



NATIONAL PERFORMING
ARTS ALLIANCE

LEVEL 1 MODERN JAZZ
GRADES 1 2 3

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CONTENTS

PAGE	GRADE 1 MODERN JAZZ
5	Welcome Warm Up
5	Leg Swings
6	Instep Strengthening, Plie & Lunge
7	Floor 1
8	Floor 2
9	Swing & Stretch
10	Isolations
11	Arms - Funky 4's
12	Arms - Lyrical Lines
13	Walks & Kicks
14	Across the Floor
15	Jumps & Hops
15	Let's Dance
15	Thank You

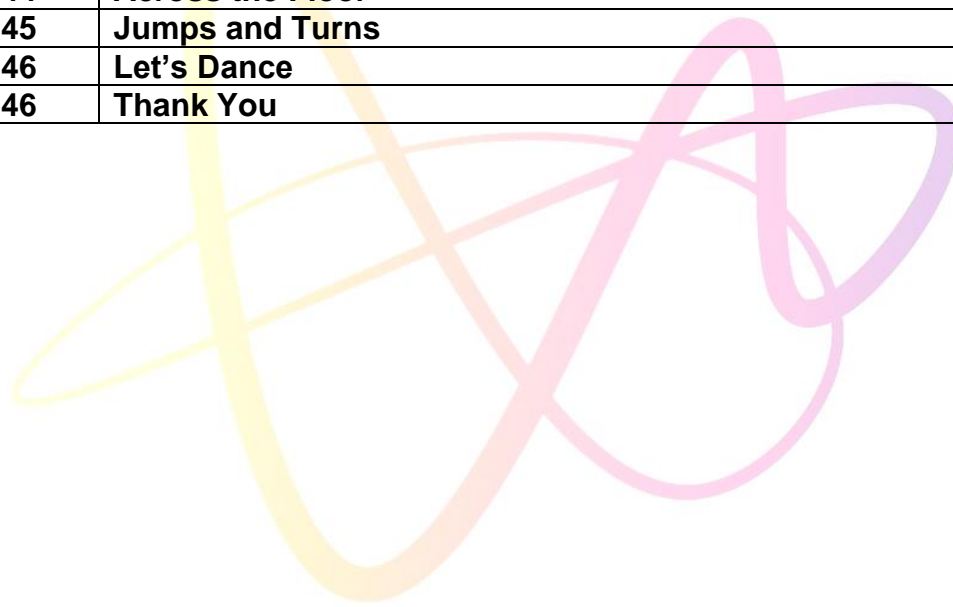
	GRADE 2 MODERN JAZZ
17	Welcome Warm Up
17	Leg Swings
18	Plie, Lunge & Stretch
19	Table Back, Contraction & Release
20	Floor 1
21	Floor 2
22	Floor 3
23	Centre
24	Isolations
25	Arms - Jazz Vibes
26	Arms - Smooth & Swingy
27	Walks & Relevés
28	Across the Floor
29	Jumps & Turning Preparation
29	Let's Dance
29	Thank You

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GRADE 3 MODERN JAZZ	
31	Welcome Warm Up
32	Leg Swings
33	Plie, Lunge & Stretch
34	Preparation Off Balance
35	Floor 1
36	Floor 2
37	Floor 3
38	Centre
39/40	Isolations
41	Arms - Cool Jazz
42	Arms - Swing & Slice
43	Kicks
44	Across the Floor
45	Jumps and Turns
46	Let's Dance
46	Thank You



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GRADE 1 MODERN JAZZ

COMPONENT	FORMAT
Welcome Warm Up	All together
Leg Swings	All together
Instep Strengthening, Plie & Lunge	All together
Floor 1	All together
Floor 2	All together
Swing & Stretch	In pairs or solo
Isolations	In pairs or solo
Arms - Funky 4's	In pairs or solo
Arms - Lyrical Lines	In pairs or solo
Walks & Kicks	Solo consecutively
Across the Floor	Solo consecutively
Jumps & Hops	Solo consecutively
Let's Dance	Solo, in pairs or duet
Thank You	All together

EXAM TIMINGS

QQAL REGULATED FULL GRADE

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	15 minutes
3 - 4	20 minutes

Please refer to our CLASS GRADES document for details of exam content

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

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WELCOME WARM UP

A 16 bar repeatable routine, 32 bars in total, choreographed by the teacher, to include appropriate warm up actions for Modern Jazz at this level.

LEG SWINGS

Commence side to barre, feet together, LH on barre, R arm held at side

BAR	COUNT		
	5 6 7 8	Hold position	Raise R arm jazz 2 nd position, palm down
1	1	Raise R leg forward to 45°	
	2	Hold position	
	3	Lower to parallel 1 st	
	4	Hold position	
2	5 6 7 8	Repeat bar 1	
3	1 2	Swing R leg forward to 45°	
	3 4	Swing R leg backward to 45°	
4	5 6	Repeat swing forward	
	7 8	Close in parallel 1 st	
5 - 6	1 - 8	Repeat bars 1 & 2	
7	1 2	Bend legs	
	3 4	Stretch legs	
8	5 6 7	3 steps on spot R, L, R turning to face other side end feet parallel 1st	Place RH barre, L arm jazz 2nd palm down
	8	Hold position	
9 - 16		Repeat all on other side	

INSTEP STRENGTHENING, PLIE, LUNGE

Commence facing barre, arms held at sides, feet together.

BAR	COUNT		
INTRO	5 6 7 8	Hold position	Hands barre
1	1 2	Rise onto balls of feet into instep stretch, legs straight	Hold position
	3 4	Lower heels with resistance, legs straight	
2	5 6 7 8	Repeat bar 1	
3	1 2	Bend knees	
	3 4	Raise heels into instep stretch	
4	5 6	Stretch legs maintaining instep stretch	
	7 8	Lower heels with resistance, legs straight	
5 - 6	1 - 8	Repeat bars 1 & 2	
7 - 8	1 - 7	Repeat bars 3 & 4 lowering heels on count 7	
	8	Step RF to wide 2 nd	
9	1 2	Bend R leg pressing into lunge over R leg, feet flat	
	3 4	Stretch R leg recover to 2 nd	
10	5 6 7 8	Repeat bar 9 to L	
11	1 2 3 4	Full plie 2 nd	
12	5 6 7 8	Slowly recover	
13 - 14	1 - 8	Repeat bars 9 & 10	
15	1 2	Full plie 2 nd	
	3 4	Recover	
16	5 6	Point RF 2 nd	
	7 8	Close RF to LF 1 st	

FLOOR 1

Commence facing front, sitting on R hip in attitude position, fingers of RH extended to floor, L arm in jazz 2nd, palm down, head to front.

