



# NATIONAL PERFORMING ARTS ALLIANCE

**ENTRY LEVEL JAZZ**

**FIRST STEPS**

**FOUNDATION LEVEL 1**

**FOUNDATION LEVEL 2**

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# FIRST STEPS MODERN JAZZ

EXERCISE	FORMAT	TEACHER ASSISTANCE?
Walk & Wiggle	ALL TOGETHER THROUGHOUT	Teachers are expected to help and assist candidates throughout. Counting, calling out of steps and demonstration all permitted.
Flexi Floor		
Pops		
Swingy Arms		
Spring, Jump, Zap		
Let's Dance		
Thank You		

## EXAM TIMINGS

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	8 minutes
3 - 4	10 minutes

## WALK & WIGGLE

Commence in a circle, feet together, arms held by sides.

BAR	COUNT		
1 - 2	1 2 3 4 5 6 7 8	Walk forward x 8	Free arms throughout
3 - 4	1 2 3 4 5 6 7 8	Wiggle feet apart x 8	
5 - 6	1 2 3 4 5 6 7 8	March x 8 around in own circle	
7 - 8	1 2 3 4 5 6 7 8	Jump & wiggle x 4	
9 - 32		Repeat all 4 x in total	

## FLEXI FLOOR

Commence sitting on floor, facing the front, legs straight out in front of body, toes extended.

Arms held in a low V with fingertips in contact with floor.

BAR	COUNT		
1	1 2	Flex both feet	Hold position
	3 4	Extend both feet	
2 - 4	5 6 7 8 1 2 3 4 5 6 7 8	Repeat bar 1 x 3	
5 - 6	1 2 3 4 5 6	Hold position	Slowly raise arms outwards to end in high parallel, palms in
	7	Hold position	Clasp hands above head
	8	Hold position	Hold position
7	1 2 3 4	Pull feet towards body bending legs	Lower clasped hands over bent legs towards feet, round the spine lowering the head
8	5 6 7 8	Release the body to sitting upright, stretching legs	Hands out to sides to end low V with fingertips in contact with floor
9 - 32		Repeat all x 4 in total	

# POPS

Commence facing the front, feet parallel, arms held at sides.

BARS	COUNT		
1	1	Raise R shoulder	Hold position
	2	Lower R shoulder	
2	3 4 5 6 7 8	Repeat bar x 4 in total	
3 - 4	1 2 3 4 5 6 7 8	Repeat bars 1 & 2 L shoulder	
5	1	Raise R shoulder	
	2	Lower R shoulder	
	3 4	Repeat bar x 2 in total	
6	5	Raise L shoulder	
	6	Lower L shoulder	
	7 8	Repeat bar x 2 in total	
7	1	Raise R shoulder	
	2	Lower L shoulder	
	3	Raise L shoulder	
	4	Lower L shoulder	
8	5 6 7 8	Repeat bar 7	
9 - 16		Repeat all	

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## SWINGY ARMS

Commence facing the front, feet together, arms held by sides

BARS	COUNT		
1 - 2	1 2 3 4 5 6 7 8	Hold position	Swing R arm forward and backward in low line x 4
3 - 4	1 2 3 4 5 6 7 8	Hold position	Swing L arm forward and backward in low line x 4
5	1 2 3 4	Hold position	Swing both arms forward and backward in low parallel line x 2
6	5	Bend legs keeping feet together	Swing both arms forward to medium parallel
	6	Hold position	Bend elbows to ½ parallel clench fists to shoulders
	7 8	Hold position	Hold position
7	1	Stretch the legs	Raise both arms to high parallel, palms in
	2 3 4	Hold position	Hold position
8	5 6 7 8	Hold position	Lower the arms outwards to end by sides
9 - 32		Repeat all 4 x in total	

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## **SPRING, JUMP, ZAP**

Teachers' choice of pattern and direction.

