CENTRE AMALGAMATION

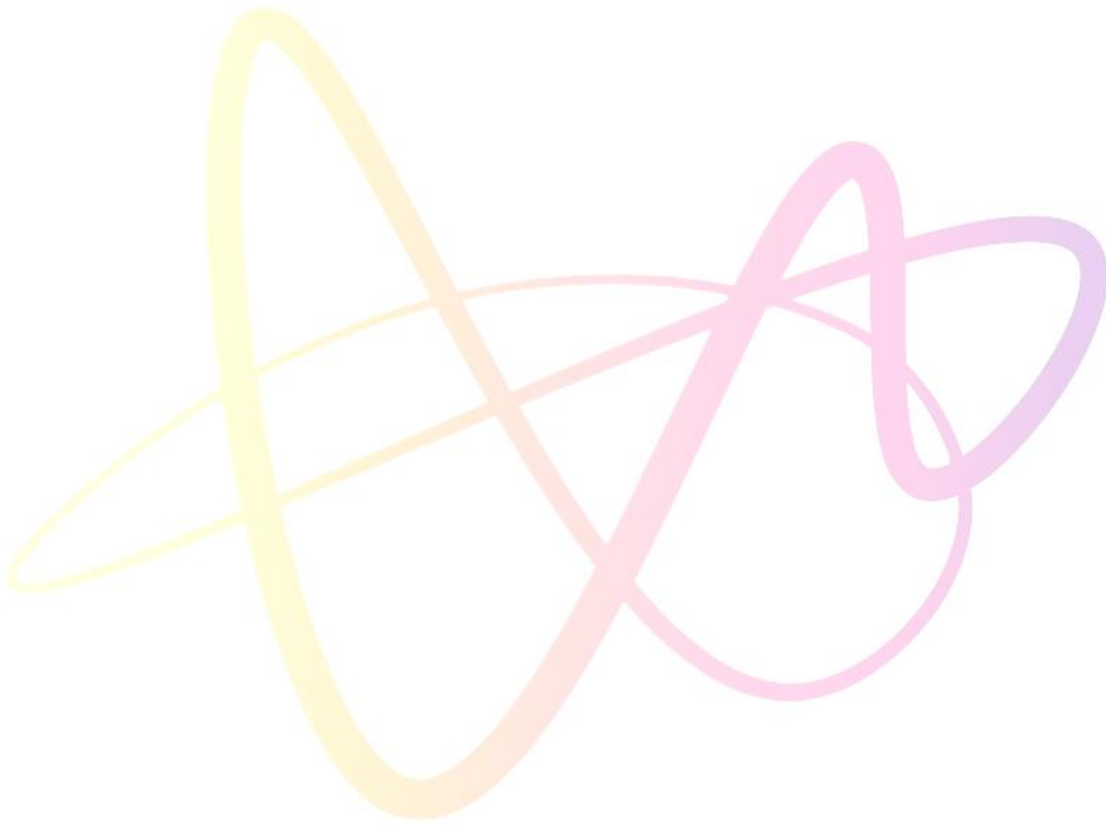
Commence facing front, feet 1st, arms relaxed at sides.

On final 2 bars of music introduction raise arms sideways
to jazz 2nd palms to front.

BAR	COUNT		
1	1	Raise RH, bend R knee	Jazz 2 nd palms front
	2	Lower heel, feet 1st, legs straight	Hold position
2	3	Raise RH, bend R knee	
	4	Lift RF slightly, bend both legs	
3	5	Flex RF, maintaining bend in LL	
	6	Stretch LL and RF, R knee bent	
4	7	Lower RF to demi pointe, R knee bent	
	8	Lower heel, feet 1 st , legs straight	
5 – 8	1 - 8	Repeat bars 1-4 on other side	
9	1	Demi plie 1 st	Jazz 1 st palms to chest
	2	Raise both heels, knees bent	
10	3	Stretch legs on demi pointe	Contracted jazz 2 nd palms front
	4	Lower heels, straight legs	
11	5	Demi plie 1st	Jazz 1st , palms to chest
	6	Raise both heels, knees bent	
12	7	Lower heels in demi plie 1 st	
	8	Hold position	Raise upwards to inverted 5 th
13	1	Stretch legs	Hold position
	2	Invert RF	Lower sideways to jazz 2 nd , palms down
14	3	Turn out RF to end feet 2 nd	Lower to sides
	4	Transfer weight to R bend RL into lunge line, strong feeling of stretch to R side	Raise RA sideways and up to end high diagonal to R
15	5 6	Increase the stretch	Impulse LA sideways and up to end high parallel diagonal to R
16	7	Stretch R leg	Hold position

	8	Hold position	
17 - 18	1 2 3 4	Full co-ordinated circle of body from R to L to end body in upright position facing front	Full co-ordinated circle from R to L to end high parallel
19	5 6	Full plie 2 nd	Open to jazz 2 nd palms to front
20	7 8	Turn feet parallel 2 nd extend to table back, stretch legs	Palms to floor
21	1 2	Hold position	Carry forward to parallel
22	3 4	Extend stretch diagonally forwards towards floor	Reach diagonally forward
23	5 6	Release and recover table back	Heavy swing arms through legs and return
24	7 8	Recover to standing	Forward and up inverted 5th
25	1 2	Turn R into deep inverted jazz 4th	Open jazz 2 nd palms down
26	3	Turn L end facing L side, close LF to RF, knees bent, slight feeling of contraction in body	Head and shoulders relaxed forward, curved jazz 1 st palms to chest
27	4 5	Body ripple to standing	Swing both arms down and back to end high parallel
	6	Wide step forward onto ball RF into press line	Swing straight down and back to end behind body curved line
28	7	Hold position	Hold position
	8	Turn L end facing back, close LF to RF, knees bent. Slight feeling of contraction	Head and shoulders relaxed forward, curved jazz 1 st palms to chest
29	1 2	Stretch legs inclining body to L into side stretch	Extend diagonally upwards to L into R side stretch
30	3	Incline body to R	Carry overhead to R, diagonally upwards to R into L side stretch
	4	Hold position	Hold position
31	a 5	LF wide step to L side, cross RF behind, heel raised, both knees bent	Co-ordinated swing to R and across to L end jazz 3 rd R arm across, head L
	6	Hold position	Hold position

32	7	Turning to R close RF to LF to face front, legs bent. Slight feeling of contraction	Head and shoulders relaxed forward, slightly curved jazz 1 st palms to chest
	8	Stretch legs, turning feet to 1 st position	Open down and sideways to jazz 2 nd , palms front
33 - 64		Repeat all on other side	



© Copyright 2022 National Performing Arts Alliance Ltd.
 All Rights Reserved.
 Protected with www.protectmywork.com,
 Reference Number: 17653250522S051

UNSET ARM COMBO

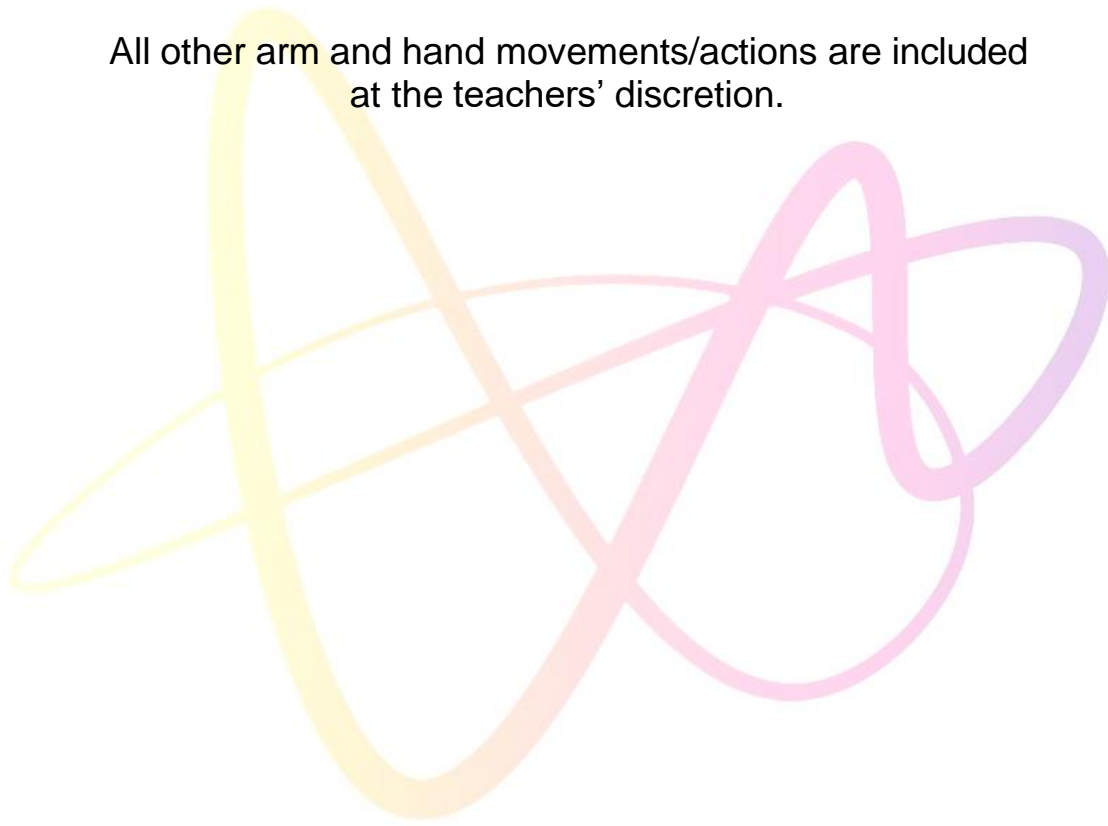
To be choreographed by the teacher. 1
1.5 minutes minimum ; 2 minutes maximum
Teachers' choice of style, time signature and tempo.

May be performed solo, in pairs or as a duet.

The combination must include the following compulsory elements:

- Curved and co-ordinated arm and body actions
- Impulse and suspension in arm and body actions
- Pattern and direction with use of appropriate foot, leg and body actions

All other arm and hand movements/actions are included
at the teachers' discretion.



TURNS

Commence centre, facing back, feet parallel 2nd, arms relaxed at sides.

