



MODERN JAZZ GRADED EXAMINATIONS LEVEL 1

UPDATED AUGUST 2024 VERSION 5

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GRADE 1 MODERN JAZZ

COMPONENT	FORMAT
Welcome Warm Up	All together
Press & Plie	All together
Swing & Close	All together
Stretch With Attitude	All together
Front Kick Preparation	All together
Swing & Stretch	In pairs or solo
Pop, Lunge & Shift	In pairs or solo
Funky 4's	In pairs or solo
Lyrical 3's	In pairs or solo
Flicks & 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

GQAL REGULATED FULL GRADE

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	18 minutes
3 - 4	22 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.
Teacher choice of music.

Choreographed by the teacher, to include appropriate warm up actions for Modern Jazz at this level.

Please note this is a **GQAL required element only**.
It is not included in Class Grade Programmes

PRESS & PLIE

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

MUSIC : 'The Goose Steps High'

16 counts (4 bars) introduction

BAR	COUNT		
4 of 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 ending both feet 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	Point RF 2 nd	
	6	Close RF to LF 1 st	
	7	Turn feet to parallel	
	8	Hold position	
17 - 32		Repeat bars 1 - 16	

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SWING & CLOSE

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

MUSIC : 'Real Life'

12 counts (3 bars) introduction

BAR	COUNT		
3 of intro	5 6 7 8	Hold position	Raise R arm jazz 2 nd position, palm down
1	1 2	Swing R leg forward	
	3	Lower to parallel 1 st	
	4	Hold position	
2	5 6 7 8	Repeat bar 1	
3	1 2	Swing R leg forward	
	3 4	Swing R leg backward	
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 1 st	Place RH barre, L arm jazz 2 nd palm down
	8	Hold position	
9 - 16		Repeat bars 1 - 8 on other side	

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STRETCH WITH ATTITUDE

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.

MUSIC : 'Connect The Polka Dots'

4 counts (1 bar) introduction

BAR	COUNT		
1	1 2	Hold position	Raise RA jazz 2 nd , palm down
	3 4	Twist torso to R	Carry LA forward, RA behind body to strong opposition line, palms down
2	5 6	Recover body to front	Jazz 2 nd , palms down
	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
3	1 2	Recover to upright	Recover to L arm extended to jazz 2 nd , palm down, fingers of RH extended to floor
	3 4	Hold position	Raise RA jazz 2 nd , palm down
4	5 6	Facing front, bend legs, feet together and flat on floor	'Hug' knees, hands across lower legs, head lowered
	7	Shoot feet forward to end both legs straight	Jazz 1 st palms to chest
	8	Hold position	
5	1 2	Lower body forward over legs	Sweep hands down legs to feet
	3 4	Recover to upright	High parallel
6	5 6	Open legs to wide V	Jazz 2 nd palms facing front
	7 8	Lower body towards floor	Hands to feet
7	1 2	Recover to upright	Jazz 2 nd palms facing front
	3 4	Close legs and feet together	Hold position
8	5 6	Swing legs to sitting attitude on L hip	Fingers of LH extended to floor, RA jazz 2 nd , palm down, head to front
	7 8	Hold position	
9 - 24		Repeat bars 1 - 8 on L and R side	

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FRONT KICK PREPARATION

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

MUSIC : 'Consider Yourself'

8 counts (2 bar) introduction

BAR	COUNT		
1	1 2	Bend R knee towards chest	Hold position
	3 4	Extend R leg upwards	
2	5 6	Bend R knee towards chest	
	7 8	Recover to start position	
3 - 4	1 - 8	Repeat bars 1 & 2 on L leg	
5 - 6	1 - 8	Repeat bars 1 & 2 on R leg	
7 - 8	1 - 6	Repeat counts 1 - 6 of bars 1 & 2	
	7 8	Extend both legs to floor, toes stretched	
9	1 2	R leg front kick	
	3 4	Lower to floor	
10	5 6 7 8	Repeat bar 9	
11 - 12	1 2 3 4 5 6 7 8	Repeat bars 9 & 10 on L leg	
13 - 16	1 - 16	Alternate front kick and lower RLRL	
17 - 32		Repeat bars 1 - 16	