BARS	COUNT		
1 - 2	1 2 3 4 5 6 7 8	Springy runs forward x 8	Free
3	a1 a2	Jump feet together x 2	Jaxx 1 <sup>st</sup> fists clenched
	a3 (4)	Jump feet apart	Both arms high V 'star'
	a5 a6	Jump feet together x 2	Jazz 1 <sup>st</sup> fists clenched
	a7 (8)	Jump feet apart	Both arms high V 'star'
5 - 16		Repeat all 4x in total	



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## LET'S DANCE

Commence facing front, feet apart, arms held at sides.

BAR	COUNT		
1 - 2	1 2 3 4 5 6 7 8	Wiggle feet apart x 8	Free
3	1 2 3	Side close side	
	4	Jump feet together	Clap
4	5 6 7	Side close side to L	
	8	Jump feet together	Clap
5 - 8		Repeat bars 1 - 4	
9 - 10	1 2 3 4 5 6 7 8	Springy runs x 8 in any direction	
11 - 12	1 2 3 4 5 6 7 8	Jump feet together x 4	Roly poly x 4
13 - 16		Repeat bars 9 - 12	
17 - 32		Repeat bars 1 – 16 on same side	

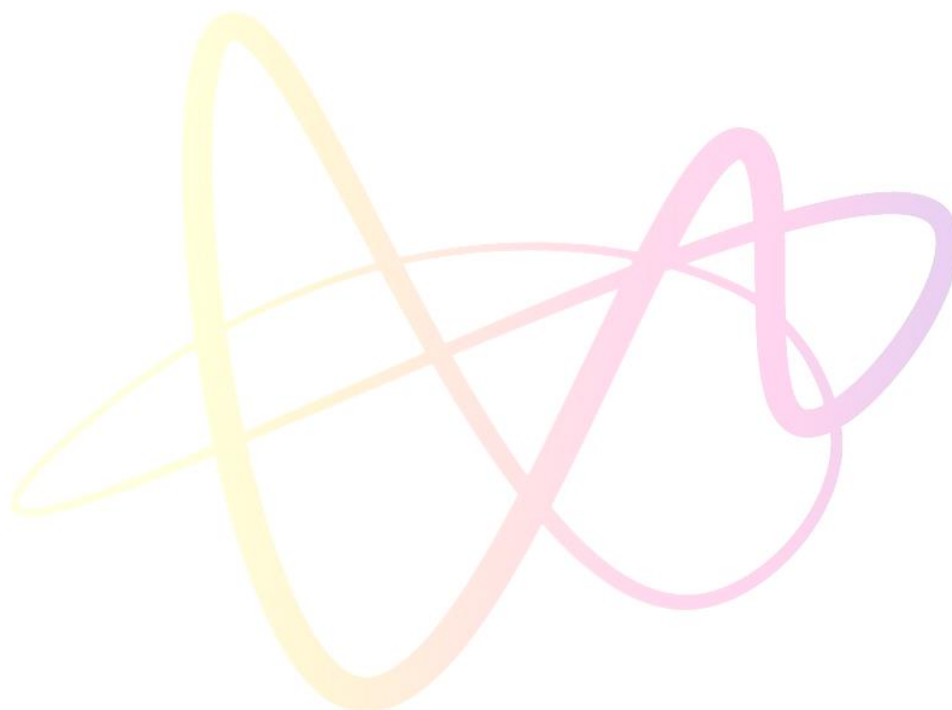
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# **THANK YOU**

Commence facing front, feet apart, arms held at side.