BAR	COUNT		
1	1 2 3 4	Cross RF over LF, instep stretch, inclining upper body R	RA jazz 2 nd , hand expansion, LA relaxed at side. Head R
2	5 6	Close LF to R ½ pencil turn L to face front demi pointe.	RA jazz 1 st fingers together, head front
	7	Lower RH bend knee, lift LF low parallel retire.	RH finger snap, extend hand towards floor, slight inclination of body to R, eyeline lowered to hand
	8	Hold position	Hold position
3	1 2 3 4	Slow extension LF to side, maintain bend in R knee.	Slow extension medium opposition
4	5 a 6	Jazz pas de bouree under, turn to LDF end LF forward parallel jazz 4 th , both legs bent, RH raised	Jazz 1 st palms to chest end medium opposition
	7 8	Single parallel pirouette en dehors R on straight leg releve, end parallel jazz 4 th RF forward, both legs bent LH raised	Jazz 1 st palms to chest end medium opposition
5	1 2 3 4	Single or double en dehors parallel pirouette L on bent leg releve end LF forward jazz 4 th both legs bent, R heel raised	Jazz 1 st palms to chest end medium opposition
6	5 6	Single chaine turn R travelling to RDF	Jazz 1 st palms to chest
	7 8	Single chaine turn R travelling to RDF	2 nd and up to inverted 5th
7	1 2 3 4	Travelling towards RDF step RF forward, hop in parallel retire, repeat LF	2 nd to sides
8	5 6	Step RF forward bending knee into single en dedans pirouette R on bent leg, heel slightly off floor. LL in raised attitude derriere	4th RA high
	7 a 8	Turn R into pas de bouree under end facing LDB, LF forward in parallel 4 th , both knees bent, RH raised.	1 st to medium opposition, palms down

9	1	Hold position	Hold position
	2	Pencil turn R to end facing LDB making 1 full turn	Jazz 1 st palms to chest
	3	Step RF forward into parallel jazz 4 th , both knees bent, L heel raised	Low parallel, palms down
	4	Hold position	Hold position
10	5	Step LF to side travelling towards RDB facing LDB	Lower down and right
	6	Step RF across LF, bending knees	Co-ordinated medium line to R, head R
11	7 8 1 2 3 4	3 x parallel pose pirouette inwards to L, travelling towards RDB	2 nd to jazz 1 st on each, palms down
12	5	Step LF to RDB	Jazz 2 nd palms down
	6	Hop LF turn L to face LDF, RF in high parallel retire	Jazz 1 st palms to chest
	7 8	Extended walk R & L travelling towards LDF	Lower to sides
13	1 2	Step RF to LDF and hop on RF, LF high parallel retire	Jazz 1 st
	3 a 4	Jazz pas de bouree under travelling to R to end facing RDF, parallel jazz 4 th , both knees bent, RH raised	Medium opposition, palms down
14	5 6	Double en dehors pirouette, low retire devant, bending supporting leg, heel skimming floor	Arms jazz 1 st palms to chest
	7	Maintain bend on L, extend R leg forward at 45° to RDF	Wide medium V line, palms up
15	8 1	Turn R circular spring onto RF inclination of body to L	LA 2 nd , RA overhead to 5 th
	2	Cross LF over R	Jazz 1 st palms to chest
	3	Extended walk R to LDB	Hold position
	4	Syncopated turning jump to R	High parallel palms in
16	5 6	Extended walk R & L to LDB	Lower through 2 nd
	7	Step RF to side to end facing back	Arms held at sides
	8	Hold position	Hold position
17 - 32		Repeat all on other side	

KICKS

Commence facing front, centre back.
Weight on LF, RF extended to side. Arms relaxed at sides.

BAR	COUNT		
1	1 2 3	Moving sideways to L, cross RF behind L, step LF to side, cross RF in front of LF	Free
	4	Straight leg side kick L	
2	5 6 7 8	Repeat bar 1 on other side	
	1	Cross RF behind LF	
	2 3	2 steps forward travelling to LDF	
	4	Straight leg front kick L	
3	5	Turn hips to RDF pull LF into low parallel retire, bend RL. Shoulders remain facing LDF, incline upper body back, eyeline lifted	
	6 a 7	Chasse to side travelling towards LDF	
	8	Hop LF, RF to low parallel retire, facing RDF	
4	1	Hop LF, flick kick R	
	2 3 4	Extended walk RLR towards RDF	
5	5 6	Outward round kick L	
	7 8	Lower LF to side, cross RF in front, travelling to L side, facing front	
6	1 2	Step LF to side into off balance to L, bend LL	
	3 4	Recover, lowering RF to side, cross LF in front, travel to R side, facing front	
7	5 6	Step RF to R, close LF to RF 1 full turn to R	
8	7 8 1	3 x stylised jazz walks to R side	
9	2 3 4	Hold position as next candidate commences Bar 1 then move to centre back to repeat on other side.	

© Copyright 2022 National Performing Arts Alliance Ltd.
All Rights Reserved.

Protected with www.protectmywork.com,
Reference Number: 17653250522S051

ACROSS THE FLOOR

Commence LDB facing RDF, weight on LF, RF extended in front,
arms relaxed at sides.

BAR	COUNT		
1	1 a 2	Chasse RF forward to RDF	Free
	3	Step LF forward to RDF	
	a 4	Brush leap R	
2	5	Step LF forward to RDF	
	a 6	Hop LF, RF in parallel retire	
	7 8	Step RF behind L, LF to side facing front	
3	1	Cross RF in front of LF	
	a 2	Hop on RF, T jump L	
	3	Cross LF behind RF	
	4	Step RF to side	
4	5	Cross LF in front RF	
	a 6	Hop LF, T jump R pull RF into low turned out retire on landing	
	7 a 8	Pas de bouree under travelling to L	
5	1 a 2	Step LF forward to LDF, glisse RF into parallel assemble travelling forward	
	a 3	Hold position	
	a 4	Sitting jump with side contraction R	
6	5 6	Step LF to side travelling to LDB, cross RF over LF	
	7 8	Circular spring onto LF turn to face RDB	
7	1 2 3 4	Cross RF over LF, brush side leap L facing RDB travel to RDF x 2	
8	5	Cross RF over LF	
	6 7	Circular spring onto LF turning L to face front	
	8	Step RF over LF in deep bend 4 th LH raised	
		Repeat all on other side	

© Copyright 2022 National Performing Arts Alliance Ltd.

All Rights Reserved.

Protected with www.protectmywork.com,

Reference Number: 17653250522S051

JUMPS, LEAPS & TURNS IN THE AIR

An 16 bar routine, choreographed by the teacher, to show INCREASED development of jumps, leaps and turns in the air in pattern and direction.

THIS IS ME - CANDIDATE CHOREOGRAPHY

A prepared routine of 32 bars choreographed by the candidate and performed solo. This must contrast in style and tempo to the **Dance Routine** which follows. The use of a prop (hat, cane, chair) is permitted and theatre heels may be worn where appropriate to style and content.

DANCE

Minimum 2.5 minutes ; maximum 3 minutes

To be choreographed by the teacher.
This must contrast in style and tempo to the Candidate Choreography.
May be performed solo, in pairs or as a duet.

Choose 1 style from the following categories:

- Lyrical
- Swing
- Ethnic
- Any current / up to date Jazz style

Use of props (hat, cane, chair etc.) is permitted where appropriate.

THANK YOU

To be choreographed by the teacher. 8 bars in total

GRADE 7 JAZZ

COMPONENT	FORMAT
Welcome Warm Up	All together
Barre Amalgamation	All together
Back & Leg Flexibility	All together
Floor Combination	All together
Centre Amalgamation	All together
Unset Arm Combination	Solo or in pairs
Turns	Solo consecutively
Kicks	Solo consecutively
Across The Floor	Solo consecutively
Jumps, Leaps and Turns in the Air	Solo consecutively
This Is Me - Candidate Choreography	Solo
Dance	Solo, in pairs or duet
Thank You	All together

EXAM TIMINGS GQAL REGULATED FULL GRADE

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	35 minutes
3 - 4	40 minutes

CLASS GRADE
(TEACHERS CHOICE OF ANY 8 EXERCISES FROM THE GRADE 7 SYLLABUS-THANK YOU IS COMPULSORY AND NOT INCLUDED IN THE CHOICE OF 8)

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	15 minutes
3 - 4	18 minutes

WELCOME WARM UP

A 16 bar repeatable routine, choreographed by the teacher,
to include appropriate warm up actions for
Modern Jazz at Level 3

BARRE AMALGAMATION

Commence sideways to barre, feet 3rd, RF in front.
LH on barre, R arm held at side.

BAR	COUNT		
1	1 2	Tendu RF forward, bend L leg	R arm 1 st
2	3 a 4	Rond de jambe en dehors intoturning pas de bouree making ½ turn to R to face L side	Open R arm to 2 nd , release LH from barre to 2 nd
3	5 6	Continuing to turn to R, facebarre into T off balance to R	L arm at L side, R arm extended to side at shoulder level, palm up
4	7 8	Transfer weight to LF intolunge to L	Lower L arm to bras bas, R arm overhead to 5 th
5	1 2	Centralise weight into deep plie 2 nd	Arms jazz 1 st palms to chest
6	3 4	Stretch legs turning feet to parallel 2 nd inclining body forward into table back	Hands to barre, extend elbows
7	5 6	Release the stretch, bending knees into body ripple tostanding on demi pointe	Release hands from barre swing arms down and back to end 5 th
8	a 7	2 steps R & L towards barre toend parallel 2 nd on demi pointe	Lower arms forward to place hands on barre
	8	Hold position	
9	1	Lower heels bending both legs	
	2	Turn ¼ to L to face L side, LF to low retire	RH barre, L arm jazz 1 st
10	3 4	Pass L behind into attitudemaintaining bend in R	L arm 5 th