BAR	COUNT		
1	1 2 3 4	Hold position	Raise RA jazz 2 nd , palm down
2	5 6 7 8	Twist torso to R	Carry LA forward, RA behind body to strong opposition line, palms down
3	1 2 3 4	Recover body to front	Jazz 2 nd , palms down
4	5 6 7 8	Side stretch to R	Lower RH to floor at R side, raising LA to side and over head into side stretch, palm in
5	1 2 3 4	Recover to upright	Recover to L arm extended to jazz 2 nd , palm down, fingers of RH extended to floor
6	5 6 7 8	Hold position	Raise RA jazz 2 nd , palm down
7	1 2 3 4	Facing front, bend legs, feet together and flat on floor	'Hug' knees, hands across lower legs, head lowered
8	5 6 7 8	Swing legs to sitting attitude on L hip	Fingers of LH extended to floor, RA jazz 2 nd , palm down, head to front
9 - 16		Repeat all on other side	

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FLOOR 2

Commence facing RDF, lying face up, legs straight, feet flat on floor, arms extended along floor at shoulder level, palms down.

BAR	COUNT		
1	1 2	Bend R knee towards chest	Hold position
2	3 4	Extend R leg upwards	
3	5 6	Bend R knee towards chest	
4	7 8	Recover to start position	
5 - 8	1 - 8	Repeat Bars 1 - 4	
9 - 16	1 - 14	Repeat Bars 1 - 7 on L leg	
	15 16	Lower both legs to floor, toes stretched	
17	1 2	Low R leg front kick	
18	3 4	Lower to floor	
19 - 20	5 6 7 8	Repeat bars 17 & 18	
21 - 24	1 2 3 4 5 6 7 8	Repeat bars 17 – 20 on L leg	
25 - 32	1 - 16	Alternate front kick and lower RLRL	

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SWING & STRETCH

Commence facing front, feet in wide parallel 2nd, arms held at sides

BAR	COUNT		
INTRO	5 6 7 8	Hold position	Raise sideways and up to high parallel, palms facing
1	1 2	RF pressure step on spot	Upward stretch RA
	3 4	LF pressure step on spot	Upward stretch LA
2	5 8	Repeat bar 1	Repeat bar 1
3	1 4	Repeat bar 1	Repeat bar 1
4	5 6	Recover feet to parallel 2 nd	High parallel, palms facing
	7 8	Hold position	Hold position
5	1 2 3 4	Release body forwards, bending and stretching legs (prep table back)	Swing forward, down and behind body, lower head
6	5 6 7 8	Bend legs to recover to standing, legs straight	Swing down and forward to high parallel
7 - 8	1 - 8	Repeat bars 5 & 6	Repeat bars 5 & 6
9 - 10	1 - 8	Hold position	Open through 2 nd to end held at sides
11	1 2	Side bend to R	Hold position
	3 4	Recover to upright position	
12	5 6 7 8	Repeat bar 11 to L	
13 - 14	1 - 8	Repeat bars 11 & 12	
15 -16	1 - 8	Hold position	Raise to high parallel, palms facing
17 - 32		Repeat all	

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ISOLATIONS

Commence facing front, feet together, arms held at sides

BAR	COUNT		
1	1	'Pop' R knee forward with instep stretch	Hold position
	2	Raise R shoulder	
	3	Hold position	Turn head L
2	4	Hold position	Head centre
	5	Lower R shoulder	
	6	Lower R heel and straighten leg	
3 - 4	1 - 6	Repeat bars 1 & 2 on other side	
5	1	Step RF to 2 nd into small lunge to R raising R shoulder	
	2 3	Hold position	
6	4	Close LF to RF raising L shoulder, stretching legs	
	5	Hold position	
	6	Lower both shoulders	
7 - 8	1 - 6	Repeat Bars 5 & 6 to L	
9 - 16		Repeat all	

ARMS - FUNKY 4'S

Commence facing front, feet together, fists clenched to hips

BAR	COUNT		
1	1	Wide step RF to 2 nd side into lunge on R leg, both feet flat	'Slice' RA out to low V, palm in, eyeline to hand
	2	Hold position	Hold position
	3	Close RF to LF, legs straight. Body upright.	Return RH to hip, fist clenched, head to front
	4	Hold position	Hold position
2	5 6 7 8	Repeat Bar 1 to L	Repeat bar 1 to L
3	1	Step RF forward to parallel jazz 4 th , both knees bent, LH raised	'Shoot' both arms upwards to high parallel, palms front, eyeline raised to hands
	2 3 4	Hold position	Hold position
4	5	Close RF to LF legs straight. Body upright	Return both hands to hips, fists clenched, head to front
	6 7 8	Hold position	Hold position
5 - 8	1 - 16	Repeat bars 1 – 4 to L	Repeat bars 1 – 4 to L 'slice' arms up to high V, eyeline raised and 'shoot' downwards to low parallel, eyeline lowered to hands
9	1 2 3 4	Step RF to natural 2 nd , hip rock to R,L,R,L	Raise arms through 2 nd to high 'V'
10	5 6 7 8	Hip rock R,L,R,L	Lower through 2 nd to low 'V'
11	1 2	Bend & stretch legs swing weight across to RF	Low co-ordination to R & click fingers on count 2
	3 4	Bend & stretch legs swing weight across to LF	Low co-ordination to L & click fingers on count 4
12	5 6	Bend & stretch legs swing weight across to RF	Low co-ordination to R & click fingers on count 6
	7	Jump feet together	Fists clenched to hips
	8	Hold position	Hold position
13 - 16	1 - 14	Repeat bars 9 - 12	Free ending

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ARMS - LYRICAL LINES

Commence facing front, feet in natural 2nd, arms held at sides

BAR	COUNT		
1 - 2	1 2 3 4 5 6	Hold position	Raise through 2 nd to end high 'V' with impulse, palms out
3 - 4	1 2 3 4 5 6	Hold position	Lower through 2 nd relaxing elbows, palms up to end at sides
5 - 8	1 - 12	Repeat bars 1 - 4	Repeat bars 1 - 4
9	1 2 3	Transferring weight to RF, sway to R	Arms low co-ordination to R
10	4 5 6	Repeat bar 9 to L	Repeat bar 9 to L
11 - 12	1 2 3 4 5 6	Step RF to side, close LF to RF, step to R to side, LF extended to side	Arms full co-ordinated circle to R to end medium opposition L arm forward, palms down
13	1 2 3	Wide step to L, bending L leg into lunge, LF flat, RF extended to side	'Slice' R arm across to medium opposition
14	4 5 6	Repeat bar 13 to R	Repeat bar 13 to R
15	1 2 3	Step LF to natural 2 nd , stretch legs	Open L arm to jazz 2 nd , to end both arms jazz 2 nd palms up
16	4 5 6	Hold position	Lower arms to sides
17 - 32		Repeat all on other side	

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WALKS & KICKS

Commence LDB

Feet together weight on LF, RF relaxed, arms held in a low 'V' palms in.