BAR	COUNTS		
1 - 2	1 - 8	Wiggle feet apart x 8	
3	1 2	Step RF to side	Arms held at sides
	3 4	Close LF to RF	
4	5 6	Bow	
	7 8	Recover – free ending	



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# FOUNDATION LEVEL 1 MODERN JAZZ

EXERCISE	FORMAT	TEACHER ASSISTANCE?
Walk, Wiggle, Wait	ALL TOGETHER THROUGHOUT	Yes
Flexi Floor		No
Hug & Stretch		No
Pop 'N' Roll		No
Swing & Stretch		Yes
Lyrical Lines		Yes
Run, Hop, Jump		Yes
Let's Dance		Yes
Thank You		No

## EXAM TIMINGS

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	10 minutes
3 - 4	12 minutes

## WALK, WIGGLE, WAIT

Commence in a circle, feet together, arms held by sides

BAR	COUNT		
1	1 2 3 4	Wiggle feet apart x 4	Free
2	5 6 7	Walk forward x 3 RLR freeze position on count '7'	
	8	Hold position	Hold position
3 - 4	1 - 8	Repeat bars 1 & 2 LF	
5	1 2 3	Side close side to L	
	a4	Jump feet together	Clap
6	5 (6)	Star jump	High V
	7 (8)	Jump feet together	Free
7 - 8	1 2 3 a4 5 (6) 7 (8)	Repeat bars 5 & 6 to R	
9 - 32		Repeat all 4 x in total	

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## FLEXI FLOOR

Commence sitting on floor, facing RDF, legs straight out in front of body, toes stretched, arms held in a low V with fingertips in contact with floor.

BAR	COUNT		
1	1 2	Draw RF in, foot flat, bending knee towards chest	Hold position
	3 4	Return leg to start position	
2	5 6 7 8	Repeat bar 1 on L leg	
3	1 2 3 4	Draw both legs in, feet flat, bending knees to chest	
4	5 6 7 8	Return to start position	
5	1 2 3 4	Hold position	Raise the arms outwards to high parallel, palms facing
6	5 6	Flex feet	Hold position
	7 8	Extend feet	
7	1 2	Flex feet	
	3 4	Extend feet	
8	5 6 7 8	Hold position	Lower arms to start position
9 - 16		Repeat all	

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## HUG & STRETCH

Commence facing the front, feet parallel 2<sup>nd</sup>, arms held at sides.

BAR	COUNT		
INTRO	5 6 7 8	Hold position	Raise arms to jazz 2 <sup>nd</sup> position, palms front
1	1 2 3 4	Bend legs with feeling of abdominal contraction	'Hug' the arms across the chest, lower the head
2	5 6 7 8	Stretch legs, releasing the contraction, recover body to upright	Lower arms in front of the body to return to jazz 2 <sup>nd</sup> position, palms facing front
3 - 4	1 2 3 4 5 6 7 8	Repeat bars 1 & 2	
5	1 2 3 4	Hold position	Slowly raise arms sideways and up to high parallel, palms in.
6	5 6 7 8	Hold position	Hold position
7 - 8	1 2 3 4 5 6 7 8	Release the stretch, bending knees and recover to standing, legs straight	Lower arms in front of body to return to jazz 2 <sup>nd</sup> position, palms front
9 - 16		Repeat all	

## POP 'N' ROLL

Commence facing the front, feet parallel 2nd, arms held at sides.

BAR	COUNT		
1	1 2	Raise R heel 'popping' the R knee over toes. Raise R shoulder.	Hold position
	3 4	Lower R heel, stretch leg. Lower R shoulder	
2	5 6 7 8	Hold position, roll R shoulder backwards and return to place	
3 - 4	1 2 3 4 5 6 7 8	Repeat bar 1 & 2 to other side	
5 - 6	1 2 3 4 5 6 7 8	Hold position, raise and lower both shoulders x 2	
7 - 8	1 2 3 4 5 6 7 8	Hold position, roll both shoulders backwards and return to place x 2	
9 - 16		Repeat all rolling the shoulder forwards	

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## SWING & STRETCH

Commence facing front, feet parallel 2<sup>nd</sup>, arms held at sides

BAR	COUNT		
1	1 2 3 4	Hold position	Swing R arm forward and backward low line x 2
2	5 6 7 8		Repeat L arm
3	1 2 3 4		Swing both arms forward and backward low line x 2
4	5	Bend legs	Swing both arms forward to medium parallel, palms in
	6 7 8	Hold position	Hold position
5	1&2	Hip bump to R x 2	Wrist flicks to R side x 2
6	3&4 5&6 7&8	Repeat to L, R, L	Repeat L, R, L
7	1 2 3 4	Bend and stretch legs	Swing both arms in co-ordinated circle to R to end both arms high parallel, palms in
8	5 6 7 8	Bend and stretch legs	Release upward stretch lowering arms in front of body to end by sides
9 - 16		Repeat all	