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SWING & STRETCH

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

MUSIC : 'I Love It'

16 counts (4 bar) introduction

BAR	COUNT		
4 of 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 6 7 8	Repeat bar 1 to end parallel 2 nd	Repeat bar 1 to end both arms high parallel palms in
3	1 2 3 4	Bend & stretch legs	Open arms out swinging down and across body
4	5 6 7 8	Bend & stretch legs	Swing arms down out and up to end high parallel palms in
5	1 2 3 4	Release body forwards, bending and stretching legs	Swing forward, down and behind body, lower head
6	5 6	Bend legs to recover to standing, legs straight	Swing down and forward to high parallel
	7 8	Hold position	Open to jazz 2 nd palms facing front
7	1 2	Rib shift to R	Reach RA to side
	3	Recover to centre	Recover
	4	Hold position	
8	5 6 7	Repeat bar 11 to L	
	8	Hold position	Raise arms to high parallel palms in
9 - 32		Repeat bars 1 – 8 3x	

POP, LUNGE & SHIFT

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

MUSIC : 'Fun Jungle Rain'

16 counts (4 bar) introduction

BAR	COUNT		
1	1	'Pop' R knee forward with instep stretch	Hold position
	2	Lower RH stretch leg	
	3	'Pop' R knee forward with instep stretch	
	4	Lower RH stretch leg	
2	5	Hold position	Turn head L
	6	Hold position	Head centre
	7	Hold position	Raise both shoulders
	8	Hold position	Lower both shoulders
3 - 4	1 - 8	Repeat bars 1 & 2 on other side	
5	1	Step RF to 2 nd into small lunge to R raising R shoulder with rib isolation	
	2	Hold position	
	3	Step LF to 2 nd into small lunge to L raising L shoulder with rib isolation	
	4	Hold position	
6	5	Step RF to 2 nd into small lunge to R raising R shoulder with rib isolation	
	6	Hold position	
	7	Small step LF to side	Neutral position arms relaxed at sides
	8	Hold position	
7 - 12		Repeat bars 1 - 6	
		Free ending	

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FUNKY 4'S

Commence facing front, feet together, fists clenched to hips.

MUSIC : 'Boomwhackers'

32 counts (8 bar) introduction

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	
17 - 32		Repeat all	

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LYRICAL 3'S

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

MUSIC : 'The Sound of Music'

12 counts (4 bar) introduction

BAR	COUNT		
1 - 2	1 2 3 4 5 6	Hold position	With impulse raise through 2 nd to end high 'V', palms out
3 - 4	1 2 3 4 5 6	Hold position	Turn palms up to lower through 2 ⁿ to end arms relaxed 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 2 nd	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 bars 1 – 16 on other side	
33 - 64		Repeat all	

FLICKS & KICKS

Commence facing front. Centre back.
Feet together weight on LF, RF relaxed, arms relaxed at sides.

MUSIC : 'Levitating'
16 counts (4 bar) introduction

BAR	COUNT		
1	1 2	Step RF to side	Free and relaxed
	2	Tap LF to RF	Clap
	3 4	Repeat to L	
2	5&6	Flick R leg forward, ball change R to L	Free and relaxed
	7&8	Repeat	
3 - 4	1 - 8	Repeat bars 1 & 2	
5	1	Step RF forward	Jazz 2 nd palms to floor
	2	Lift LF to full parallel retire, RF flat, leg straight	Jazz 1 st fists clenched
	3	Step forward LF	Hold position
	4	Straight leg front kick R	
6 - 7	5 6 7 8 1 2 3 4	Repeat bar 5 twice	
8	5 6 7	Funky steps on the spot RLR	Free & relaxed
	8	Hold position	
9 - 16		Repeat bars 1 – 8 on other side	
17 - 20	1 - 16	Run, skip or funky walk x 16 to centre back	
20 - 22	1 3 5 7 Hold on 2 4 6 8	Teacher to set 4 'freeze/pose' positions on counts 1,3,5,7	
23 - 42		Repeat bars 1 – 20 free end pose	