BAR	COUNT		
1	1 2 3	Extended walk forward R,L,R	Free arm action
	4	Lift L foot to full parallel retire, RF flat, leg straight	
2	5 6	Step forward LF, straight leg front kick R	
	7 8	Step forward RF, straight leg front kick L	
3 - 4	1&2 3&4 5&6 7&8	Triplet x 4 commencing L Teachers' choice of direction	
5 - 8		Repeat bars 1 – 4 on other side	

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ACROSS THE FLOOR

Commence LDB

Feet together weight on LF, RF relaxed, arms held at sides.

BAR	COUNT		
1	&1 &2	Forward galop R leg	Free arm action
	&3 &4	Forward galop L leg	
2	5 6	Step RF forward & hop raising LF to full parallel retire	
	7 8	Step LF forward & hop raising RF to full parallel retire	
3	1 2 3 4	Spilt run x 4 commencing RF Teachers choice of direction	
4	5 6 7 (8)	Jump on the spot, feet parallel 1 st , 2 nd , 1 st	
5 - 8		Repeat bars 1 – 4 on other side	

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JUMPS & HOPS

An 8 bar routine, choreographed by the teacher,
to show a combination of jumps and hops appropriate for this level.

LET'S DANCE

To be choreographed by the teacher in either:

- MODERN
- LYRICAL

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

THANK YOU

To be choreographed by the teacher. 8 bars in total

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GRADE 2 JAZZ

COMPONENT	FORMAT
Welcome Warm Up	All together
Leg Swings	All together
Plie, Lunge & Stretch	All together
Table Back, Contraction & Release	All together
Floor 1	All together
Floor 2	All together
Floor 3	All together
Centre	In pairs or solo
Isolations	In pairs or solo
Jazz Vibes	In pairs or solo
Smooth & Swingy	In pairs or solo
Walks & Relevés	Solo consecutively
Across the Floor	Solo consecutively
Jumps & Turn Preparation	Solo consecutively
Let's Dance	In pairs or solo
Thank You	All together

EXAM TIMINGS

QQAL REGULATED FULL GRADE

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	15 minutes
3 - 4	20 minutes

Please refer to our CLASS GRADES document for details of exam content

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3 - 4	14 minutes

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WELCOME WARM UP

A 16 bar repeatable routine, 32 bars in total, choreographed by the teacher, to include appropriate warm up actions for Modern Jazz at this level

LEG SWINGS

Commence facing barre, feet 1st, both hands on barre

BAR	COUNT		
1	1 2	Raise R leg in 2nd to 45°	Hold position
2	3 4	Lower 1st	
3 - 4	5 6 7 8	Repeat bars 1 & 2	
5	1 2	Point RF 2nd	
6	3 4	Lower 2nd	
7	5 6	Transfer weight to RF point LF 2nd	
8	7 8	Close LF to RF 1st	
9 - 16	1 - 16	Repeat bars 1 – 8 to L	
17	1 2	Raise R side attitude	
18	3 4	Lower 1st	
19 - 20	5 6 7 8	Repeat bars 17 & 18	
21	1 2	Point RF 2nd	
22	3 4	Plie in natural 2nd	
23	5 6	Transfer weight to RF point LF 2nd, stretch legs	
24	7 8	Close LF to RF 1st	
25 - 32	1 - 16	Repeat bars 17 – 24 to L	

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PLIE, LUNGE, STRETCH

Commence facing barre, feet 2nd, both hands on barre in wide position

BAR	COUNT		
1	1 2	Rise onto balls of both feet into instep stretch, legs straight	Hold position
	3 4	Bend knees over toes, maintaining instep stretch	
2	5 6	Stretch legs, maintaining instep stretch	
	7 8	Lower heels in 2 nd	
3 - 4	1 - 8	Repeat bars 1 & 2	
5	1 2 3 4	Bend R leg into lunge in 2 nd , both feet flat	Release L arm from barre to jazz 2 nd , palm up
6	5 6 7 8	Maintain lunge position	Carry L arm up and over into side stretch to R, head to R, eyeline low
7	1 2 3 4	Recover from side stretch, body upright, maintain lunge line	Return L arm jazz 2 nd palm up
8	5 6 7 8	Stretch R leg	Place LH barre
9 -15		Repeat Bars 1 – 7 to L	
16	5 6	Transfer weight to RF, stretch L leg extending LF to 2 nd	RH barre
	7 8	Close LF to RF in turned out 1 st	Both hands barre
17	1 2 3 4	Full pli� in 1 st	
18	5 6 7 8	Recover	
19	1 2 3 4	Slow rise onto balls of feet into instep stretch	
20	5 6 7 8	Lower heels to floor with resistance	
21 - 22	1 - 8	Repeat bars 17 & 18	
23	1 2	Rise onto balls of feet into instep stretch	
	3 4	Lower heels to floor	
24	5 6 7 8	Point LF 2 nd and lower	

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TABLE BACK, CONTRACT, RELEASE

Commence side to barre, feet together, LH on barre, R arm held at side

BAR	COUNT		
INTRO	5 6 7 8	Hold position	Raise R arm jazz 2 nd , palm front
1	1 2	Bend legs, feeling of abdominal contraction	Push R palm forward, with resistance, slight bend in elbow
	3 4	Recover to upright position	Extend R arm jazz 2 nd , palm front
2 - 3	5 6 7 8 1 2 3 4	Repeat bar 1 twice	
4	5 6	Step RF parallel 2 nd	R arm jazz 2 nd palm front
	7 8	Hold position	
5 - 7	1 - 12	Repeat bars 1 – 3 in parallel 2 nd	
8	5 6 7 8	Hold position	Raise R arm into upward stretch, palm in
9	1 2 3 4	Incline body forward from the hips, into table back position	Maintain arm line
10	5 6	Bend legs, maintain table back position	
	7 8	Stretch legs, maintain table back position	
11	1 2	Bend legs, maintain table back position	
	3 4	Bend legs releasing body and uncurl to upright position	Arm lower to side
12	5 6 7 8	Hold position	Raise R arm sideways to upward stretch, palm in
13 - 15	1 - 12	Repeat bars 9 -11	
16	5 6 7 8	Close RF to LF bending legs, turn towards barre to end facing other side	Fold arms through jazz 1 st to end L arm jazz 2 nd , palm to front, RH on barre
17 - 32		Repeat all on other side	

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FLOOR 1

Commence facing RDF, lying face up, legs and feet extended. Arms extended along floor at shoulder level, palms down.