11 & 12	5 6 7 8	Incline body forwards, extend L leg into alongee arabesque line, maintain bend in R leg	L arm forward, palm down
13	1	Battement cloche L leg forward into layout, bending R leg	Swing L arm down and back
	2	Recover to standing on demi pointe, L leg extended in front at 90°	L arm 5th
14	3	Step forward LF on demi pointe	
	4	Close RF to LF parallel on demi pointe	
15	5	Step LF to natural 2 nd lowering heels	Release RH from barre, L arm to jazz 2 nd , palm down
	6 a	Rib shift x 2 RL	Arms remain
16	7	Transfer weight to R, raising L leg in 2 nd at 90°	Replace RH to barre
	8	Turn 1/8 to R bend R leg, place LF to low parallel retire	LH jazz 1 st palm to chest
17	1	Turning body 1/8 to L side kick L	L arm jazz 2 nd , palm forward
	2	Turn 1/8 to R bending R leg, place LF to low parallel retire	LH jazz 1 st palm to chest
18	3	Maintaining bend in R leg, extend LL forward at 45°	Extend L arm to 1st
19	4 a 5	Low grand rond de jambe en l'air en dehors into pas de bouree under making ½ turn to L to face R side	Open L arm to 2 nd , release RH from barre to 2nd
	6	Continuing to turn to L, face barre into 'Y' off balance to L, both legs straight	Place RH to barre, L arm extended to diagonally upwards, palm in
20	7 8	Hold position	
21	1	Recover to standing, placing RF full t/o retire	LH to barre to end both hands barre
22	2 3 4	Developpe R leg to place RF on barre	
23	5	Rise onto demi pointe on LF	
	6	Lower heel	
24	7	Repeat rise	
	8	Hold position	
25 & 26	1 2 3 4	Maintain rise	Release L arm from barre, sideways to 2 nd and carry overhead into side stretch to R
27	5	Recover to standing, maintain rise	L arm to 5th

28	6 7 8	Lift R leg from barre, carry round to behind body in attitude, maintain rise	LH to barre to end both hands barre
29	1 2	Lowering heel, extend R leg to arabesque line, bend L leg	
30	3 a 4	Pas de bouree under, turning $\frac{3}{4}$ to R to face L side to end jazz 4 th both knees bent, L heel raised	Release hands from barre through jazz 2 nd palms front
31	5 6	Glisse LF through 1 st on plie to tendu devant, both legs straight	Replace LH to barre, R arm jazz 2 nd palm front
32	7	Close LF to RF in 3rd	Lower L arm to side
	8	Hold position	
33 - 64		Repeat all on other side	



© Copyright 2022 National Performing Arts Alliance Ltd.
All Rights Reserved.

Protected with www.protectmywork.com,
Reference Number: 17653250522S051

BACK & LEG FLEXIBILITY

Commence facing barre. Feet 1st. Hands on barre

BAR	COUNT		
INTRO	1 2 3 4	Point RF to 2 nd	Both hands on barre
	5 6	Raise RL to 45°	
	7 8	Hold position	
1	1	Place ball of RF behind LF bending both knees	
	2	Swing RL to side attitude – minimum height 90°	
	3	Place ball of RF behind LF bending both knees	
	4	Developpe side kick – minimum height 135°	
2	5	Bending both knees lower RL to side retire	Place RH to instep/ankle/calf
	6 7 8	Recover to LL extending RL to high aerial	Extend arm maintaining hold
3	1 2	Rise to demi pointe	
	3	Hold position	Release LH from barre to 2 nd
4	4 5	Lower to R into wide lunge to R both feet flat, strong side stretch to R	Carry LA overhead to 5th RA lower to bras bas
	6	Turning to face R side close feet parallel 1st bending knees	Lower RA to floor with slight swing forwards palm in
	7 8	With rebound body ripple ending on a rise	Circle arm backwards to end high parallel
	1 2	Lower onto LF bending knee, raise RF to back, knees together	Swing RA down and back to hold R ankle
6	3 4 5 6	Stretch LL extending R into ½ scorpion	Pull RF back & up into ½ scorpion
	7 8	Lower RF closing to L, bending knees to end legs straight on a rise	Releasing hold swing RA down and up into high parallel, palm in
	1 2 3 4	Strong back flexion	With slight rebound forward carry RA back
8	5 6	Recover to upright	Recover to high parallel
	7	Step RF 2 nd turning to R away from barre	Circle RA across body to R to 2 nd
	8	Continue to turn to end facing barre LL extended to 2 nd 45°	Both hands to barre
9 - 16		Repeat bars 1 – 8 on other side	

FLOOR COMBO

Commence facing RS, feet parallel 1st, LF relaxed. Arms held at sides.

BAR	COUNT		
1	1 2 3	Extended walk backwards L	Arms held at sides
2	4 5 6	Commencing to turn R step RF forward to RS	Swing arms across body in low co-ordination to R
3 - 4	1 2 3 4 5 6	Continuing to turn to R, spiral to floor and lower to end facing front in sitting attitude on R hip	Arms overhead in co-ordination, across to L to end RH relaxed at side, L arm extended low to side.
5	1 2 3	Lower body towards floor	Skim LH down and across floor to R, RH on floor near R hip
6	4 5 6	Turning to L to end facing back, into inverted V, legs bent	Place both hands to floor into push up
7 - 8	1 2 3 4 5 6	Continuing to turn to L lower R hip to floor to seat roll to end slightly kneeling up on L, R leg extended forward and up	R arm extended diagonally upwards, LH on floor to L side
9	1 2 3	Turning to L to end facing back, into inverted V, legs straight	Place both hands to floor into push up
10	4 5 6	Slight spring onto LF then RF turning to R to end in crab position	Supported by LH, R arm high, eyeline to RH
11 - 12	1 2 3 4 5 6	Continuing to turn to R, lower to floor to end facing LDB	Hands to floor, head down
13	1 2 3	Rebound to upright kneel	Arms sideways and up to 5 th
14	4 5 6	Lean back from knees into quad stretch	Open arms to wide V, palms up
15	1 2 3	Rebound lowering to floor and up to end in upright kneel	Arms 4 th R arm high
16	4 5 6	Incline body to L into side stretch R	Arms 4 th R arm high overhead to L
17	1 2 3	Seat roll to L to end kneeling upon L, R leg bent, foot flat on floor, facing LDB	Arms relaxed at sides

18	4 5 6	Strong incline of body to R	LA overhead to 5 th , RA lower in front of body
19	1 2 3	Recover turning to face LDF	R arm lowers down and upto end 5 th
20	4 5 6	Lower to floor into either R front split or wide jazz split	Arms open to 2 nd palms up
21 - 22	1 2 3 4 5 6	Turning to R lower to floor, roll to end face up, legs extended to LDF	Arms extended along floor at shoulder level, palms to floor
23	1 2 3	Turning to R contract body pulling knees toward chest	Arms wrap around knees, head lowered
24	4 5	Swing knees up and over to L	Release arms
25 - 26	6 1 - 6	Extend R then L leg into wide windmill action to R to end standing on LF, R leg extended behind facing RDF	Arms relaxed at sides
27	1 2 3	Pas de bouree under, turning to R to end RF forward, L leg extended behind, facing L side	
28	4 5 6	Hold position	Arms sideways and up to 5 th
29	1 2 3	Back fall to end LF flat on floor, knee bent	Swing arms down to sides
30	4	RL front kick	Arms extended on floor at shoulder level
	5 6	Recover to sitting, both legs extended	Arms low V fingers to floor
31	1- (hold 2 3)	¼ turn to R to face front into sitting attitude	
32	4- (hold 5 6)	½ turn to L to face back into sitting attitude	
33	1 2 3	Kneeling up on L raise R leg in attitude	Swing R arm down and across body to L to end in 5 th LH supports
34	4 5 6	Extend R leg diagonally upwards	Extend R arm diagonally overhead to L
35 - 36	1 2 3 4 5 6	Recover body to upright turning to R to end R leg in wide lunge to LDB, recover to standing on RF, L leg extended behind	Push up from LH, both arms through high V to end relaxed at sides
37	1 2 3	Pas de bouree under, turning ¼ to R to face RDF	Arms relaxed at sides

38	4 5 6	Close RF to LF on plie and riseto demi pointe,	Swing arms in co-ordinated circle to L to end high parallel palms in
39 - 40	1 2 3 4 5 6	Side fall to L to end lying on L side, legs together, facing LDF	L arm extended along floor, RH placed on floor in frontof chest
41	1 2 3	Turning to R, lie flat on floor, facing RDF	Arms extended at shoulder level, palms to floor
42	4 5 6	Recover to sitting position, feetparallel 1st flat on floor, knees bent	Arms wide medium V line, palms up. Head to front
43 - 44	1 2 3 4 5 6	Commencing to turn to R, lowerknees to floor, raising feet. Continue turning to R to endfacing back, L leg raised in attitude, kneeling up on R	Lower hands to floor and continue to L arm overheadin 5 th RH supports
45 - 46	1 2 3 4 5 6	Lower R hip to floor continue tofloor into seat roll to R to end facing L side in push up to inverted V line	Place both hands to floor into push up
47 - 48	1 2 3 4 5 6	Lower R hip to floor continue tofloor into seat roll to L to end facing front in sitting attitude onL hip	Arms low V fingertips tofloor
49 - 61		Repeat from Bar 32 – 44 on other side	Repeat from Bar 32 – 44 on other side
62 - 63	4 5 6 1 2 3	Lower L hip to floor continue tofloor into seat roll to R to end facing front, standing on LF, Rleg extended behind	
64	4 5 6	Free ending	Free ending

© Copyright 2022 National Performing Arts Alliance Ltd.
All Rights Reserved.