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## LYRICAL LINES

Commence facing front, feet together, arms held at sides

BAR	COUNT		
1	1 2 3	Hold position	Raise R arm forward to medium parallel, palm up, eyeline follows hand
2	4 5 6		Open R arm to jazz 2 <sup>nd</sup> , palm up, eyeline follows hand
3	1 2 3		Turn the palm down maintain arm jazz 2 <sup>nd</sup>
4	4 5 6		Slowly lower R arm to R side, head front
5 - 8	1 - 12		Repeat Bars 1 – 4 on L side
9	1 2 3		Raise both arms medium parallel, palms up
10	4 5 6		Open both arms 2 <sup>nd</sup> palms up
11 -12	1 2 3 4 5 6	Bend & stretch legs	Lower both arms sides continue across the body to end wrists crossed in front of chest
13 -14	1 2 3 4 5 6	Bend & stretch legs	Release arms to end jazz 2 <sup>nd</sup> palms down
15 -16	1 2 3 4 5 6	Hold position	Slowly lower arms to sides
17- 32		Repeat all	

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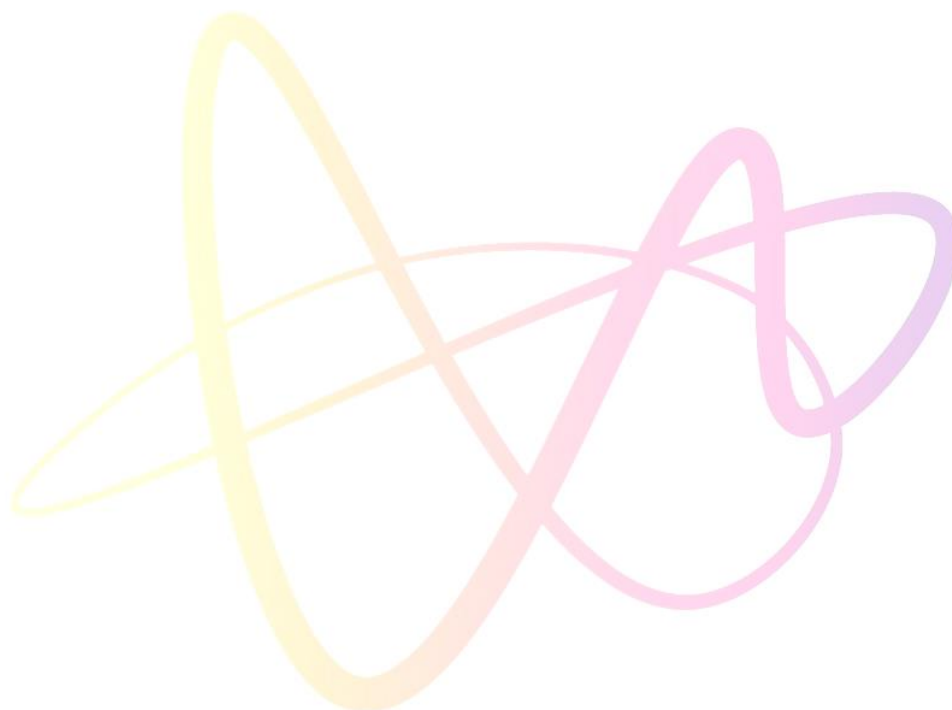
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## **RUN, HOP, JUMP**

Teachers' choice of pattern and direction.

BAR	COUNT		
1 - 2	1 2 3 4 5 6 7 8	Step hop in parallel retire x 4	Free arm action
3 - 4	1 2 3 4 5 6	Long run x 6	
	a7(8)	Jump feet together travelling forward	
5 - 8		Repeat all	



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## LET'S DANCE

Commence facing front, feet together, hands on waist, fingers together.