BAR	COUNT		
1	1 2	Bend R knee towards chest	Hold position
2	3 4	Extend R leg upwards	
3 - 6	5 6 7 8 1 2 3 4	Flex and extend RF x 2	
7	5 6	Bend R knee towards chest	
8	7 8	Return R leg to floor	
9 - 16		Repeat bars 1 – 8 on L leg	
17	1 2	Front kick R leg	
18	3 4	Lower to floor	
19	5 6	Front kick L leg	
20	7 8	Lower to floor	
21 - 24	1 2 3 4 5 6 7 8	Repeat bars 17 -20	
25 - 28	1 2 3 4 5 6 7 8	Repeat bars 17 -20	
29 - 30	1 2 3 4	Sit up, straight back, bend legs, feet flat on floor	Arms reach forward to medium 'V', palms up
31 - 32	5 6 7 8	Hold position	Hold position

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FLOOR 2

Commence facing front, sitting on R hip in attitude position,
RH fingers extended to floor, L arm in jazz 2nd, palm down, head to front

BAR	COUNT		
1	1 2 3 4	Kneeling up on R leg, raise L leg in attitude to L side	Place weight onto R hand, swing L arm down and across body to R to end in 5 th head R
2	5 6 7 8	Lower to floor into sitting attitude	Swing L arm down and across to L to end jazz 2 nd palm down, head L
3 - 6		Repeat bars 1 & 2 x 2	
7	1 2 3 4	Facing front, bend legs, feet together flat on floor	'Hug' knees, hands across lower legs, head lowered
8	5 6 7 8	Swing legs to sitting attitude on L hip	Fingers of LH extended to floor, R arm in jazz 2 nd , palm down, head front
9 - 15		Repeat bars 1 - 7 on other side	
16	5 6 7 8	Extend legs forward, face front	Arms low 'V' fingertips to floor
17	1 2	Flex RF	Hold position
	3 4	Extend RF	
18	5 6	Flex LF	
	7 8	Extend LF	
19 - 20	1 - 8	Repeat bars 17 & 18	
21	1 2 3 4	Slowly flex both feet	
22	5 6 7 8	Slowly extend both feet	
23 - 24	1 - 8	Hold position	Raise through 2 nd to high parallel, palms in
25	1 2 3 4	Incline body over legs into hamstring stretch	Lower arms forward over legs
26	5 6 7 8	Recover upright position	Jazz 2 nd , palms front
27	1 2 3 4	Tilt pelvis and contract abdominals	Push palms forward, with resistance slight bend in elbows
28	5 6 7 8	Recover to upright position	Extend jazz 2 nd palms front
29 - 30	1 - 8	Repeat bars 27 & 28	
31	1 2 3 4	Hold position	Low 'V' fingertips to floor
32	5 6 7 8	Hold position	Hold position

FLOOR 3

Commence facing RDF, lying face up, legs bent, feet flat on floor, arms extended along floor at shoulder level, palms down.

BAR	COUNT		
1	1 2	Raise body to 'sit up'	Medium level V palms up
	3 4	Hold position	
2	5 6 7 8	Slowly lower to floor	Lower to floor
3 - 4	1 - 8	Repeat bar 1 & 2	
5	1 2 3 4	Raise body to upright, legs extended	Jazz 1 st
6	5 6 7 8	Lateral flexion to R & recover	Reach RA diagonally down to RS & recover to jazz 1st
7	1 2 3 4	Repeat to L side	Repeat to L side
8	5 6	Pull feet towards body, bending knees, slight inclination back – preparation V sit	Medium level palms up
	7 8	Lower to floor	
9 - 16		Repeat all	

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CENTRE

Commence facing front, feet in wide parallel 2nd, arms held at sides

BAR	COUNT		
1	1 2 3	Hold position	Raise R arm through 2 nd to high parallel, palm in
2	4 5 6	Side stretch to L	R arm extends overhead
3	1 2 3	Recover to upright	Recover to high parallel
4	4 5 6	Hold position	Lower R arm through 2 nd to R side
5 - 8	1 - 12	Repeat bars 1 - 4 on L side	
9 - 10	1 2 3 4 5 6	Hold position	Raise both arms through 2 nd to high parallel, palms in
11	1 2 3	Release the body forwards, bend and stretch legs	Swing arms forward down and behind body, lower the head
12	4 5 6	Bend and stretch legs into table back position	Swing the arms down and forward to end parallel, head in line
13	1 2 3	Maintain table back position	Open arms jazz 2 nd , palms down
14	4 5 6	Recover body to upright,	Open arms sideways and up to high parallel, palms in
15 - 16	1 2 3 4 5 6	Hold position	Lower arms through 2 nd to sides
17 - 32		Repeat all	

ISOLATIONS

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

BAR	COUNT		
1	1	Bend R leg 'pop' R knee forward with instep stretch	Hold position
	2	Raise R hip	
	3	Return R hip to neutral position	
	4	Lower R heel, stretch leg	
2	5 6 7 8	Repeat bar 1 on L	
3	1	Hold position	Head to R
	2		Head to centre
	3		Head to L
	4		Head to centre
4	5	Raise R shoulder	Hold position
	6	Raise L shoulder	
	7-	Return shoulders to neutral position and hold	
5	1	Small step RF to R side raising R shoulder	
	2	Close LF to RF returning shoulder to neutral	
	3	Small step RF to R side raising R shoulder	
	4	Close LF to RF returning shoulder to neutral	
6	5 6 7 8	Repeat bar 5	
7	1 2	Walk forward RF, LF with flexed legs	
	3	Stretch legs	Head to R
	4	Bend knees	Head to centre
8	5	Raise R shoulder	
	6	Raise L shoulder	
	7	Step RF to parallel 2 nd stretch legs, returning both shoulders to neutral position	
	8	Hold position	
9 - 16		Repeat all on other side	

