



MODERN JAZZ
GRADED EXAMINATIONS
FIRST STEPS, FOUNDATION LEVEL 1,
FOUNDATION LEVEL 2

VERSION 4 AUGUST 2024

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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		
Pop & Shimmy		
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
5 - 6	12 minutes
7 - 8	14 minutes

**RECOMMENDED MINIMUM AGE 4 YEARS
NO MAXIMUM**

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WALK & WIGGLE

Commence in a circle, feet together, arms relaxed at sides.

MUSIC : 'Musical Statues With The Flamingos'

8 counts (2 bars) introduction

BAR	COUNT		
1 - 2	1 2 3 4 5 6 7 8	Funky walks forward x 8	Free, relaxed arms and shoulders throughout
3 - 4	1 2 3 4 5 6 7 8	Step R or LF to natural 2 nd into natural hip bump 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 feet natural 2 nd & wiggle hips on landing x 4	
9 - 40		Repeat all 5 x in total	

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FLEXI FLOOR

Commence sitting on floor, facing the front, legs and feet extended in front of body. Arms held in low 'V' with fingertips in contact with floor.

MUSIC : 'Quirky'

32 counts (8 bars) introduction

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 - 40		Repeat all x 5 in total	
41		Free ending	

POP & SHIMMY

Commence facing the front, feet together, arms relaxed at sides.

MUSIC : 'Shimmer'

16 counts (4 bars) introduction

BARS	COUNT		
1	1	Hold position	Raise both shoulders
	2		Lower
2	3 4 5 6 7 8		Repeat x 4 in total
3	1	Step to R	Shoulder shimmy
	2	Tap LF to RF	Shoulder shimmy
4	3 4 5 6 7 8	Repeat to LRL	
5 - 8	1 - 16	Repeat bars 1 - 4	Arms relaxed at sides
9	1 2 3	Feet together. Slight flexion in knees and swing in hips is encouraged.	Raise shoulders alternately x 3 (R or L to commence)
	4		Hold position
10	5 6 7		Raise shoulders alternately x 3 (R or L to commence)
	8		Hold position
11 - 12	1 - 8	Repeat bars 9 & 10	
13 - 14	1 - 8	Free skip/march/walk in any direction to end facing front feet together	
15 - 28		Repeat all	

SWINGY ARMS

Commence facing the front, feet together, arms relaxed at sides.

MUSIC : 'Laughing Saxophone'

4 counts (1 bar) introduction

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	Hold position
	7 8	Stretch legs	Bend elbows to ½ parallel clench fists to shoulders
7	1	Hold position	Raise both arms to high parallel, palms in
	2 3 4	Hold position	Hold position
8	5 6 7 8	Hold position	With upward impulse lower the arms outwards to end relaxed at sides
9 - 40		Repeat all 5 x in total	
41 - 42		Free ending	

SPRING, JUMP, ZAP

Teachers' choice of pattern and direction.

MUSIC : 'Starships'

32 counts (8 bars) introduction

BARS	COUNT		
1 - 2	1 2 3 4 5 6 7 8	Springy runs/jogs forward x 8	Free
3	1 2	Jump feet together x 2	Jazz 1 st fists clenched
	3	Jump feet apart	Both arms high V 'star'
	4	Hold position	
	5 6	Jump feet together x 2	Jazz 1 st fists clenched
	7	Jump feet apart	Both arms high V 'star'
	8	Hold position	
5 - 32		Repeat all x 8 in total	

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LET'S DANCE

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

MUSIC : 'Party Party Party'

24 counts (6 bars) introduction

BAR	COUNT		
1 - 2	1 2 3 4 5 6 7 8	Step R to natural 2 nd into natural hip bump x 8	Free
3	1 2 3	Step to side RF, close LF to RF, step RF to side	Jazz 1 st fists clenched
	4	Jump feet together	Clap
4	5 6 7	Side close side to L	Jazz 1 st fists clenched
	8	Jump feet together	Clap
5 - 8		Repeat bars 1 - 4	
9 - 10	1 2 3 4 5 6 7 8	Springy runs/jogs x 8 in any direction to end facing front	Free
11 - 12	1 2 3 4 5 6 7 8	Jump feet together x 4	Roly poly x 4
13 - 24		Repeat bars 1 – 12 on same side	
25 - 48		Repeat all x 4 in total	