Protected with www.protectmywork.com,
Reference Number: 17653250522S051

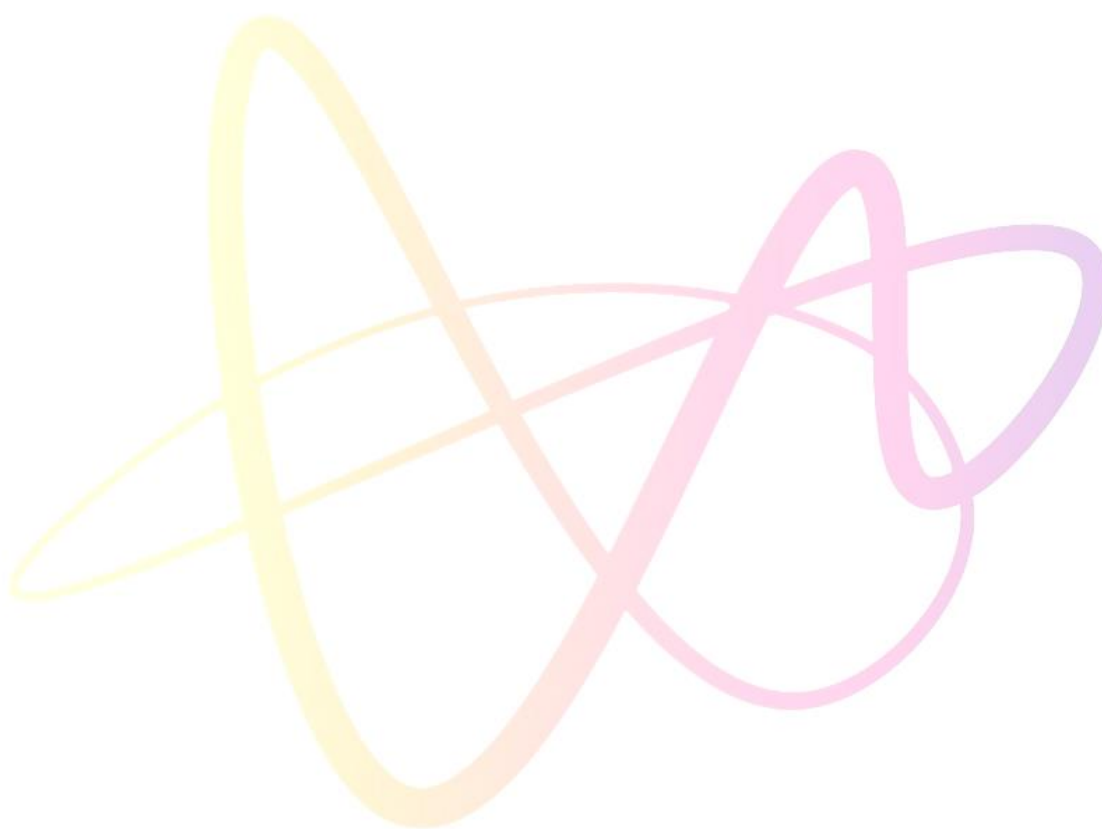
CENTRE AMALGAMATION

Commence centre, facing LDF, feet 1st , arms jazz 2nd, palms front, head R

BAR	COUNT		
1	a 1 a 2	Glisse RF devant and close 1 st x 2	Arms jazz 2 nd palms front, head to R
	3	Tendu RF forward	
	4	Raise RF to LDF at 45°	
2	5	Bend both legs, flexing RF	Contract arms in jazz 2 nd , finger expansion. Head remains
	6	Stretch L leg and re-extend R forward to LDF at 45°	Extend arms to jazz 2 nd close fingers. Head remains
	7	Lower RF to degage devant	Arms and head remain
	8	Close RF to 1 st	Arms remain, head neutral
3 - 4	1 - 8	Repeat bars 1 & 2 on LF	Repeat Bars 1 & 2
5	1	Demi plie 1 st	Arms jazz 1 st palms to chest
	2	Raise heels	Arms ½ parallel palms chest
	3	Stretch legs on rise	Arms high parallel palms in
	4	Lower heels	Arms jazz 2 nd palms front
6	5 6 7 8	Repeat bar 5	Repeat Bar 5
7	1	Invert RF	Arms jazz 1 st palms to chest
	2	Turn out RF to end 2 nd	Arms contracted jazz 2 nd finger expansion palms front
	3	Transfer weight to RF raise L leg in 2 nd at 45°	Extend arms to jazz 2 nd close fingers
	4	Bend both legs flexing LF	Arms contracted jazz 2 nd finger expansion palms front
8	5	Stretch R leg and re-extend L to side at 45°	Extend arms to jazz 2 nd close fingers palms front
	6	Lower LF to floor to degage 2 nd	
	7	Close LF to RF in 1 st	

	8	Turning to face front, close LF to RF parallel	Arms jazz 1 st palms to chest
9 - 12	1-15	Repeat from bar 1 - 4 in parallel	Repeat from bar 1 - 4
	a 16	Close LF to RF parallel, turn feet to 1 st	Arms to bras bas on count 16
13	1 2 3 4	Glisse RF to 2 nd x 2	Raise arms to 1 st
14	a5 a6 a7	Glisse RF to 2 nd x 3	Raise arms to 5 th
	8	Hold position	
15 -16	1 - 8	Repeat bars 13 & 14 LF	Lower sideways to jazz 2 nd palms front counts a5-a7
17	1	Invert RF	
	2	Turn out RF to end 2 nd	
	3 4	Full plie in 2 nd	
18	5 6	Recover to standing	
	7 8	Side stretch to R	Lower RA bras bas, LA over to 5 th
19	1	Twist torso to face RDF	Arms to jazz 1 st , palms to chest
	2 3 4	Incline body forwards into table back	Arms opposition, palms to floor
20	5 6	Bend L leg, , strong body opposition to R	Lower LH to R ankle, RA raised high
	7 8	Maintain leg line, strong body opposition to L	RH to L ankle, LA raised high
21	1	Close RF to LF, bending legs, heels slightly off floor	Hands to floor, head lowered
	2 3 4	Stretch legs, lowering heels	Hands remain on floor, head lowered
22	5 6 7	Uncurl to standing	Arms raise sideways to jazz 2 nd palms front
	8	Turn out feet to 1 st	
23 - 28	1 - 23	Repeat Bar 17 – 22 on otherside	Arms as Bar 17 – 22 on other side
	24	Step RF to side to parallel 2 nd , hip width apart	Raise arms sideways and up to end high parallel, palms facing
29	1	Hold position	
	2	Strong side stretch to L	
30	3 4 5 6	Lowering to floor full co-ordinated circle to L	Full co-ordinated circle arms L to R
	7 8	Turn torso L, invert RF to jazz 4 th , both legs bent	Arms to jazz 2 nd , palms up
31	1	Turn to R to face RDF, close RF to LF, legs bent	Arms jazz 1 st

	2 3 4	Body ripple backwards to end legs straight, feet flat	Swing both arms down, sideways and up to end high parallel palms facing
32	5	Hold position	Pull arms into ½ parallel, palms to shoulders
	6 7	Turn feet out to 1 st	Swing arms down and sideways to end arms jazz 2 nd palms front
	8	Hold position	
33 - 64		Repeat all on other side	



UNSET ARM COMBO

To be choreographed by the teacher.

2 minutes minimum ; 2.5 maximum

Teachers' choice of style, time signature and tempo.

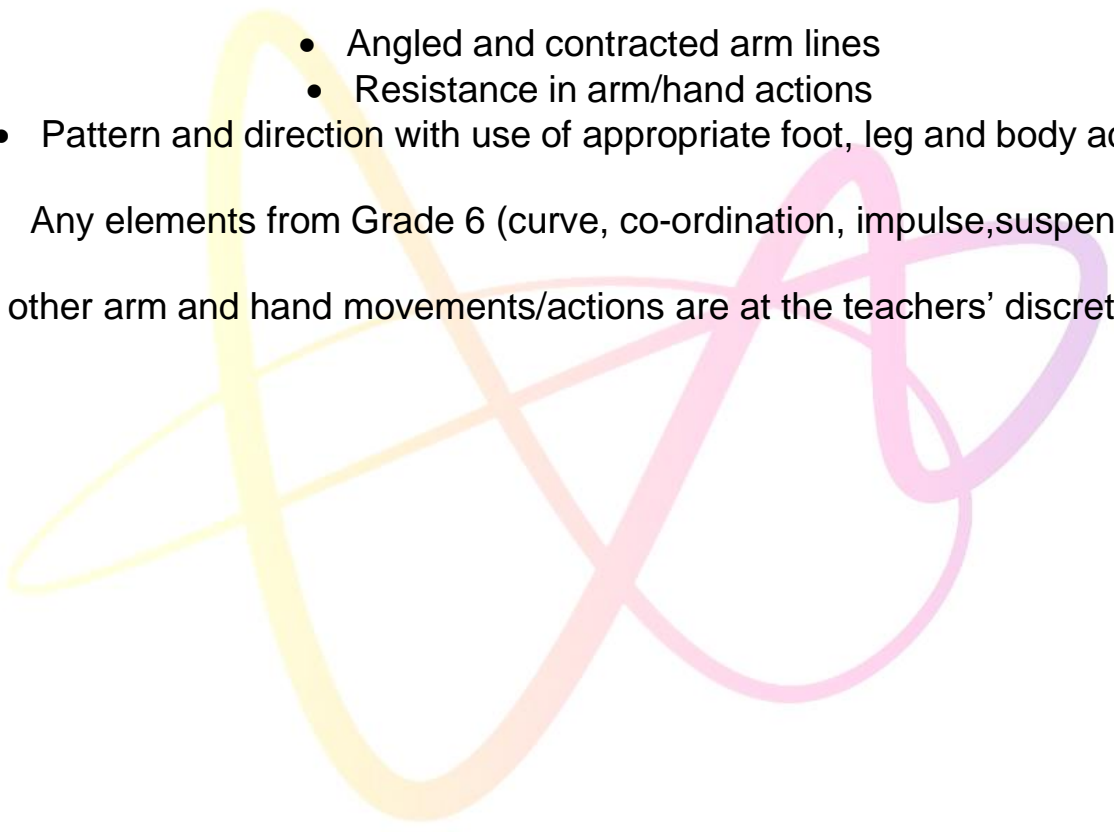
May be performed solo or in pairs.

Combination should include the following compulsory elements:

- Angled and contracted arm lines
- Resistance in arm/hand actions
- Pattern and direction with use of appropriate foot, leg and body action

Any elements from Grade 6 (curve, co-ordination, impulse, suspension)

All other arm and hand movements/actions are at the teachers' discretion.



TURNS

Commence facing front, weight on LF, RF extended to side,
arms held at sides.