ARMS - JAZZ VIBES

Commence facing front, feet in wide 2nd, arms low V, palms in

BAR	COUNT		
	5 6	Hold position	Raise arms to jazz 2 nd , palms down
	7 8	Hold position	Arms to jazz 1 st fists clenched
1	1 2 3 4	Hip bump R L R L	Wrist flicks R L R L
2	5 6	Bend legs turning face R side parallel jazz 4 th both legs bent L heel raised	Swing the arms down and across to R arms to end in medium parallel, wrists flexed
	7	Hold position	Hold position
	8		Flatten palms
3	1		Hold position
	2		Flex wrists
	3		Hold position
	4	Turn to face front, stretch legs, wide 2 nd	Arms jazz 2 nd , wrists flexed
4	5	Hold position	Roll the wrists backwards
	6		Click fingers
	7		Pull hands to jazz 1 st fists clenched
	8		Hold position
5	1 2		Drop elbows ½ parallel, palms to chest
	3 4		Raise high parallel, palms in
6	5 6		Open jazz 2 nd , palms down
	7 8		Pull hands to jazz 1 st fists clenched
7	1 2	Bend R leg into lunge to R side	Extend RA to 2 nd , palm down
	3 4	Stretch R leg	RA jazz 1 st fist clenched
8	5 6 7 8	Repeat Bar 7 to L	Repeat bar 7 to L
9 - 16		Repeat all on other side	

ARMS - SMOOTH & SWINGY

Commence facing front, feet together, arms held at sides

BAR	COUNT		
1	1 2 3	Hold position	Raise R arm through jazz 2 nd to high 'V' palm down
2	4 5 6	Step RF to wide 2 nd bend R leg into lunge	Hold position
3	1 2 3	Hold position	Turn palm inward
4	4 5 6	Close LF to RF bend legs, to facing RS, stretch legs	Swing arms to medium opposition, L arm forward
5	1 2 3	Bend and stretch legs knees	Swing arms down & forward to medium opposition, R arm forward
6	4 5 6	Repeat bar 5	Swing arms down & forward to medium opposition, L arm forward
7	1 2 3	Repeat bar 5	Swing R arm down & forward, end both arms medium parallel palms down
8	4 5 6	Hold position	Turn palms up and releasing elbows lower arms to sides
9 - 10	1 2 3 4 5 6	Facing RS, sway to L, R	Low co-ordination to L & R
11 - 12	1 2 3 4 5 6	Step LF to side, close RF to LF, step LF to side	Arms full co-ordinated circle L to R to end low co-ordination to L
13 - 14	1 - 6	Free run clockwise	Free
15	1 2 3	Close feet in parallel 1 st facing front	Arms held at sides
16	4 5 6	Hold position	
17 - 32		Repeat all on other side.	

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WALKS & RELEVES

Commence LDB weight on LF, RF extended to 2nd, arms held at sides.

BAR	COUNT		
1	1	Cross RF over LF, releasing L heel, bend legs	Free arm action
	2	Step LF to 2 nd , part weight on ball of foot,	
	3	Replace weight to RF	
2 - 3	4 5 6 1 2 3	Repeat bar 1 to L & R	
4	4	Step forward LF	
	5	Releve LF, leg straight. RF to full parallel retire	
	6	Hold position	
5 - 8		Repeat bars 1 - 4	
9 - 16		Repeat all on other side	

ACROSS THE FLOOR

Teachers' choice of pattern and direction.
Weight on LF, RF extended forward, arms held at sides

BAR	COUNT		
INTRO	5 6 7 8	Hold position	Free arm action
1	1 2	Step forward RF & straight leg front kick L,	
	3 4	Step forward onto LF making slight turn to L, straight leg side kick R	
2	5	RF walk sideways to RDF,	
	6	Cross LF over RF, bend legs, R heel raised	
	7	Step RF forward to RDF, stretch legs	
	8	Hold position	
3 - 4	1 - 8	Repeat bars 1 & 2	
5	1 2	Step RF forward & hop raising LF to full parallel retire, repeat L	
	3 4	Step LF forward & hop raising RF to full parallel retire	
6	5 6 7	Spilt run x 3 RLR	
	8	Hold position	
7 - 8	1 - 8	Repeat bars 5 & 6	
9 - 16		Repeat all on other side	

JUMPS & TURN PREPARATION

An 8 bar routine, choreographed by the teacher, to show development of jumps from Grade 1 and turn preparation.

LET'S DANCE

To be choreographed by the teacher in either:

- MODERN
- LYRICAL

16 bars repeatable. 32 bars in total. May be performed solo, in pairs or as a duet.

THANK YOU

To be choreographed by the teacher. 8 bars in total

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GRADE 3 JAZZ

COMPONENT	FORMAT
Welcome Warm Up	All together
Leg Swings	All together
Plie, Lunge & Stretch	All together
Preparation for Off Balance	All together
Floor 1	All together
Floor 2	All together
Floor 3	All together
Centre	In pairs or solo
Isolations	In pairs or solo
Cool Jazz	In pairs or solo
Swing & Slice	In pairs or solo
Kicks	Solo consecutively
Across the Floor	Solo consecutively
Jumps & Turns	Solo consecutively
Let's Dance	Solo, in pairs or duet
Thank You	All together

EXAM TIMINGS

GQUAL REGULATED FULL GRADE

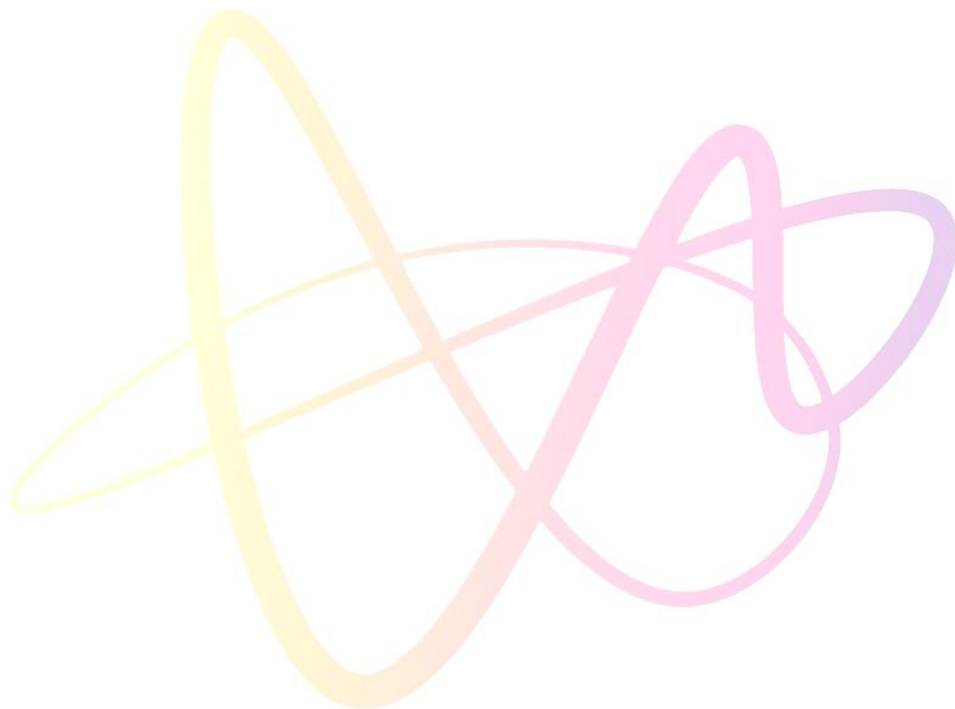
NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	18 minutes
3 - 4	24 minutes

Please refer to our CLASS GRADES document for details of exam content

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	14 minutes
3 - 4	16 minutes

WELCOME WARM UP

A 16 bar repeatable routine (32 bars in total), choreographed by the teacher, to include appropriate warm up actions for Modern Jazz at this level.