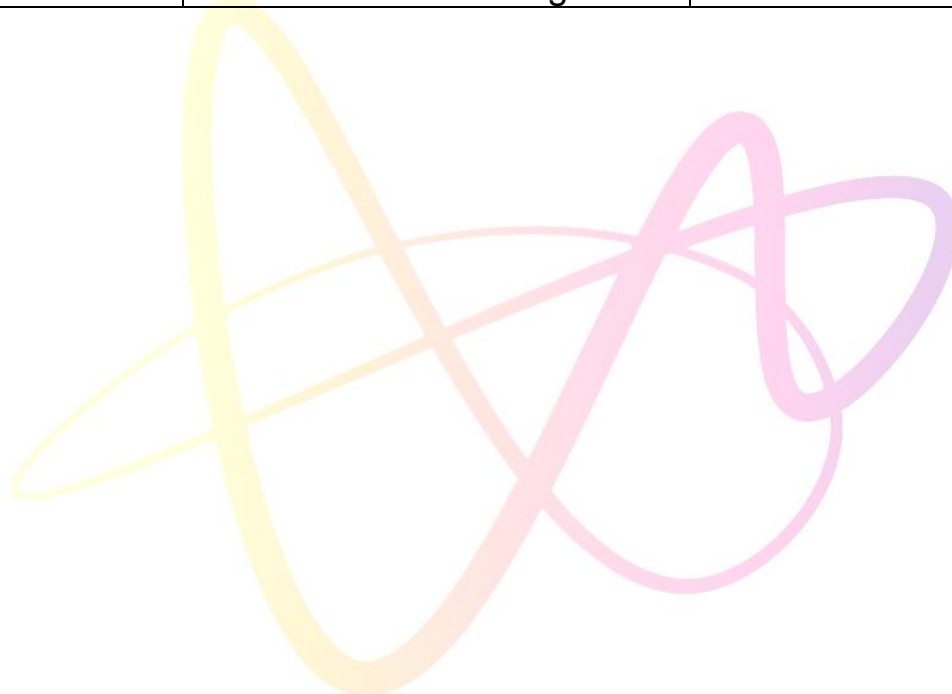
THANK YOU

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

MUSIC : 'Party Party Party'

24 counts (6 bars) introduction

BAR	COUNTS		
1 - 2	1 - 8	Step R to natural 2 nd into natural hip bump x 8	Free
3	1 2	Step RF to side	Arms relaxed 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, Roll & Shimmy		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	12 minutes
3 - 4	14 minutes

**RECOMMENDED MINIMUM AGE 5 YEARS
NO MAXIMUM**

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WALK, WIGGLE, WAIT

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

MUSIC : 'Discomania'
32 counts (8 bars) introduction

BAR	COUNT		
1	1 2 3	Walk forward x 3 RLR 'freeze' position on count '3'	'Freeze' arm position on count '3'
	4	Hold position	Hold position
1	5 6 7 8	Step LF to natural 2 nd into hip bump x 4	Free
	8	Hold position	Hold position
3 - 4	1 - 8	Repeat bars 1 & 2 on L side	
	1	Step RF to side	Jazz 1 st fists clenched
	2	Close LF to RF	
5	3	Step RF to side	
	a4	Jump feet together	Clap
6	5 (6)	Star jump	High V
	7 (8)	Jump feet together	Jazz 1 st , fists clenched
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 and feet extended.
Arms held in a low V, extended fingertips in contact with floor.