BAR	COUNT		
1	a1a2a3a4	Sideways galop to R x 4	Hold position
2	5	Close LF to RF bend knees	'Slap' thighs
	6	Hold position	Repeat
	7	Stretch legs	Clap
	8	Hold position	
3	1	Extend LL diagonally forward, heel to floor, toes flexed, bending RL	Extend clasped hands over working leg
	2	Close LF to RF straight legs	Pull hands to chest
4	3 4 5 6 7 8	Repeat bar 3 to R, L, R	Repeat
5 - 8		Repeat bars 1 - 4 on other side	
9	1&2	Step RF to side hip bump & rock to R	Wrist flick x 2 to R
10	3&45&67&8	Repeat L, R, L	Repeat L R L
11	1 2 3 4	Commencing RF march x 4 turning to R to face front	Low V
12	5 6 7	Jump feet together x 3	Jazz 1 <sup>st</sup>
	8	Hold position	Hold position
13 - 16		Repeat bars 9 - 12 on other side	

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# THANK YOU

Commence facing front, feet together,  
hands on waist, fingers together.

BAR	COUNT		
1	a1a2a3a4	Sideways galop to R x 4	Hold position
2	5	Close LF to RF bend knees	'Slap' thighs
	6	Hold position	Repeat
	7	Stretch legs	Clap
	8	Hold position	
5	1 2	Step RF to side	Lower arms to sides
	3 4	Close LF to RF	
6	5 6	Bow	
	7 8	Recover	
7 - 8		Repeat bars 5 & 6 to L	

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## FOUNDATION LEVEL 2 MODERN JAZZ

EXERCISE	FORMAT	TEACHER ASSISTANCE?
Walk, Wiggle, Wait	ALL TOGETHER THROUGHOUT	NO. CANDIDATES ARE EXPECTED TO PERFORM WITHOUT ASSISTANCE.
Flexi Floor		
Bend, Breathe, Release		
Isolations		
Reach & Pull		
Circles & Swings		
Travel & Jump		
Triplets		
Let's Dance		
Thank You		

### EXAM TIMINGS

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	12 minutes
3 - 4	14 minutes

## WALK, WIGGLE, WAIT

Facing front, feet together, arms held at sides

BAR	COUNT		
1	1 2	Walk forward x 2 R,L	Free
	3 4	Wiggle feet apart x 2	
2	5 6	Side close to R	
	a7-	Jump feet together	
3 - 4	1 - 8	Repeat all commencing LF	
5	1 2 3 4	4 steps on spot	Finger snaps
6	5	Jump feet together	Clap
	6	Jump feet apart	Hands to thighs
	7 8	Rib and shoulder isolation to R & L	
7	1 2	Step to R touch LF behind	Reach arms up to L, drop across to R
8	3 4 5 6 7 8	Repeat step touch to LRL	
9 - 32		Repeat all 4x in total	

## FLEXI FLOOR

Commence sitting on floor, facing RDF, legs straight out in front of body, feet extended, arms held in a low V with fingertips in contact with floor.

BAR	COUNT		
1	1 2	Flex R foot	Hold position
	3 4	Stretch R foot	
2	5 6 7 8	Repeat bar 1	
3 - 4	1 - 8	Repeat bars 1 & 2 LF	
5	1 2 3 4	Slowly flex both feet	
6	5 6 7 8	Slowly stretch both feet	
7 - 8	1 - 8	Repeat bars 5 & 6	
9 - 12	1 - 16	Low leg raise and lower R,L,R,L	Slight backward placement of hands and body
13	1 2 3 4	Recover body to upright sitting position	Slowly raise outwards to high parallel to recover, palms facing
14	5 6 7 8	Hold position	Hold position
15	1 2 3 4	Draw feet in, flat on the floor, bending knees towards chest.	Release the stretch, lowering in 5th over legs to feet
16	5 6 7 8	Recover body to upright sitting position, stretching legs and extending feet	Release to sides end low V fingertips in contact with floor
17 - 32		Repeat all	