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LEG SWINGS

Commence side to barre, feet together.
R arm jazz 2nd palm down, L hand on barre

BAR	COUNT		
1	1 2 3	Swing RL forward to 90°	Hold position
2	4 5 6	Swing RL backward though parallel 1 st to 90°	
3 - 4	1 - 6	Repeat bars 1 & 2	
5	1 2 3	Swing forward to 90° rising onto ball of LF, both legs straight	
6	4 5 6	Step forward into lunge in 4 th with instep stretch in LF	
7	1 2 3	Close LF to RF, knees bent	
8	4 5 6	Turn towards the barre to end facing other side, stretch legs	Unfold LA jazz 2 nd , palm down, RH barre
9 - 16		Repeat bars 1 – 8 on other side. End facing right side, natural 1 st	
17	1 2 3	Swing RL forward to attitude in front, bend LL	
18	4 5 6	Close natural 1 st stretch legs	
19 - 20	1 - 6	Repeat bars 17 & 18 to the back	
21	1 2 3	Repeat bar 17	
22	4 5 6	Extend RL stretch LL	
23	1 2 3	Lower R leg stepping forward onto RF, release LF from floor	
24	4 5 6	Turning towards barre, close LF to RF in natural 1 st , to face other side	Unfold LA jazz 2 nd , palm down, RH barre
25 - 32		Repeat bars 17 – 24 to other side	

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PLIE, LUNGE, STRETCH

Commence facing barre, feet in wide 2nd, both hands on barre wide.

BAR	COUNT		
1	1 2 3 4	Transfer weight to R, bend R leg into lunge, both feet flat	Hold position
2	5 6 7 8	Raise R heel into instep stretch, pushing R knee over toes	
3	1 2 3 4	Lower R heel with resistance into lunge	
4	5 6 7 8	Stretch R leg	
5 – 8		Repeat bars 1 - 4 to L	
9	1 2 3 4	Full plié 2 nd & hold position	
10	5 6 7 8	In plie raise both heels into instep stretch, pushing knees over toes	
11	1 2 3 4	Stretch both legs maintaining instep stretch	
12	5 6 7 8	Lower both heels with resistance	
13 - 16		Repeat bars 9 - 12	
17	1 2 3 4	Full plié 2 nd & hold position	Release LH from barre to jazz 2 nd , palm up
18	5 6 7 8	Transfer weight to R, bend R leg into lunge, feet flat	LA upwards into side stretch overhead to R
19	1 2 3 4	Centralise weight to full plié	LA jazz 2 nd , palm up
20	5 6 7 8	Stretch legs	Replace LH to barre
21 - 24		Repeat bars 17 - 20 to L	Repeat bars 17 - 20 to L
25	1 2 3 4	Hold position	Release R hand from barre to 2 nd , palm up
26	5 6 7 8		Raise arm to high parallel
27	1 2 3 4	Upper back bend	Backward stretch, head in line with spine, eyeline up
28	5 6 7 8	Recover to upright	Lower RH to barre
29 - 32		Repeat bars 25 - 28 on L side	

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PREPARATION OFF BALANCE

Commence facing barre, feet in natural 2nd,
both hands on barre in wide position.

BAR	COUNT		
1	1 2 3 4	Hold position	Release L hand from barre to jazz 2 nd palm up, carry sideways to high parallel, palm in
2	5 6 7 8	Transfer weight to RF, extend LF 2 nd into side stretch creating diagonal line through the body	Carry LA over to R creating diagonal line from fingers to LF
3	1 2 3 4	Raise L leg holding body and arm position in low off balance	Hold position
4	5 6	Lower LF to floor natural 2 nd	Return L arm to jazz 2 nd , palm up
	7 8	Hold position	Replace hand to barre
5 - 8		Repeat bars 1 - 4 to other side	
9	1 2 3 4	Hold position	Release L hand from barre to 2 nd and carry sideways to high parallel
10	5 6 7 8	Raise L leg into off balance	Carry LA overhead to R side stretch
11	1 2 3 4	Hold position	Hold position
12	5 6 7 8	Lower LF to floor natural 2 nd	Return LA jazz 2 nd and replace to barre
13 - 16	1 - 16	Repeat bars 9 -12 to other side	

FLOOR 1

Commence facing front, lying on L side, legs straight, R leg turned out.
L forearm to floor, palm flat. RH placed on floor in front of chest.

BAR	COUNT		
1	1	Bend RL toes to L knee	Hold position
	2	Extend RL leg upwards	
2	3 4 5 6	Flex & extend RF x 2	
	7	Bend R leg pointing toes to L knee	
	8	Return to start position	
3 - 4	1 - 8	Repeat bars 1 & 2	
5 - 6	1 - 8	RL straight kick x 4	
7	1 2	Sit on L hip	Push up stretching LA
	3 4	Swing both legs to front	Low 'V', fingertips to floor
8	5 6 7 8	Lower body to floor lying flat	Extend at shoulder level, palms to floor
9 - 10	1 - 8	Straight leg kick & lower x 4 RLRL	Hold position
11	1 2 3 4	Sit up, straight back, bending legs, feet flat on floor	Reach forward to medium level 'V'
12	5 6 7 8	Open knees to side, soles of feet together	Hands to ankles
13	1 2 3 4	From the hips incline body forward, keeping the back flat, pressing the knees downwards towards floor, recover	
14	5 6 7 8	Repeat bar 13	
15	1 2	Close knees, feet flat to floor	Reach forward to medium level 'V' palms up
	3 4	Extend legs forward	
16	5 6 7 8	Swing both legs to L to end lying on R side	R forearm to floor, palm flat. LH on floor in front of chest.
17 - 32		Repeat all on other side	

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FLOOR 2

Commence facing front, sitting on R hip in attitude position,
R fingers extended to floor, L arm jazz 2nd, palm down, head to front.