MUSIC : 'Azzurro'

32 counts (8 bars) introduction

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	Flex both feet	
	3 4	Extend both feet	
4	5 6 7 8	Hold position	Raise the arms outwards to high parallel, palms facing
5	1 2	Flex both feet	
	3 4	Extend both feet	
6	5 6 7 8	Lower body over legs	Lower both arms forward towards feet
7	1 2 3 4	Recover to sitting upright	Release both arms to start position
8	5 6	Flex both feet	Hold position
	7 8	Extend both feet	
9 - 32		Repeat all x 4 in total	

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HUG & STRETCH

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

MUSIC : 'I See The Light'

16 counts (4 bars) introduction

BAR	COUNT		
4 of intro	5 6 7 8	Hold position	Raise arms to jazz 2 nd position, palms facing front
1	1 2 3 4	Slight flexion in 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	Unfold arms out to jazz 2 nd position, palms facing front
3 - 6	1 - 16	Repeat bars 1 & 2 x 2	
7	1 2	Hold position	Raise arms sideways and up to high parallel, palms in
	3 4	Release the stretch, bending knees	Lower arms in front of body
8	5 6 7 8	Recover to standing, legs straight	With impulse raise arms outwards to end jazz 2 nd palms facing front
9 - 32		Repeat all x 4	

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POP, ROLL 'N' SHIMMY

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

MUSIC : 'Dance Kids'

32 counts (8 bars) introduction

BAR	COUNT		
1	1 2	Raise R heel 'popping' the R knee over toes	Raise R shoulder
	3 4	Lower R heel, stretch leg	Lower R shoulder
2	5 6 7 8	Repeat bar 1 on L side	
3	1 2 3 4	Hold position	Roll R shoulder backwards and return to place
4	5 6 7 8	Repeat bar 3 on L side	
5	1 2	Hold position	Raise both shoulders
	3 4		Lower both shoulders
6	5 6 7 8		Roll both shoulders backwards and return to place
7	1	Step to R	Shimmy
	2	Tap LF to RF	Shimmy
8	3 4 5 6	Repeat to L & R	
	7	Step LF to side to end feet apart	Lower arms to sides
	8	Hold position	Hold position
9 - 32		Repeat all x 4 in total	

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SWING & STRETCH

Commence facing front, feet parallel 2nd, arms relaxed at sides
 MUSIC : 'Surfs Up'
 32 counts (8 bars) introduction

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	Hold position	Hold position
	7	Stretch legs	Bend elbows to ½ parallel clench fists to shoulders
	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	Bend and stretch legs	Swing both arms in co-ordinated circle to R to end both arms high parallel, palms in
	3 4	Hold position	Clap hands above head x 2
8	5 6 7 8	Bend and stretch legs	Impulse hands up into sideways lower through 2 nd to end relaxed at sides
9 - 32		Repeat all x 4 in total	

LYRICAL LINES

Commence facing front, feet together, arms relaxed at sides.

MUSIC : 'Once Upon A December'

48 counts (16 bars) introduction

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 nd , palm up, eyeline follows hand
3	1 2 3		Turn the palm down maintain arm jazz 2 nd
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 nd palms up
11	1 2 3	Bend & stretch legs	Lower both arms and continue across body to end wrists crossed in front of chest
12	4 5 6	Bend & stretch legs	Release arms to end jazz 2 nd palms down
13 - 14	1 - 6	Repeat bars 11 & 12	
15	1 2 3	Hold position	Lower RA to side
16	4 5 6	Hold position	Lower LA to side
17- 64		Repeat all x 4 in total	

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RUN, HOP, JUMP

Teachers' choice of pattern and direction.
Candidates may perform in any combination of group, trio, duo or solo –
teacher choice.

Arm action should show opposition plus 1 other appropriate position

MUSIC : 'Do It To It'
32 counts (8 bars) introduction

BAR	COUNT	
1 - 2	1 2 3 4 5 6 7 8	Travelling forward in any direction step hop in full parallel retire x 4
3 - 4	1 2 3 4 5 6	Long/drag run x 6
	a7(8)	Continuing to travel forward jump feet together
5 - 32		Repeat all x 8 in total

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LET'S DANCE

Commence facing front, feet together, arms relaxed at sides.

MUSIC : 'Play That Funky Music'

32 counts (8 bars) introduction

BAR	COUNT		
8 of intro	5 6 7 8	Hold position	Jazz 1 st fists clenched
1	a1a2a3a4	Sideways galop to R x 4	Jazz 1 st fists clenched
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&4 5&6 7&8	Repeat L, R, L	Repeat L R L
11	1	Step to R	Shimmy
	2	Tap LF to RF	Shimmy
	3 4	Repeat to L side	
12	5 6 7	Jump feet together x 3	Jazz 1 st fists clenched
	8	Hold position	Hold position
13 - 16		Repeat bars 9 - 12 on other side	
17 - 32		Repeat all	

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THANK YOU

Commence facing front, feet together, arms relaxed at sides.