ACROSS THE FLOOR

Commence LDB
 Feet together weight on LF, RF relaxed, arms relaxed at sides.
 MUSIC : 'Shannon Reel'
 16 counts (4 bar) introduction

BAR	COUNT		
1	1&2	Forward galop R leg	Free
	3&4	Forward galop L leg	
2	1 2 3 4	Repeat bar 1	
3	1 2	Step RF forward & hop raising LF to full parallel retire	
	3 4	Step LF forward & hop raising RF to full parallel retire	
4	5 6 7 8	Repeat bar 3	
5 - 6	1 - 8	Spilt run x 8 commencing RF travelling upstage to RDB	
7	1 2 3	Facing LDF jump on the spot, feet parallel 1 st , 2 nd , 1 st	
	4	Hold position	
8		Repeat bar 7	
9 - 16		Repeat bars 1 - 8 on other side	
17 - 32		Repeat all	

JUMPS & HOPS

A repeatable 8 bar routine (16 bars in total), choreographed by the teacher, to show a combination of jumps and hops appropriate for Grade 1.
Free choice of music.

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.
Free choice of music.

THANK YOU

To be choreographed by the teacher. 8 bars in total
Free choice of music.

GRADE 2 JAZZ

COMPONENT	FORMAT
Welcome Warm Up	All together
Plie, Lunge & Stretch	All together
Leg Swings	All together
Contract & 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

GQUAL REGULATED FULL GRADE

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	20 minutes
3 - 4	24 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

WELCOME WARM UP

A 16 bar repeatable routine, 32 bars in total.
Teacher choice of music.

Choreographed by the teacher, to include appropriate warm up actions for Modern Jazz at this level.

Please note this is a **GQAL required element only**.
It is not included in Class Grade Programmes

PLIE, LUNGE, STRETCH

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

MUSIC : 'Modern Charleston'

32 counts (8 bar) introduction

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	Bend R leg into lunge in 2 nd , both feet flat	Release L arm from barre to jazz 2 nd , palm up
	3 4	Maintain lunge position	Carry L arm up and over into side stretch to R, head to R, eyeline low
6	5 6	Recover from side stretch, body upright, stretch R leg	Return L arm jazz 2 nd palm up
	7 8	Hold position	Place LH barre
7 - 8	1 - 6	Repeat counts 1 – 6 of bars 5 & 6 to L	
	7 8	Point LF in 2 nd & close to 1 st	Place RH on barre
9	1 2 3 4	Full pli� in 1 st	
10	5 6 7 8	Recover	
11	1 2 3 4	Slow rise onto balls of feet into instep stretch	
12	5 6 7 8	Lower heels to floor slowly	
13 - 14	1 - 8	Repeat bars 9 & 10	
15	1 2	Rise onto balls of feet into instep stretch	
	3 4	Lower heels to floor	
16	5 6 7 8	Point LF 2 nd and lower	
17 - 32		Repeat bars 1 - 16	

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LEG SWINGS

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

MUSIC : 'Percussion Soup'

8 counts (2 bar) introduction

BAR	COUNT		
1	1 2	Swing R leg to 2nd	Hold position
	3 4	Lower natural 1st	
2	5 6 7 8	Repeat bar 1	
3	1 2	Swing R leg 2nd	
	3 4	Lower 2 nd on plie	
4	5 6	Transfer weight to RF point LF 2nd	
	7 8	Close LF to RF 1st	
5 - 8	1 - 16	Repeat bars 1 – 4 to L	
9	1 2	Raise R side attitude	
	3 4	Extend to 2 nd	
10	5 6	Lower to 2 nd RF pointed	
	7 8	Close natural 1st	
11 - 12	1 - 8	Repeat bars 3 & 4	
13 - 14	1 - 8	Repeat bars 9 & 10 on L	
15 - 16	1 - 8	Repeat bars 3 & 4	
17 - 32		Repeat all	

CONTRACT & RELEASE

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

MUSIC : 'Dynamite'

16 counts (4 bar) introduction

BAR	COUNT		
4 of 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	
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 bars 1 - 16 on other side	

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FLOOR 1

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.