BAR	COUNT		
1	1 2 3 4	Kneeling up on R leg, L leg in raised attitude to side	Swing LA down and across body to R to end in 5 th head R
2	5 6 7 8	Extend leg create diagonal line through the body	Extend arm to create diagonal line through the body
3	1 2 3 4	Return to raised attitude position	Return arm to 5 th
4	5 6 7 8	Lower R hip to floor to sitting attitude	Swing LA down and across to L to end jazz 2 nd palm down
5	1 2	Face front bend legs feet flat	Hug knees, head lowered
	3 4	Extend legs forward	Jazz 1 st palms chest
6	5 6	Open legs to wide 2 nd	Jazz 2 nd palms forward
	7 8	Hold position	Hold position
7	1 2 3 4	Slowly flex & extend RF	
8	5 6 7 8	Repeat LF	
9	1 2 3 4	Pelvic tilt and abdominal contraction	Push palms forward, with resistance, slight bend in elbows
10	5 6 7 8	Recover to upright	Extend jazz 2 nd palms forward
11 -12	1 - 8	Repeat bars 9 & 10	
13	1 2 3 4	Close legs together	Low 'V' fingertips to floor
14	5 6 7 8	Slightly draw feet in flat, bending legs	Hold position
15	1 2 3 4	Swing legs into sitting attitude on L hip	L fingers extended to floor, RA medium 2 nd , palm down
16	5 6 7 8	Hold position	Hold position
17 - 32		Repeat all on other side	

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FLOOR 3

Commence facing RDF, lying face up, legs bent, feet flat on floor, arms extended along floor at shoulder level, palms down.

BAR	COUNT		
1	1 2	Raise body to 'sit up'	Medium level V palms up
	3 4	Hold position	
2	5 6 7 8	Slowly lower to floor	Lower to floor
3 - 4	1 - 8	Repeat bar 1 & 2	
5	1 2 3 4	Raise body to upright, legs extended along floor	High parallel palms in
6	5 6 7 8	Lateral flexion to R & recover to upright	Reach both arms diagonally high RS & recover
7	1 2 3 4	Repeat to L side	Repeat to L side
8	5 6 7 8	Incline body slightly back from hips	Lower both arms/hands to floor to end slightly behind body in wide V
9	1 2 3 4	Raise RL to 45° & lower to floor	Hold position
10	5 6 7 8	Repeat LL	
11	1 2	Pull feet towards body, bending knees	Hold position
	3 4	Extend both legs off floor into V sit	Hold position
12	5 6	Lower to floor, knees bent, feet flat	Hold position
	7 8	Stretch both legs forward along floor	Jazz 1st
13	1 2 3 4	Lateral flexion to R & recover	Reach RA diagonally down to RS & recover to jazz 1st
14	5 6 7 8	Repeat to L side	Repeat to L side
15	1 2 3 4	Pull feet towards body, bending knees	Hold position
16	5 6 7 8	Lower to floor	
17 - 32		Repeat all	

CENTRE 1

Commence facing front, feet in wide 2nd, arms held at sides

BAR	COUNT		
1	1 2 3 4	Transfer weight to R bending leg into lunge position, both feet flat	Carry RA through 2 nd to high 'V', palm in
2	5 6 7 8	Hold position	Raise LA through 2 nd overhead into side stretch to R, high parallel, palms in
3	1 2 3 4	Recover body to upright position, stretch R leg	High parallel, palms in
4	5 6 7 8	Hold position	Lower through 2 nd to sides
5 - 8	1 - 16	Repeat bars 1 – 4 to L	
9	1 2 3 4	Full plie 2 nd	Raise jazz 2 nd palms front
10	5 6 7 8	Hold position	Hold position
11	1 2 3 4	Turn feet parallel 2 nd , incline body forward from hips into table back	Jazz 2 nd palms down
12	5 6 7 8	Hold position	Hold position
13	1 2 3 4		Carry forward to parallel, palms down
14	5 6 7 8		Hold position
15 -16	1 2 3 4 5 6 7 8	Release and uncurl to standing turning feet into 2 nd	Release to end at sides
17 - 32		Repeat all on other side	

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ISOLATIONS

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

BAR	COUNT		
1	1 2	Rib shift to R and return to centre	Hold position
	3 4	Rib shift to L and return to centre	
2	5 6 7 8	Repeat bar 1	
3	1	Pop' R knee forward raising RH instep stretch	
	2	Lower RH, stretching leg	
	3	Pop' R knee forward raising RH instep stretch	
	4	Invert R knee	
4	5	Return to 'pop' position forward	
	6	Lower heel, stretching leg	
	7 8	Hold position	¼ head turn to R, return
5 – 8		Repeat bars 1 – 4 to other side	Hold position
9	1	Small step RF to side raising R shoulder	
	2	Close LF to RF raising L shoulder	
	3	Small step RF to side returning R shoulder to neutral	
	4	Close LF to RF returning L shoulder to neutral	
10	5	Small step RF to side raising R shoulder	
	6	Close LF to RF raising L shoulder	
	7	Step RF to parallel 2 nd , facing front, returning both shoulders to neutral	
	8	Hold position	
11	1	'Pop' R knee forward with instep stretch	
	2	Invert R knee	
	3	Return to 'pop' position forward	
	4	Lower heel, stretching leg	
12	5 6 7 8	Repeat bar 11 on L	

13	1 2 3	Commencing RF x 3 walks forwards, end parallel jazz 4 th , both legs bent, LH raised	
	4	Hold position	¼ head turn R
14	5 6 7	Commencing LF x 3 walks to L crossing RF in front of LF to end LF to side in parallel 2 nd , both legs bent, R heel raised	Hold position
	8	Hold position	¼ head turn L to front
15	1 2 3	Commencing RF x 3 walks back end parallel jazz 4 th both legs bent, LL in front heel raised	Hold position
	4	Hold position	¼ head turn L
16	5	Cross LF over RF	Hold position
	6	Travelling to R side step RF to parallel 2 nd	
	7	Hold position	¼ head turn to R to front
	8	Hold position	Hold position
		Repeat all on other side	