BAR	COUNT		
1	1	Step RF across LF	Circle L arm side to 5 th
	2	Wide step to side LF in to lunge line	Continue to circle L arm overhead to end extended to Lat shoulder level, palm down, head to L
	3 a 4	Open turn to R to end facing RDF	Arms held at sides
2	5 a 6	Front kick L into reverse developpé to end LF behind RF, parallel 4 th both legs bent, L heel raised	Both arms high parallel and lower to end medium opposition, palms down
	7 8	Double pirouette en dehors turning to L, straight leg relevé	Arms sideways and up to 5 th
3	1	Step LF forward facing RDF, into 4 th on demi pointe	Inverted 5 th palms to ceiling
	2	Hold position	
	3	Releasing RF into low extension behind, bend L leg, lowering heel	Arms release forwards to wide medium V, palms up
4	4 5 6	Slow pas de bouree under, turning to R to end facing LDF wide lunge on RF, L leg extended behind, foot flat	R arm extended forward, L arm to jazz 2 nd , palms down
	7 8	Double pirouette en dedans, turning to R, bent supporting leg, heel skimming floor, L leg in low attitude derriere	Arms open 4 th R arm high
5	1 a 2	Continuing to turn to R, pas de bouree under to end facing back, LF forward parallel jazz 4 th , both knees bent, R heel raised.	Arms pass through 1 st to medium opposition, palms down.
	3 4	1&3/8 th pencil turn to R	Arms inverted 5 th palms to ceiling
6	5 6	Step RF to LDF and hop making 1/4 turn to R to face RDF, LF high parallel retire	Lower arms sideways and down to side
	7 8	Step LF to RDF and hop making 1/4 turn to R to face LDF, RF high parallel retire	Arms held at sides

7	1 2	Step RF to LDF and hop making $\frac{3}{4}$ turn to R to face LDB, LF high parallel retire	
	3 a	Continue to turn to R into first 2 steps of pas de bouree under travelling to R side	
8	4 5 6	Spring onto LF facing RDF into 1 full skating turn to L	Sideways and up to open 4 th R arm high
	7	Wide step RF across L with strong twist to L in upper body	R arm curved across chest
9	8 1	Barrel turn to R	High V
	2 3	Step LF to side placing RF into deep inverted jazz 4 th	R arm across body to L, head to hand
	4	Hold position	Head to front
10	5 6	2 x R hip bump	2 x finger snap
	7	Hold position	
	8	Turning to face RDF, close RF to LF on demi pointe	Jazz 1 st palms to chest
11	1	Lower L heel, bending leg, raise RF to low parallel retire	Lower to sides, head to R
	2 3	Single chaine turn to R	
12	4 a 5	Step RF to 2 nd and coupe entournant to R	Through 2 nd to 1 st
	6 a	1x Quick chaine turn to R	Jazz 1 st palms to chest
	7	Step RF forward to 4 th on demipointe facing RDB	High parallel, palms in
13	8 1	Hold position	
	2	Lower R heel, bending leg, raise LF to low parallel retire	Drop LA low V, RA high V, finger snap, head to LH
	3 a 4	Pas de bouree under travelling towards LBD to end LF forward parallel jazz 4 th , both knees bent, R heel raised	Strong swing across body to end LA 3 rd
14	5 6 7 8	2 x pose pirouette en dedans to R	2 nd to 1 st on each
15	1	Step RF to LDB	Jazz 1 st
	a 2	Syncopated turning jump to R	High parallel
	3 4	Step RF forward to LDB into backdrag making $\frac{1}{2}$ turn to R to face RDF	Diagonal line, LA high, RA low
16	5	Extended walk forward LF to RDF	Lower to sides
	6	Step RF to side to end facing front, L leg extended to side	Head to R
	7	Hold position	Head to front
	8	Hold position	
17 - 32		Repeat all on other side	

KICKS

Commence RDB, facing back. Weight on LF, RF extended to side.
Arms relaxed at sides.

BAR	COUNT	
1	1- (hold count 2)	Extended walk RF to side facing back
2	3 4 5	3 x stylised jazz walks travelling sideways turning ¼ to R to end facing L side
	6	Straight leg front kick R
	7	Lower RF to step forward
	8	Straight leg side kick L, turning to face front into off balance to R, bending R leg
3	1 2 3	Lower LF to step sideways to L, cross RF in front of LF, step LF to side, bending L leg
4	4 5	Outward round kick R
	6 a 7	Chasse to R side facing front
	8	Step LF forward to RDF
5	1	Straight leg front kick R, bending supporting leg, on a rise
	2	Lower RF stepping forward to RDF
	3	Straight leg front kick L, straight supporting leg on a rise
	4	Turning shoulder to LDF pull LF into low parallel retire, bending RL incline upper body back
6	5 a 6	Chasse to L travelling towards LDF
	7 a 8	Pas de bouree under making 1 full turn to R to end facing RDF
7	1 2	Developpe side kick L into off balance to R, bending R leg
	3	Lower LF stepping to side, commencing to turn R
	4	Continuing to turn R, back kick R, bending L leg, facing RDB
8	5	Lower RF stepping sideways to face LDB
	6	Step LF forward to LDF
	a 7	Hitchkick R to L
9	8 1	Lowering LF, 2 x stylised walks to LDF
	2 3 4	Hold position as next candidate commences on count 1 Walk upstage to repeat all on other side

ACROSS THE FLOOR

Commence downstage R facing front, weight on RF, LF extended to side, arms relaxed at sides.

BAR	COUNT	
1	1 a 2	Chasse to side travelling to L
	3	Cross RF over LF
	4	L leg brush side leap to L
2	5	Cross RF over LF commencing to turn L
	a 6	Hop RF, L in parallel retire turning to L to face RDB
3	7 8 1	Drag run x 3
	a 2	Front brush leap R
	3 a 4	Step LF forward to RDB, glisse RF into parallel assembletravelling sideways to end facing RDF
4	5 a 6	Step LF forward to RDF glisse RF into parallel assemble travelling forward
	7	Hold position
	a 8	Sitting jump, side contraction to L
5	1 2	Step LF to side travelling to LDF, cross RF over LF
	3 4	Step LF forward closing RF making 1 full turn to L
6	5	Small jump feet parallel 1st
	a 6	Attitude jump (both legs bent)
	7	Cross RF over LF
	8	Hold position
7	1 2	Step LF forward to LDB closing RF making 1 full turn to L
	3 4	Circular spring onto L turning to face RDF
8	5 a 6	Chasse RF forward to RDF
	7	Step LF forward to RDF
	8	Hop LF, straight leg front kick R
9	1	Landing on LF pull RF into parallel retire, turning hips and feet ¼ to L on landing
	2 3 4	Hold position as next candidate commences on count 1 Walk upstage to repeat all on other side.

JUMPS, LEAPS & TURNS IN THE AIR

An 16 bar routine, choreographed by the teacher, to show INCREASED development of jumps, leaps and turns in the air in pattern and direction.

THIS IS ME - CANDIDATE CHOREOGRAPHY

A prepared routine of 32 bars **choreographed by the candidate** and performed solo. This must contrast in style and tempo to the

Dance Routine which follows.

The use of a prop (hat, cane, chair etc.) is permitted and theatre heels may be worn where appropriate to style and content.

DANCE

To be choreographed by the teacher.

Maximum 2.5 minutes minimum ; 3 minutes maximum

May be performed solo, in pairs or as a duet.

Choose 1 style from the following categories:

- Contemporary
- Musical Theatre
 - Blues
- Any current / up to date Jazz style

THANK YOU

To be choreographed by the teacher. 8 bars in total

GRADE 8 JAZZ

COMPONENT	FORMAT
Welcome Warm Up	All together
Barre Amalgamation	All together
Back & Leg Flexibility	All together
Floor Combination	All together
Centre Amalgamation	All together
Unset Arm Combo	Solo or in pairs
Turns	Solo consecutively
Kicks	Solo consecutively
Across The Floor	Solo consecutively
Jumps, Leaps & Turns in the Air	Solo consecutively
This Is Me - Candidate Choreography	Solo
Dance	Solo, in pairs or duet
Thank You	All together

EXAM TIMINGS GQAL REGULATED FULL GRADE

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	45 minutes
3 - 4	50 minutes

CLASS GRADE
(TEACHERS CHOICE OF ANY 8 EXERCISES FROM THE GRADE 8 SYLLABUS-THANK YOU IS COMPULSORY AND NOT INCLUDED IN THE CHOICE OF 8)

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	18 minutes
3 - 4	22 minutes

WELCOME WARM UP

A 16 bar repeatable routine, choreographed by the teacher,
to include appropriate warm up actions for
Modern Jazz at Level 3

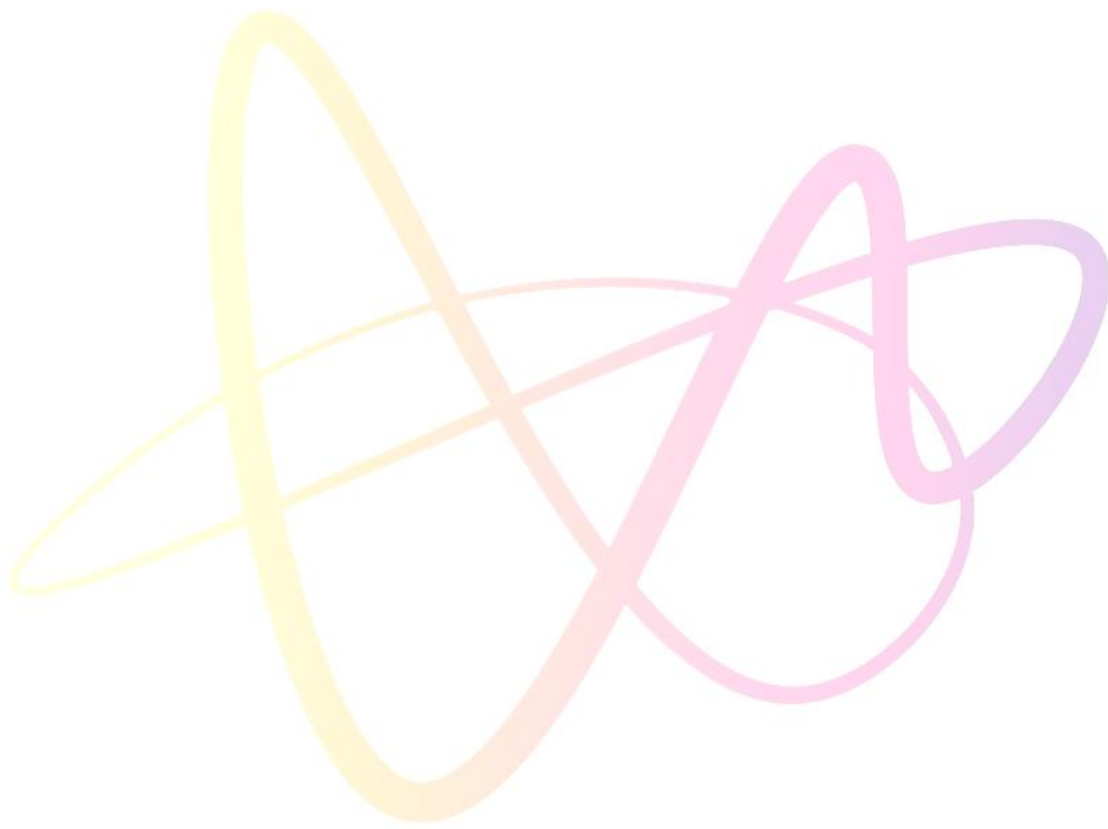
BARRE AMALGAMATION

Commence facing RS, feet parallel 1st. LH barre, R arm relaxed at side.