MUSIC : 'Play That Funky Music'

32 counts (8 bars) introduction

BAR	COUNT		
8 of intro	5 6 7 8	Hold position	Jazz 1 st fists clenched
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?
Get Funky!	ALL TOGETHER THROUGHOUT	NO. CANDIDATES ARE EXPECTED TO PERFORM WITHOUT ASSISTANCE.
Flexi Floor		
Reach & Release		
Pop, Roll & Shift		
Sharp & Snappy		
Circles & Swings		
Triplet Time		
Travel & Jump		
Let's Dance		
Thank You		

EXAM TIMINGS

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

**RECOMMENDED MINIMUM AGE 6 YEARS
NO MAXIMUM**

GET FUNKY!

Facing front, feet together, arms held at sides
 MUSIC : 'Let's Cha Cha'
 32 counts (8 bars) introduction

BAR	COUNT		
1	1 2	Walk forward x 2 R,L	Free
	3 4	Step RF to natural 2 nd into hip bump 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/claps
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 down and across to R
8	3 4 5 6 7 8	Repeat step touch to LRL	
9 - 32		Repeat all 4x in total	

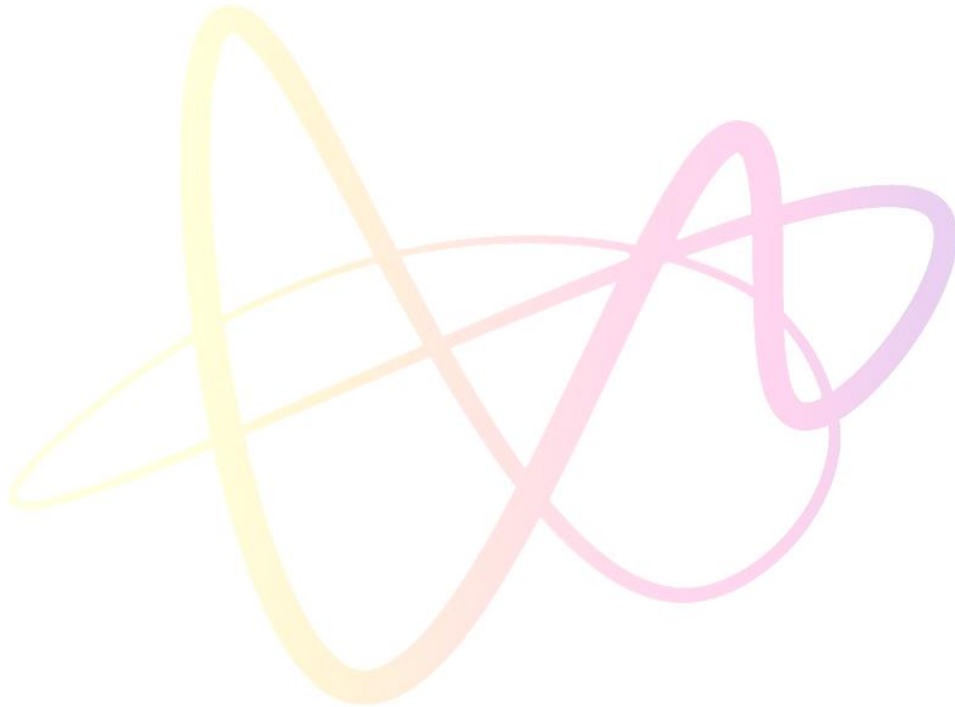
FLEXI FLOOR

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

MUSIC : 'African Safari'
32 counts (8 bars) introduction

BAR	COUNT		
1	1 2	Flex R foot	Hold position
	3 4	Stretch R foot	
2	5 6 7 8	Draw RF in, foot flat, bending knee towards chest	
3 - 4	1 - 8	Repeat bars 1 & 2 LF	
5	1 2 3 4	Draw both feet in, feet flat bending knees toward chest	
6	5 6	Shoot feet forward extending legs	
	7 8	Open legs to wide V	
7	1 2	Flex both feet	
	3 4	Extend both feet	
8	5 6 7 8	Repeat bar 7	
9	1 2 3 4	Hold position	Slowly raise arms outwards to high parallel to recover, palms facing
10 - 11	5 6 7 8 1 2 3 4	Repeat bar 7 & 8	Hold position
12	5 6 7 8	Lower body towards floor	Open both arms out hands touching/reaching feet
13	1 2 3 4	Hold position	Hold position
14	5 6 7 8	Recover body to upright	Raise arms to jazz 2 nd palms down
15	1 2 3 4	Close legs and feet together	Hold position

16	5 6 7 8	Hold position	Lower arms to low V
17 - 32		Repeat all	



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REACH & RELEASE

Commence facing front, feet in wide parallel 2nd position,
Arms relaxed at sides.

MUSIC : 'Love Is An Open Door'

4 counts (1 bar) introduction

BAR	COUNT		
	5 6 7 8	Hold position	Raise both arms to jazz 2 nd palms down
1	1 2	Rib shift to R	Reach RA to side
	3 4	Recover	
2	5 6 7 8	Repeat bar 1 to L	
3	1 2 3 4	Hold position	Raise arms to high parallel, palms in
4	5 6	Release body, bend and stretch legs	Swing forward, down and behind body, lowering head
	7 8	Bend to recover body to upright position	Swing down and upward to end high parallel palms in
5	1 2 3 4	Repeat bar 4	
6	5 6	Release stretch bending knees	Lower arms in front of body