## **BEND, BREATHE, RELEASE**

Commence facing front, feet in wide parallel 2<sup>nd</sup> position,  
arms low V; palms in

BAR	COUNT		
1	1 2 3	Side bend to R	Hold position
2	4 5 6	Recover body to upright	
3 - 4	1 2 3 4 5 6	Repeat bars 1 & 2 to L	
5 - 8	1 - 12	Repeat bars 1 - 4 to R & L	
9 - 10	1 2 3 4 5 6	Hold position	Raise outwards through high V to end in high parallel, palms in
11	1 2 3	Release body, bend and stretch legs	Swing forward, down and behind body, lowering head
12	4 5 6	Bend to recover body to upright position	Swing down and upward to end high parallel palms in
13	1 2 3	Hold position	Upward stretch RA
14	4 5 6		Repeat bar 13 on L
15	1 2 3		Recover to high parallel palms in
16	4 5 6	Hold position	Lower outwards to low V palms in
17 - 32		Repeat all	

## ISOLATIONS

Commence facing front, feet wide parallel 2<sup>nd</sup>, arms held at sides

BAR	COUNT		
1	1 2 3	Raise R shoulder	Hold position
2	4 5 6	Lower R shoulder	
3 - 4	1 2 3 4 5 6	Roll R shoulder backwards and return to place	
5 - 8	1 - 12	Repeat bars 1 – 4 on L side	
9	1	Raise R shoulder and R heel 'popping' the R knee over toes	Head left
	2 3	Hold position	
10	4	Return to start position	Head centre
	5 6	Hold position	
11 - 16	1 - 18	Repeat bars 9 & 10 to L, R, L	
17 - 32		Repeat all rolling shoulders forwards	

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## REACH & PULL

Commence facing front, feet in parallel 2<sup>nd</sup>, arms low V, palms in.

BAR	COUNT		
INTRO	5 6	Hold position	Raise 2 <sup>nd</sup> position, palms down
INTRO	7 8		Jazz 1 <sup>st</sup> , fists clenched
1	1	Bend legs	Sharp extension RA forward to medium parallel extend fingers, palm down
	2	Stretch legs	Return to jazz 1 <sup>st</sup> , fist clenched
	3	Bend legs	Sharp extension LA forward to medium parallel extend fingers, palm down
	4	Stretch legs	Return to jazz 1 <sup>st</sup> , fist clenched
2	5 6 7 8	Repeat bar 1	Repeat bar 1 extending R & LA to jazz 2 <sup>nd</sup> palm in
3	1	Upward stretch	Shoot both upwards to high parallel, palms to front, eyeline lifted
	2	Maintain upward stretch	Clap, clasping hands above head, eyeline lifted
	3	Recover body to upright position	Pull clasped hands down in front of chest, bending elbows, lower the head
	4	Hold position	Jazz 1 <sup>st</sup> fists clenched
4	5	Hip rock to R	Both arms to jazz 2 <sup>nd</sup> , palms down, fingers extended
	6	Hip rock to L	Jazz 1 <sup>st</sup> fists clenched
	7	Open both arms to 2 <sup>nd</sup> , palms down, fingers stretched with hip rock to R	Both jazz 2 <sup>nd</sup> , palms down, fingers extended
	8	Hips to neutral	Jazz 1 <sup>st</sup> fists clenched
5 - 16		Repeat all x 4 in total	