BAR	COUNT		
1	1 2 3	Step RF back onto demi pointe, close LF to RF, step forward RF into parallel jazz 4 th , both knees bent, L heel raised	Raise R arm sideways to jazz 2 nd , palm to front
2	4 5 6	Parallel pirouette en dedans making $\frac{3}{4}$ turn to L to end back to barre	Release LH from barre, both arms to jazz 1 st , palms to chest
3	1 2 3	Wide step LF to side circling L hip back	Open arms to jazz 2 nd palms down
4	4	Turn $\frac{1}{4}$ to R pulling LF into low parallel retire, bend R leg, feeling of contraction in body	RH to barre, head lowered, L arm forward to 1 st
	5 6	Deepen bend increasing contraction	
5	1 2	Recover to standing wide step LF to side	Release RH from barre, both arms jazz 2 nd , palms down
	3	Commencing to turn to R, RF forward	RH to barre
6	4	Close LF to RF, facing barre bending legs	Both hands to barre
7	5 6 1	Outward round kick R leg making $\frac{3}{4}$ turn to R	Release RH from barre and raise to 5th
	2	Step RF forward facing L side	RH barre, L arm relaxed at side
	3	Close LF to RF bending knees, feeling of contraction in body	Swing L arm forward to medium parallel, palm down head lowered
8	4 5 6	Body ripple to standing, legs straight on demi pointe	Swing L arm down, back and up to end high parallel, palm in
9	1 2 3	Step LF back to end parallel 4 th on demi pointe	L arm 1 st

10	4 5 6	Turning ¼ to R wide step to side facing barre into 'T' off balance to R, bending R leg	LH to barre, R arm extended diagonally upward, palm in
11	1 2 3	Maintaining off balance line stretch R leg 'Y' position	Increase extension
12	4 5 6	Rise onto RF demi pointe, maintain 'Y'	Maintain extension
13	1 2 3	Turning ¼ to R step back onto LF on demi pointe, placing RF to full retire devant	Place LH to barre, R arm jazz 1 st palm to chest
14	4 5 6	Lower L heel, bending leg, extend R leg forward at 90°	R arm 1 st
15 - 16	1 2 3 4 5 6	Stretch L leg carrying R leg into grand rond de jambe en dehors to end in arabesque line	R arm through 2 nd bras bas to end 2 nd arabesque line
17	1 2 3	Penchee	Maintain line
18	4 5 6	Swing R leg through to layout, bend L leg	Swing R arm down and back
19	1 2	Recover to standing step RF forward	R arm 5 th
	3	Turn 1/8 to R place LF in low parallel retire, bend R leg	R arm jazz 1 st palm to chest
20	4	Extend L leg forward at 45°, maintain bend in R leg	R arm medium parallel, palm down
	5 6	Turn ¼ to L place LF in low retire devant, stretch R leg	R arm jazz 1 st palm to chest
21	1	Turn ¼ to R, extend L leg forward at 45°, bend R leg	R arm medium parallel, palm down
22	2 3 4 5 6	Turn 3/8 to L low developpe passe LF derriere to end LF behind R facing barre in parallel 4 th , table back position. both legs straight	Both hands to barre, head in line with spine
23	1 2 3	Close LF to RF bending knees into body ripple to standing demi pointe	Relax elbows, both hands barre
24	4 5 6	Lower onto RF, bending leg, raise LF to low parallel retire inclining body to R	Head to R, eyeline lowered
25	1 2 3	Recover to standing, feet parallel 1 st , legs straight, demi pointe	Head to neutral
26	4 5 6	Lower onto LF, bending leg, raise RF to low parallel retire inclining body to L	Head to L, eyeline lowered
27	1 2 3	Wide step to R into lunge on R leg, LF extended at side	Release L arm from barre, through 2 nd and overhead to 5 th
28	4 5 6	Commencing to turn to L, wide step to L into lunge on L leg, RF extended at side	L arm out to 2 nd , release R arm from barre and overhead to

			5th
29	1 2 3	Close RF to LF facing L side, legs bent, feeling of contraction in body	Arms to 1 st , head lowered
30	4 5 6	Body ripple to standing legs straight, demi pointe	Swing both arms down and back to end 5th
31	1 2 3	Lower heels, straight legs, feet parallel 1st	Open arms to 2 nd , place RH on barre
32	4 5 6	Hold position	Lower L arm to side



© Copyright 2022 National Performing Arts Alliance Ltd.
All Rights Reserved.

Protected with www.protectmywork.com,

Reference Number: 17653250522S051

BACK & LEG FLEXIBILITY

Commence facing barre. Feet 1st.

BAR	COUNT		
INTRO	1 2 3 4	Point RF to 2 nd	Both hands on barre
	5 6	Raise RL to 45°	
	7 8	Hold position	
1	1	Place ball of RF behind LF bending both knees	
	2	Developpe side kick – minimum height 135°	
	3 4	Bending both knees lower RL to side retire	Place RH to instep/ankle/calf
2	5 6 7 8	Recover to LL extending RL to high aerial	Extend arm maintaining hold
3	1 2 3 4	Strong side stretch to L extending leg further overhead to L	
4	5	Recover to upright rising on LF	Release hold of leg extending RH to high parallel
	6 7	Rise to demi pointe	
5	8 1	Lower to R into wide lunge to R both feet flat, strong side stretch to R	Carry LA overhead to 5th RA lower to bras bas
	2	Turning to face R side close feet parallel 1st bending knees	Lower RA to floor with slight swing forwards palm in
	3 4	Stretching LL raise RF to back, knees together	Swing RA down and back to hold R ankle
6	5 6 7	Continue to raise RF into ¾ or full scorpion	
7	8 1	Hold position	
	2 3	Lower RF closing to L, bending knees	Releasing hold swing RA down and up into high parallel, palm in
8	4 5	With rebound body ripple ending on a rise	Circle arm backwards to end high parallel
	6	Step RF 2 nd turning to R away from barre	Circle RA across body to R to 2 nd
	7 -	Continue to turn to end facing barre LL extended to 2 nd 45°	Both hands to barre
9 - 16		Repeat bars 1 – 8 on other side	

© Copyright 2022 National Performing Arts Alliance Ltd.
All Rights Reserved.

Protected with www.protectmywork.com,
Reference Number: 17653250522S051

FLOOR COMBO

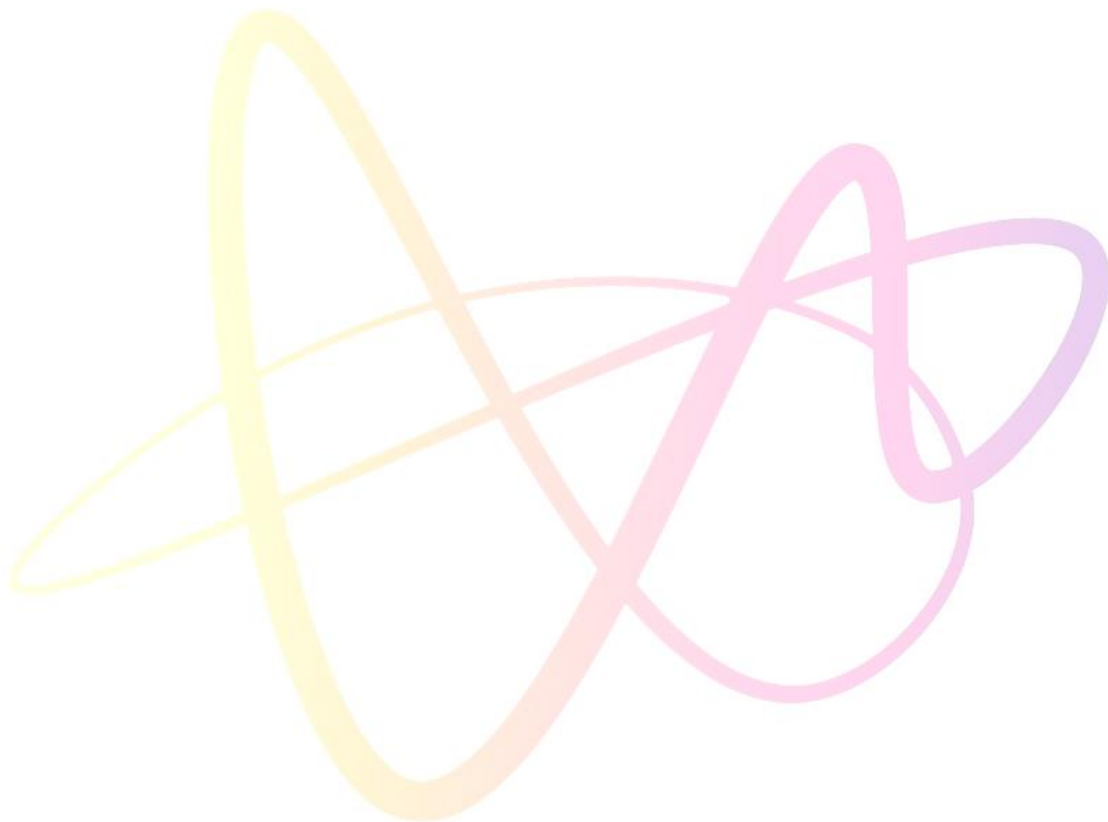
Commence standing, feet parallel 1st, facing the front