	7 8	Stretch legs	Carry arms out and up to jazz 2 nd palms down
7	1 2	Bend legs	Jazz 1 st palms facing chest
	3 4	Stretch legs	Medium parallel palms down
8	5 6	Hold position	Open to jazz 2 nd palms down
	7 8	Hold position	Hold position
9 - 32		Repeat all x 4 in total	

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POP, ROLL & SHIFT

Commence facing front, feet wide parallel 2nd, arms relaxed at sides.

MUSIC : 'Tiptoes and Eyebrows'

32 counts (8 bars) introduction

BAR	COUNT		
1	1 2	Raise R shoulder and R heel 'popping' the R knee over toes	Head left
	3 4	Hold position	Head centre
2	5 6 7 8	Repeat bar 1	
3	1	Hold position	Raise R shoulder
	2		Hold position
	3		Lower R shoulder raising L shoulder
	4		Hold position
4	5		Lower L shoulder raising R shoulder
	6		Hold position
	7		Lower R shoulder
	8		Hold position
5	1	Step RF to side	Raise both shoulders
	2	Close LF to RF	Lower both shoulders
	3	Step RF to side	Raise both shoulders
	4	Close LF to RF	Lower both shoulders
6	5	Step RF to side with rib isolation	Free
	6	Shift body weight to LF with rib isolation to L	

	7	Small step RF to R side	Neutral position arms relaxed at sides
	8	Hold position	Hold position
7	1	Raise R heel 'popping' R knee over toes	
	2	Lower R heel stretching leg	
	3	Raise L heel 'popping' L knee over toes	
	4	Lower L heel stretching leg	
8	5	Hold position	Turn head to R
	6		Return to place
	7 8		Hold position
9 - 16		Repeat bars 1 – 8 on L side	
17 - 32		Repeat all	

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SHARP AND SNAPPY

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

MUSIC : 'Broadway Rag'

16 counts (4 bars) introduction

BAR	COUNT		
4 of intro	5 6	Hold position	Raise 2 nd position, palms down
	7 8		Jazz 1 st , fists clenched
1	1	Bend legs	Sharp extension RA forward to medium parallel extend fingers, palm down
	2	Stretch legs	Return to jazz 1 st , fist clenched
	3	Bend legs	Sharp extension LA forward to medium parallel extend fingers, palm down
	4	Stretch legs	Return to jazz 1 st , fist clenched
2	5 6 7 8	Repeat bar 1	Repeat bar 1 extending R & LA to jazz 2 nd 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 st fists clenched
4	5	Hip rock to R	Both arms to jazz 2 nd , palms down, fingers extended
	6	Hip rock to L	Jazz 1 st fists clenched
	7	Open both arms to 2 nd , palms down, fingers stretched with hip rock to R	Both jazz 2 nd , palms down, fingers extended
	8	Hips to neutral	Jazz 1 st fists clenched
5 - 16		Repeat all x 4 in total	

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CIRCLES & SWINGS

Commence facing front, feet together, arms relaxed at sides.