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## CIRCLES & SWINGS

Commence facing front, feet together, arms held at sides

BAR	COUNT		
1	1 2 3	Bend & stretch legs	Swing to low opposition, RA forward
2	4 5 6	Repeat bar 1	Repeat Bar 1 swinging LA forward
3 - 4	1 2 3 4 5 6	Slowly bend & stretch the legs	Swing to medium opposition, RA forward
5 - 8	1 - 12	Repeat bars 1 - 4	Commence LA
9	1 2 3	Bend legs	Lower to sides
10	4 5 6	Stretch legs	Hold position
11	1 2 3	Step RF to natural 2 <sup>nd</sup> 'sway' transferring weight to RF through demi plie	Low co-ordination to R
12	4 5 6	Repeat bar 11 to L	
13	1 2 3	Repeat bar 11 to R	Medium co-ordination to R
14	4 5 6	Close LF to RF, legs straight	Continue to circle arms to R to end high parallel palms in
15 -16	1 2 3 4 5 6	Hold position	Lower outwards to end by sides.
17 - 32		Repeat bars 1 - 16 on other side	

## TRAVEL & JUMP

Commence in either RDB or LDB.  
The example below commences from LDB

BAR	COUNT	
1	&1 &2 &3 &4	Commencing RF galop x 4 to 2 <sup>nd</sup> travelling sideways to RDF facing LDF
2	&5 &6 &7 &8	Making ½ turn to R galop x 4 to 2 <sup>nd</sup> travelling sideways to RDF facing RDB
3	1 2 3	Jump feet together in parallel 1st x 3 turning ¾ to R to face RDF
	4	Clap
4	5 6 7 8	Commencing RF split run x 4 travelling forwards upstage

From RDB – as above commencing galop to 2<sup>nd</sup> on LF travelling to LDF

## TRIPLETS

Teacher's free choice of triplet plus any other appropriate content, in any pattern and direction.

## LET'S DANCE

Commence facing front, feet together, hands on waist, fingers together.

BAR	COUNT		
1	1 2	Jump feet parallel 1 <sup>st</sup> x 2	Low 'V' palms to front
	3	Jump feet parallel 2 <sup>nd</sup>	Hands to thighs
	4	Hold position	Hold position
2	5 6 7 8	Repeat bar 1	
3	1 2 3 4	Rib isolation x 4 RLRL	
4	5a6 7a8	Tap RF diagonally forward, raise R knee, step forward onto RF Repeat LF	Wrist flicks to R & L
5	1	Hip to R	Extend LA forward to medium parallel, clench fist, RH in clench fist to waist
	2	Hip to L	Repeat RA
	3	Hip to R	Repeat LA
	4	Hold position	Hold position
6	5 6 7 8	Repeat bar 5 to L	
7	1 2 3 4	4 steps on spot	Finger snaps
8	5 6 7 8	March x 4 making 1 full turn to R	Finger snaps
9	&1 &2 &3 &4	Galop x 4 sideways to R	Natural parallel swing
10	5 6 7 8	Bend and extend L leg, 'pumping' LF into floor x 4 turn R	Punch hands alternately towards floor, fists clenched
11	1	Bend RL, extend LL diagonally forward, heel to floor, toes flexed	Extend L arm to wide low V point L index finger to LF, RH on waist fist clenched
	2	Close feet together	LH waist fist clenched
	3	Bend LL, extend RL diagonally forward, heel to floor, toes flexed	Extend RA to wide low V point R index finger to RF, LH on waist fist clenched
	4	Close feet together	LH to waist fist clenched
12	5 6 7 8	Repeat bar 11	
13 - 16	1 - 16	Repeat bars 9 -12 other side	
17 - 32		Repeat all	

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## THANK YOU

Commence facing front, feet together, arms held at side.

BAR	COUNT		
1	1 & 2	Step RF to natural 2 <sup>nd</sup> , with hip rock & bump	Wrist flicks x 2 to R
	3 & 4	Step LF to natural 2 <sup>nd</sup> , with hip rock & bump	Wrist flicks x 2 to L
2	5 6 7 8	Single hip rock to R L R L	Wrist flick to R L R L
3	1 2	Step RF to side	Open arms to jazz 2 <sup>nd</sup> palms up
	3 4	Close LF to RF	Lower arms to sides
4	5 6	Bow	
	7 8	Recover body to upright position	

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