BAR	COUNT		
1	1	Place LF behind RF, L heel raised, bend both legs	Fold to soft jazz 1 st palms to chest
	2	Transferring weight to LF, developpe side kick R, slight tilt inbody to L	Unfold to open 4 th , R arm high, palms down
	3 4	Place R knee to floor cutting underneath L	Lower to sides
2	5 6	Making ¼ turn to L, seat roll to end facing L side feet flat on floor knees bent	Relaxed
	7 8	Continue to turn to L to end facing RDF, kneeling	
3	1 2 3 4	Rising up onto R knee, slow side developpe into high extension L leg	RH on floor, LA to high ?? both legs bent, R heel raised
4	5 6	Maintaining leg extension, recover body to upright	Push up from RH, both arms through high V line
	7	Lower L leg to floor in side extension, kneeling on R leg, facing RDF	Circle arms overhead to L to end hands inverted on floor, under shoulder line, elbows bent, head down
	8	Hold position	Arms remain
5	1	Commencing to make strong turn to L in upper body	Lower R shoulder towards floor, slide RH underneath L elbow to end R arm extended along floor to L, palm up
	2	Hold position	Arms remain
6	3 4 5 6	Turn L, roll on back, wide windmill extension of L&R leg	Arms relaxed
	7 8	Continue to turn to L to end kneeling facing LDF	Arms relaxed
7	1 2 3 4	Slight spring onto RF onto demi pointe, developpe extension L leg to ceiling, both legs straight	Place hands to floor, arms extended
8	5 6	Lower L leg through attitude, slight bend in R leg	Arms remain
	7 8	Deepen the bend, placing LF in low parallel retire	Bend elbows

BAR	COUNT		
9	a1 2	Small spring onto LF, slide R leg through to full extension along floor	
	3 4	LF high instep stretch into L	Push up on RH, LA overhead to R into side stretch, eyeline to RH
10	5 6	Turn to R to end facing R side, R leg extended behind on ball of foot, LF in parallel retire to R knee	Both hands on floor, head in line with spine
11	7 8 1 2 3	Continue to extend L leg upwards into natural attitude	
12	4 5	Swing L leg down and through to place LF flat in deep bend, RF behind	Both hands on floor, head lowered
	6	Spring onto RF recovering to standing to face back	Circle arms overhead in barrel action L to R
	7 8	Continue to turn to R lowering L hip to floor into seat roll to end facing LDF, LF in front of RF, kneeling up	Arms relaxed, hands to floor
13	1 2 3 4 5 6	Backward roll over L shoulder with straight R leg extension to end kneeling on L, R leg extended, off the floor behind	Both hands end on floor, head and eyeline lifted
14	7 8	Lower R leg to end kneeling	Head down, elbows bent, hands on floor
15	1 2	Upright kneel	Sweep arms backwards and up into 5 th
	3	Incline back from knees into quad stretch twist from waist to R	Open arms to wide medium V palms up, head to R
	4	Fall to floor, knees together, feet raised	Place hands under shoulders
16	5 6 7 8	Roll to end standing facing RDF LF front of RF	Arms relaxed at sides
17	1	Lift RF to low parallel retire turning to R to end facing front in wide turned out 2 nd	
	2 3 4	Controlled push out of the feet into wide low 2 nd	Jazz 2 nd palms to front
18	5 6	Turning to R lower into front split facing R side	Lower hands to floor
	7 8	Hold position	Raise to 5 th
19	1 2	Incline body forwards over R leg	
	3 4	Recover to upright	

20	5	Bend L leg into jazz split	Open to jazz 2 nd palms up
	6	Twist from waist to L	Swing across to 3 rd RA forward, head to front
	7 8	Turn to R to end lying face down, facing L side	Hands under shoulders, head lowered
21	1 2 3 4	Continuing to turn to R, hurdle R leg over to end on demi pointe into push up	Weight on LH, RA extended to high parallel, palm to front, eyeline to RH
22	5 6 7 8	Slowly lower to floor, sliding L leg along floor towards R side, RF flat	Head to R, open RA forward to shoulder level, palm to front
23	1	Turn to R to end facing LDB, bend R leg to end in sitting attitude on R hip	Hands inverted on floor, under shoulder line, elbows bent, head down
	2 3 4	Twist upper body to L	Lower R elbow to floor, extend L arm to high parallel palm to back, eyeline to LH
24	5	Recover to sitting attitude	Arms jazz 1 st
	6	Twist to R from waist, shoulders to LDF	Open arms to jazz 2 nd palms down
	7	Hold position	Arms to 5 th
	8	Hold position	Arms remain
25 - 26	1 2 3 4 5 6	Commencing to turn to R, join L knee to R on floor, raising feet continuing to turn to end in sitting attitude on R hip facing RDF	Hands to floor to end LH extended at shoulder level to front, RH on floor at R side
	7 8	Swing up to attitude, L leg raised	Swing L arm down and up to 5 th
27	1 2 3 4	Lower R knee to floor, both feet raised, turning to L, raise R into attitude	Swing L arm down to place LH floor, swing R arm down and up to 5 th
28	5 6 7 8	Extend R leg to high diagonal line behind body	Extend R arm to high diagonal
29	1 2 3 4	Push up off LH into lower R leg to floor turning to face RDB	Both arms high V
30	5 6	Turning to R to face RDB lower jazz split	Lower arms sideways to floor
	7 8	Roll to R to end face down, facing LDF	Hands under shoulders, head lowered
31	1 2	Push back into sitting kneel	Arms held at sides, head to front

	3 4	Step RF forward to end standing leg extended behind	Arms and head remain
32	5 a 6	Turning to L pas de bouree under toend facing front weight on LF	Free
	7	Close RF to LF parallel 1 st	
	8	Hold position	



© Copyright 2022 National Performing Arts Alliance Ltd.
All Rights Reserved.
Protected with www.protectmywork.com,
Reference Number: 17653250522S051

CENTRE AMALGAMATION

Commence facing front, feet 1st arms jazz 1st palms to chest.

BAR	COUNT		
1	1 2	Demi plie	Scoop down and up to end inverted jazz 1 st , head ¼ turn to R
2	3 4	Recover to standing	Reverse to end jazz 1 st palms to chest, head to front
3 - 4	a5a6a7a8	Glisse to 2 nd R x 2 & L x 2	Head to R then L
5 - 6	1 2 3 4	Full plie	Scoop down and up to end inverted 5 th
7	5 6	Recover to demi plie	Open to jazz 2 nd , palms front
8	7	Rise to demi pointe, stretching legs,	
	8	Lower onto LF, bending leg, RF to low retire	Jazz 1 st palms to chest, head to front
9	1 2	Controlled extension R leg to 2 nd at 90° stretch L leg	Jazz 2 nd , palms forward
10	3	Turn to R to face RDF placing RF to full retire devant	Jazz 1 st palms to chest
	4	Passe RF to back, lower into deep lunge 4 th , bend L leg	High opposition
11	5 6	Stretching L leg, rotate to R to face LDB to end weight on L, RF degage devant	Overhead to 4 th , LA high
12	7 8	Centralise weight in 4 th , incline body forwards into table back	Arms opposition
13 - 14	1 2 3	Bend L leg, strong body opposition to R	Lower LH to R ankle RA raised high
	4	Close RF to LF to face R side, bending legs	Hands to floor, head lowered
15 - 16	5 6 7	Stretch legs	Hands remain on floor, head lowered
17	8 1 2	Uncurl to standing	Relaxed at sides
18	3	Swing L leg forwards to 90°	Medium parallel, palms in
	4	Turn to L to face front placing LF to full retire devant	Jazz 1 st palms to chest
19	5	Extend L leg to 2 nd at 90°	Jazz 2 nd palms to front
20	6 7	Lower L to side into deep lunge	Lower LA bras bas, RA overhead to 5 th
	8	¼ turn to L to deep lunge 4 th , R leg straight heel raised	Jazz 1 st palms to chest

21	1 2	Hold position	Drop to ½ parallel and raise to high parallel, palms in
22 - 23	3 4 5	¼ turn to R into deep plie 2 nd	Open to jazz 2 nd , palms to front
	6	Raise heels	
24	7	Rise stretching legs	Jazz 1 st palms to chest
	8	Lower heels	
25	1	Plie in 2 nd	Jazz 2 nd , palms to front
26	2 3	Stretch legs, turning feet to parallel 2 nd incline body forwards into tableback	Jazz 2 nd palms to floor
27	4 5	Hold position	Carry forward to parallel
	6	Hold position	Heavy swing through legs
28	7	Recover to standing	High parallel, hands clasped
29	8 1	Controlled side stretch to R	Maintain position diagonally upwards to R
30	2 3 4	Lowering to floor full co-ordinated circle	Full co-ordinated circle R to L
31	5	Place LF behind R, L heel raised, bend both legs	Jazz 3 rd , L arm forward palm to chest, R palm to front
32	6 7	Making ¾ turn to L rise to demi pointe	Jazz 1 st , palms to chest
	8	Demi plie in 4 th facing RDF	
33	1 2	Extend L leg forward at 45° maintain bend in R leg	1 st
34	3	Stretch R leg placing L in full retire devant	5 th
35	4 5 6	Pass L leg into attitude derriere, bending R leg. Incline body forward	Open wide V, head lowered
36	7	Recover to standing, stretching R leg. Place L leg to full retire derriere	5 th
	8	Extend L leg to 2 nd at 90°	Jazz 2 nd , palms to front
37	1	Lower LF to floor to 2 nd	
	2	Transfer weight to LF raising R leg to 2 nd at 90°	
38	3	Lower RF to degage 2 nd	
	4	Close RF to LF 3 rd devant	LA jazz 1 st palm to chest
39	a 5	RF glisse devant	Open LA to jazz 2 nd palm front
	a 6	RF glisse to 2 nd closing derriere	

40	7	RF tendu derriere	
	8	Making ½ turn to R rotate towards RF to face LDB	Jazz 1 st palms to chest
41	1	Plie in 4 th	
	2	Raise heels	High parallel
42 - 43	3 4 5	Lower heels inclining body forward into table back	Open sideways to jazz 2 nd , palms down, head in line with spine
	6	Hold position	
44	7	Recover to standing on demipointe	Jazz 1 st palms to chest
	8	Twist torso and shoulders 1/8 to R	Open sideways to jazz 2 nd , palms down
45	1	Turning 3/8th to face front, lower onto RF, bending leg. Place LF in low parallel retire	Jazz 1 st palms to chest
	2	Maintain bend in R leg, extend L leg forward at 45°	Jazz 2 nd , palms front
46	3	Flex LF	Contracted jazz 2 nd
	4	Extend L leg and foot, stretch R leg	Jazz 2 nd , palms front
47	5	Bend R leg, place LF to low parallel retire	Jazz 1 st palms to chest
	6	Close LF to RF stretching legs	
48	7	Turn feet to classical 1 st	
	8	Hold position	

© Copyright 2022 National Performing Arts Alliance Ltd.
All Rights Reserved.