MUSIC : 'The Baroque Ball'
12 counts (4 bars) introduction

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 nd '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	
33 - 64		Repeat all	

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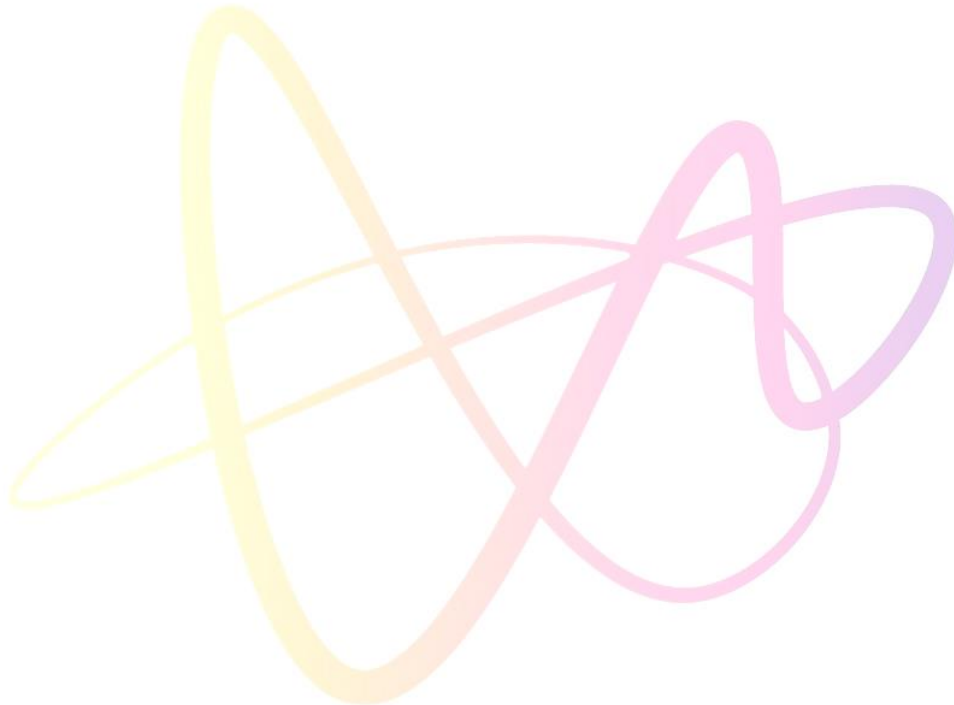
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TRIPLET TIME

Candidates may perform in any combination of group, trio, duo or solo –
teacher choice.

Triplets to be presented in 4/4 time across the floor.
1&2 3&4 etc
Arms should be used in opposition.

MUSIC : 'Happy Ragtime'
32 counts (8 bars) introduction



TRAVEL & JUMP

Candidates may perform in any combination of group, trio, duo or solo – teacher choice.

* Arm action should show 3 different positions - teacher choice (i.e opposition, parallel, jazz 1st etc)

MUSIC : 'Tell Me Ma'
32 counts (8 bars) introduction

BAR	COUNT	
1	&1 &2 &3 &4	Commencing RF galop x 4 to 2 nd travelling sideways to RDF facing LDF
2	&5 &6 &7 &8	Making ½ turn to R galop x 4 to 2 nd 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

Repeat bars 1 - 4 from RDB – as above commencing galop to 2nd on LF travelling to LDF.

Repeat all.