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ARMS - COOL JAZZ

Commence facing front, feet together, arms held at sides

BAR	COUNT		
INTRO	5 6 7 8	Hold position	Raise jazz 2 nd , palms forward
1	1 2	Soft step RF to parallel 2 nd bend R leg	jazz 1 st , palms to chest
	3 4	Close LF to RF, slight bend in legs	Drop elbows to ½ parallel, palms to chest
2	5 6	Step RF to parallel 2 nd bend R leg	High parallel, palms in
	7 8	Hold position	Open jazz 2 nd , palms to front
3	1 2	Pressure step LF in place	Jazz 1 st , palms to chest
	3 4	Pressure step RF in place	Jazz 2 nd , palms down
4	5 6 7 8	Repeat bar 3	Roll wrists outward on count 5 and inward on count 7. Finger snap on counts 6 and 8, arms remain in 2 nd
5	1 2	Pressure step LF	Raise L arm sideways to inverted 5 th palm upward
	3 4	Pressure step RF	Raise R arm sideways to inverted 5 th – palm upward
6	5 6 7 8	Repeat bar 5	Roll wrists forward on count 5 & clicking fingers on count 6, roll wrists backward to end palms to ceiling on count 8
7	1	Place ball of LF across RL with feeling of side and slight upward stretch to L	Arms remain inverted 5 th overhead slightly to L
	2 3 4	Hold position	Hold position
8	5 6	Return body to upright position, close LF to RF,	Jazz 2 nd palms front
	7 8	Hold position	Hold position
17 - 32		Repeat all on other side	

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ARMS - SWING & SLICE

Commence facing LDF, feet natural 1st, arms held at sides

BAR	COUNT		
1	1 2 3	Hold position	Raise RA medium parallel, palm up
2	4 5 6	Step RF 2 nd into lunge, both feet flat	Open RA jazz 2 nd , palm up
3	1 2 3	Press weight further into lunge	Continue to raise RA to high 'V' palm in
4	4 5 6	Hold position	Hold position
5	1 2 3	Close LF to RF to face RDF bending and stretching legs	Swing to medium opposition LA forward, palms down
6	4 5 6	Bend and stretch legs	Swing to medium opposition RA forward, palms down
7 - 8	1 2 3 4 5 6	Bend and stretch legs	Swing slowly over 6 counts to end medium opposition LA forward, palms down
9	1 2 3	Wide step to side LF, soft ball change RF to LF facing RDF	Slice arms across to L in strong medium opposition
10	4 5 6	Repeat bar 9 to R	
11	1 2 3	Step LF to LDF into strong arabesque line a terre	RA swings down and across body into strong high 2 nd arabesque line, LA low line behind the body in strong opposition, eyeline to RH
12	4 5 6	Hold position	Hold position
13 - 15		Free run to R to end facing RDF, feet together	Free
16	4 5 6	Hold position	Hold position
17 - 32		Repeat all on other side	

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KICKS

Commence LDB facing RDF, weight on LF,
RF pointed forward, arms held at sides

BAR	COUNT		
INTRO	5 6 7 8	Hold position	Free arm action
1	1 2	Step forward RF, straight front kick LL	
	3 4	Step forward LF making ¼ turn to L, side attitude kick R	
2	5	RF walk sideways to RDF	
	6	Cross LF over RF, releasing R heel, bend legs	
	7	¼ turn to R step RF forward into parallel jazz 4 th , releasing L heel, bend both legs	
	8	Hold position	
3	1	Releve RF, raise LF into parallel retire, making ½ turn to L on RF to face LDB	
	2	Step forward LF towards LDB	
	3	Step back on R travelling towards RDF	
	4	Straight leg back kick L bend R leg	
4	5	Step back on LF commencing to turn to R	
	6	RF to side travelling towards RDF	
	7	LF forward to face RDF	
	8	Hold position	
5 - 8	1 - 16	Repeat bars 1 - 4	
9 - 16		Repeat all on other side	

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ACROSS THE FLOOR

Commence LDB facing RDF, feet together weight on LF,
RF extended forward, arms held at sides

BAR	COUNT		
INTRO	5 6 7 8	Hold position	Free arm action
1	1a2	RF chasse	
	3 4	Step LF & hop raising R to full parallel retire	
2	5 6	Drag run x 2 commencing RF	
	a7	Brush leap	
	8	Free ending	
		Walk upstage to repeat on other side	
		Repeat all	

JUMPS & TURNS

An 8 bar routine, choreographed by the teacher, to show development of jumps and turning actions.

LET'S DANCE

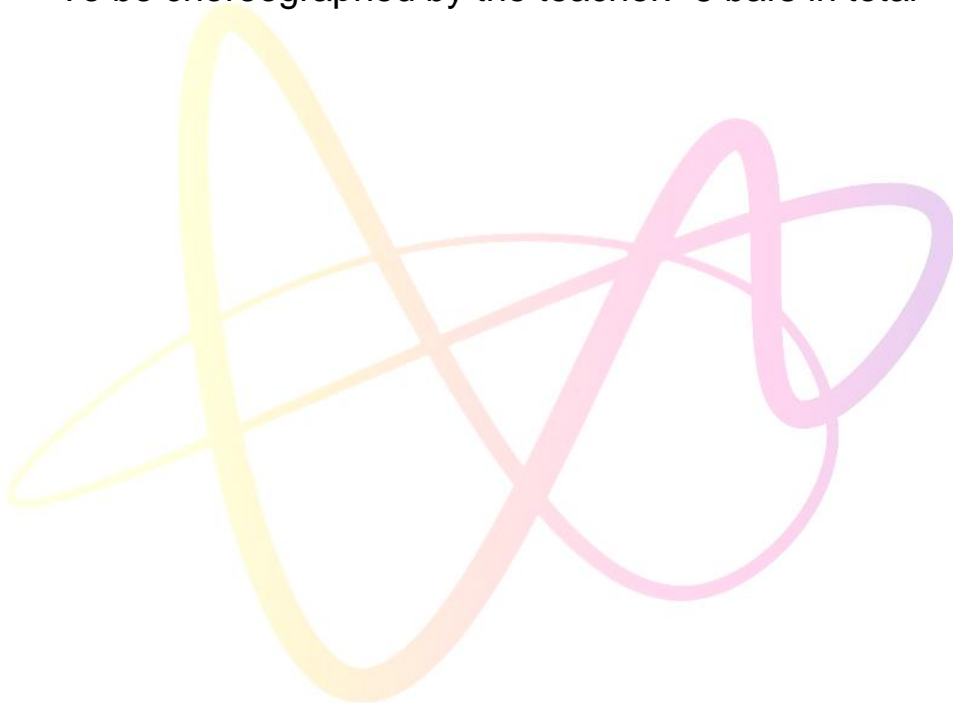
A 32 bar routine to be choreographed by the teacher in either:

- Modern
- Lyrical

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

THANK YOU

To be choreographed by the teacher. 8 bars in total



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