Protected with www.protectmywork.com,
Reference Number: 17653250522S051

UNSET ARM COMBO

To be choreographed by the teacher.

2.5 minutes minimum ; 3 minutes maximum.

Teachers' choice of style, time signature and tempo.

To be performed solo or in pairs.

Combination should include the following compulsory elements:

- Diagonal, vertical and horizontal arm lines
- Balance
- Pattern and direction with use of appropriate foot, leg and body actions
- Any 5 elements from Grade 6 and 7 (curve, co-ordinated, angle, contraction, resistance, impulse, suspension)

All other arm and hand movements/actions are at the teachers' discretion.



© Copyright 2022 National Performing Arts Alliance Ltd.

All Rights Reserved.

Protected with www.protectmywork.com,

Reference Number: 17653250522S051

TURNS

Commence facing RDB, weight on LF, RF extended forward

BAR	COUNT		
1	1 2	Extended walk backwards RF	Arms held at sides
	3	Turning ½ to L drop forward onto LF, bend L leg, place RF into low parallel retire	Throw arms forward to medium parallel, head in line
2	4 a 5	Step back onto RF on demi pointe, close LF to RF on demi pointe, step forward onto RF to wide 4 th , L leg straight, foot flat	Arms through jazz 1 st to 3 rd , R arm forward
	6 7	Double pirouette en dedans, low retire devant, bent supporting leg, heel skimming floor	Arms 1 st
	8	Releve on RF, L leg to low attitude derriere, facing RDF	Arms to 4 th , L arm raised
3	1 a 2	LF wide step across R, RF low, extended spring to R side, demi rond de jambe en dehors L leg to end extended behind RF in 4 th facing LDF	Arms 3 rd L arm forward, open to 2 nd , R arm up to end 4 th
	3 4	Step onto LF continuing to turn to L into ½ pirouette en dedans, bent supporting leg, R leg in low attitude behind	Arms through 1 st to jazz 2 nd , palms down
4	5 a 6	RF wide step across L, LF low, extended spring to L side, place RF behind LF in turned out 4 th on plie facing RDF	Arms 3 rd R arm forward, open to 2 nd , undersweep R arm 3 rd
	7 8	Double pirouette en dehors	Arms 1 st
5	a 1 2 3	Fouette pirouette en dehors x 2	Arms 2 nd to 1 st x 2
	4	Maintain releve LF extending R leg to 2 nd facing front	Arms 2 nd
6	a 5	Step to side RF and place LF inverted jazz 4 th strong torso twist to R	Arms up to inverted 5 th
	6	Hold position	Arms remain
	7 a 8	Turning to L to face LDB, pas debouree under	Arms open through 2 nd to end lowered to sides

7	1	Facing LDB close RF to LF on demi pointe	Arms remain, head over R shoulder
	2 3	Swift run towards LDB	Arms to 1 st , head toneutral
	4	Step forward on LF into back dragmaking ½ turn to L to face RDF	Arms through 1 st to open 4 th R arm high, palms down
8	5 6	Slow extended walk forward RF towards RDF	Arms to 2 nd
	7 8	Pose pirouette en dedans x 1 travelling towards LDF	Arms 1 st
9	1 2	Step LF to LDF and hop with R leg in attitude making 1 full turn to L	Open both arms to 2 nd , L arm raises to end 4 th
	3	Coupe RF over LF	Sweep LA down to 1 st and out to high diagonal line, RA across to 3 rd
10	4 a 5	Pas de bouree under travelling to R to end LF crossed over RF, strong twist of body to R	Swing arms across to end RA high diagonal line, LA across to 3 rd
	6 a	Barrel turn to L	Arms high V
	7	Step onto RF	Lower arms to sides
	8	Turning to face LDF, soutenu L leg en dehors to end extended behind R, deep 4 th , R leg bent	Arms swing up to medium parallel, palms down
11	1 2	Stretching R leg rotate ½ to L to face RDB	Arms swing overhead to end 4 th , RA high
	3 4	Turning L wide step forward onto LF to RDB into pirouette en dedans with fouette to low retire devant, bent supporting leg, heel skimming floor to end facing L side	Open RA to 2 nd , both arms 1 st on turn
12	a	Facing LS releve LF on straight leg, extend R leg forward at 45	Unfold both arms to medium V palms up
	5 a 6	Walk R, L R towards L side	Lower arms to sides
	7 8	Travelling to LDB pose pirouette en dedans x 1	Arms 2 nd to 1 st
13	a1	Travelling to LDB pose pirouette en dehors x 1	Arms 2 nd to 1 st

	2 3	Wide step forward onto LF into pirouette en dedans with fouette to low retire devant, bent supporting leg, heel skimming floor making 1½ turns to L end facing RDF	Arms 2 nd to 1 st
	4	Facing RDF releve LF on straight leg, extend R leg forward at 45°	Unfold both arms to medium V palms up
14	5 6	Swift run to RDF	Lower arms to sides
	a 7	Step RF to side facing RDF and close LF to end together on demipointe	Raise arms sideways through 2 nd to open 4 th R arm raised, eyeline to LH
	8	Fallaway to R	R arm circles overhead through 5 th
15	1 2	Swift run in clockwise direction to end upstage centre facing back	R arm lowers through 3 rd and out to 2 nd
16	3 4 5 6	Step onto RF into turning jete to R x 2, placing RF to low retire devant front on each travelling to LS	Arms 2 nd into crossed 4 th x 2
	7 a	Step RF to face LDB, low developpe passe L leg to end in front of RF, degage devant	Lower arms to sides
	8	Hold position	Hold position

© Copyright 2022 National Performing Arts Alliance Ltd.
All Rights Reserved.

Protected with www.protectmywork.com,
Reference Number: 17653250522S051

KICKS

Commence centre back, facing front.

Weight on RF, L extended to side, arms relaxed at sides.

Free choice of arm lines.

BAR	COUNT	
1	1 2 3	Moving sideways to R cross LF behind R, step RF to side, cross LF in front of RF
	4	Straight leg side kick R, straight supporting leg, flat foot
2	5	Bending L leg, pull RF into low retire
	6	Flick kick R to side, straight supporting leg on releve
	7 a 8	Lower RF into chasse to R
3	1 2	Outward round kick L, rise on supporting foot, straight leg, slight incline to R in body
	3	Lower LF to side
	4	Step RF forward to LDF
4	5 6	Hitchkick L to R ending in layout
	7 8	Recover stepping R & LF forward to LDF
5	1 a 2	Step RF to R side facing front, close LF to RF making 1 full turn to R, step RF to side facing front
	3	Cross LF over RF
	4	Step RF to side into off balance to R, bending supporting leg
6	5	Hold position
	6	Turning ¼ to L, stretch R leg into releve, maintain high extension L leg at front facing L side
	7	Lower LF step forward to L side
	8	Step RF forward to end both feet natural 4 th on demi pointe
7	1	Swivel to ¾ turn to L on demi pointe to face RDF
	2	Plie natural 4 th
	3	Developpe front kick R, bent supporting leg, flat foot
	4	Lower RF forward commencing to turn to R
8	5	Straight leg side kick L, straight supporting leg, flat foot, tilt to R facing RDB
	6	Lower L to side continuing to turn to R
	7	Back kick R, bent supporting leg, flat foot, facing LDB
9	8 1	Extended walk x 2 backwards towards RDF facing LDB, head to front on '1'
	2 3 4	Hold position as next candidate commences on count 1 walk upstage to repeat all on other side

© Copyright 2022 National Performing Arts Alliance Ltd.

All Rights Reserved.

Protected with www.protectmywork.com,

Reference Number: 17653250522S051

ACROSS THE FLOOR

Free arm actions.

Commence centre facing back, weight on LF, RF extended forward,
arms held at sides.

BAR	COUNT	
1	1 a 2	Chasse RF forward
	3	Step LF forward commencing to turn L
	a 4	Parallel assemble turning ½ to L to face front
2	5	Echappe saute to turned out 2nd twisting torso to L
	a 6	Jump in 2 nd , twisting torso to R in air, landing with twist to L
	7 a 8	Pas de bouree under travelling to L
3	1 2	Step LF forward to LDF into straight or developpe front leap R
	3 4	Turning to L to face LDB step LF across R into R leg straight or developpe side leap to R
4	5	Cross LF behind RF
	6	Stretching legs swivel on demi pointe turning to L to face LDF
	7	Lower heels into plie in natural 4 th ouverte, twisting torso to L
	a 8	Jump in 4 th , twisting torso to R in air, landing with twist to L
5	1 a 2	Pas de bouree under, turning ½ to L to face RDB
	3	Continuing to turn to L cross LF over RF to face RDF
	4	Hop on LF, swing R leg sideways into high side extension, L leg low, creating diagonal extension in air
6	5	Step RF to side
	6	Cross LF over RF
	7 8	Commencing to turn R step RF forward to RDB, turning hop in attitude making ¾ turn to R, both legs bent, end facing RDF
7	1 a 2	Pas de bouree under, turning to R to face L side
	3	Continuing to turn to R step RF across LF
	a 4	T jump turning to face front pulling LF into low retire on landing
8	5 a 6	Pas de bouree under travelling to R side facing front
	7	Developpe side leap to R
	8	Cross LF in front of RF, deep bend
9	1 2 3 4	Hold position as next candidate commences on count 1 Walk upstage to repeat all on other side

JUMPS, LEAPS & TURNS IN THE AIR

An 16 bar routine, choreographed by the teacher, to show INCREASED development of jumps, leaps and turns in the air in pattern and direction.

THIS IS ME - CANDIDATE CHOREOGRAPHY

A prepared routine of 64 bars **choreographed by the candidate** and performed solo. This must contrast in style and tempo to the **Dance Routine** which follows. The use of a prop (hat, cane, chair) is permitted and theatre heels may be worn where appropriate to style and content.

DANCE

To be choreographed by the teacher. Minimum 3 minutes, maximum 3.5 minutes. May be performed solo in pairs or as a duet.

Choose 1 style from the following categories:

- Fosse
- Percussive
- Latino
- Charleston
- Any current / up to date Jazz style

Use of props (hat, cane, chair etc.) is permitted where appropriate. Theatre heels may be worn where appropriate to style and content.

THANK YOU

To be choreographed by the teacher. 8 bars in total

© Copyright 2022 National Performing Arts Alliance Ltd.
All Rights Reserved.

Protected with www.protectmywork.com,
Reference Number: 17653250522S051