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LET'S DANCE

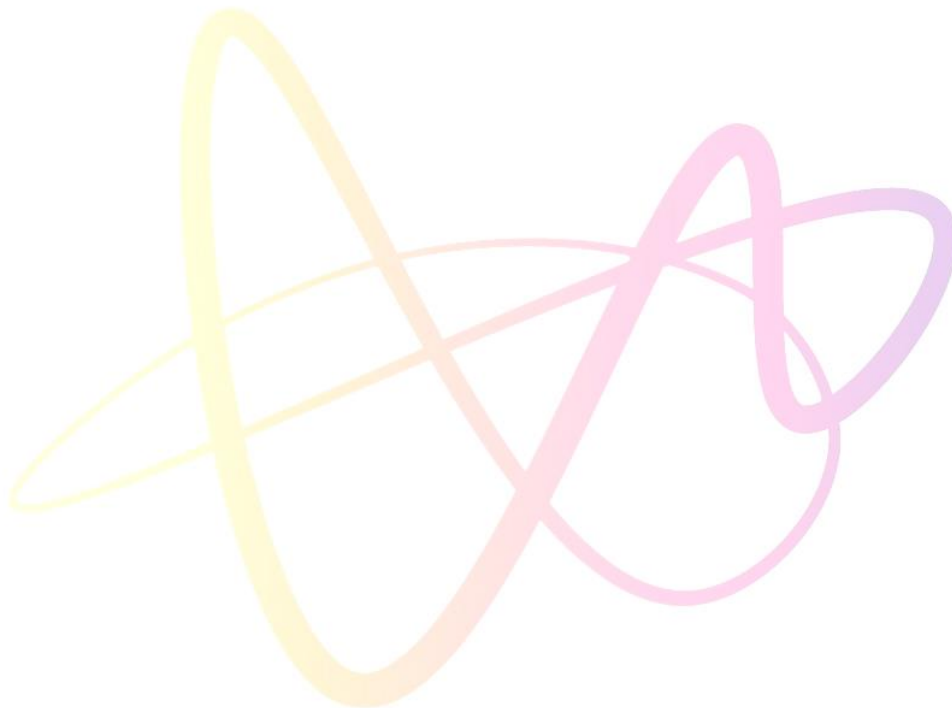
Commence facing front, feet together, arms relaxed at sides.

MUSIC : 'Cotton Eye Joe'

48 counts (12 bars) introduction

BAR	COUNT		
12 of intro	5 6 7 8	Hold position	Raise arms to jazz 1 st fists clenched
1	1 2	Jump feet parallel 1 st x 2	Jazz 1 st fists clenched
	3	Jump feet parallel 2 nd	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 or claps
8	5 6 7 8	March x 4 making 1 full turn to R	'Shake' hands
9	&1 &2 &3 &4	Galop x 4 sideways to R	Jazz 1 st fists clenched
10	5	Jump feet together	
	6	Hold position	Clap
	7	Jump feet together	
	8	Hold position	Clap
11 - 12	1a2 3a4 5a6 7a8	Tap RF diagonally forward, raise R knee, step forward onto RF Repeat LRL	Wrist flicks to R & L
13	1	Step RF behind LF	Jazz 1 st fists clenched
	2	Step RF to side	Hold position

	3	Cross RF in front of LF	Hold position
	4	Hold position	Clap
14	5 6 7 8	Repeat bar 11 to R side	
15 - 16	1 - 8	Skip, run or triplet travelling in any direction to end facing front	
17 - 32		Repeat all on L side	



THANK YOU

Commence facing front, feet together, arms relaxed at sides.

MUSIC : 'Cotton Eye Joe'

48 counts (12 bars) introduction

BAR	COUNT		
12 of intro	5 6 7 8	Hold position	Raise arms to jazz 1 st fists clenched
1	1 2	Jump feet parallel 1 st x 2	Jazz 1 st fists clenched
	3	Jump feet parallel 2 nd	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 2	Step RF to side	Open arms to jazz 2 nd palms up
	3 4	Close LF to RF	Lower arms to sides
6	5 6	Bow	
	7 8	Recover body to upright position	
7	1 2	Step LF to side	Open arms to jazz 2 nd palms up
	3 4	Close RF to LF	Lower arms to sides
8	5 6	Bow	
	7 8	Recover body to upright position	