MUSIC : 'The Dum Dum?'
16 counts (4 bar) introduction

BAR	COUNT		
1	1 2	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
	3 4	Lower to floor into sitting attitude	Swing L arm down and across to L to end jazz 2 nd palm down, head L
2 - 3		Repeat bars 1 & 2 x 2	
4	5 6 *	Facing front, bend legs, feet together flat on floor	'Hug' knees, hands across lower legs, head lowered
	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
5 - 8		Repeat bars 1 - 4 on other side up to counts 5 6 *	
	7 8	Extend legs forward, face front	Arms low 'V' fingertips to floor
9	1 2	Flex both feet	High parallel
	3 4	Lower body forward over legs	Forward to flexed feet
10	5 6	Open legs to wide V, body remains forward to floor	Holding or reaching towards flexed feet
	7 8	Recover to upright	Jazz 2 nd palms facing front
11	1 2	Stretch both feet	
	3 4	Flex both feet	
12	5 6 7 8	Repeat bar 11	
13	1 2	Tilt pelvis and contract abdominals	Push palms forward, with resistance slight bend in elbows
	3 4	Recover to upright position	Extend jazz 2 nd palms front
14 - 15	5 6 7 8 1 2 3 4	Repeat bar 13 x 2	
16	5 6 7 8	Swing legs into attitude position sitting on L hip	LH fingers extended to floor, RD jazz 2 nd , palms down.
17 - 32		Repeat bars 1 - 16 on other side	

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FLOOR 2

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

MUSIC : 'Tango Cubano'
32 counts (8 bar) introduction

BAR	COUNT		
1	1 2	Bend R knee towards chest	Hold position
	3 4	Extend R leg upwards	
2 - 3	5 6 7 8 1 2 3 4	Flex and extend RF x 2	
4	5 6	Bend R knee towards chest	
	7 8	Return R leg to floor	
5 - 8		Repeat bars 1 - 4 on L leg	
9	1 2	Front kick R leg	
	3 4	Lower to floor	
10	5 6	Front kick L leg	
	7 8	Lower to floor	
11	1	Front kick R leg	
	&	Front kick L leg into preparation for hitch-kick	
12	2	Lower R leg to floor	
	3	Lower L leg to floor	
	4	Hold position	
13 - 16		Repeat bars 9 - 12 commencing L leg	
17 - 32		Repeat bars 1 - 16	

FLOOR 3

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

MUSIC : 'Don't Stop The Music'

32 counts (8 bar) introduction

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 bars 1 - 8	

CENTRE

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

MUSIC : 'Jazz Waltz'

12 counts (4 bar) introduction

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 - 64		Repeat bars 1 – 16 3x	

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ISOLATIONS

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

MUSIC : 'Carnival Parade'
16 counts (4 bar) introduction

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	
	8	Hold position	
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 R & LF ending parallel jazz 4 th , both knees bent, RH raised	
	3	Hold position	Head to R
	4	Hold position	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 bars 1 - 8 on other side	
17 - 32		Repeat all	

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JAZZ VIBES

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

MUSIC : 'The Devil In Disguise'

16 counts (4 bars) introduction

BAR	COUNT		
4 of intro	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 3 4		Repeat bar 6 in double time
8	5		Shoot both arms forward to medium parallel, palms down
	6		Pull RH into jazz 1 st fist clenched
	7		Pull LH into jazz 1 st fist clenched
	8		Hold position
9 - 16		Repeat bars 1 - 8 on other side	
17 - 32		Repeat all	

SMOOTH & SWINGY

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

MUSIC : 'Learn To Do It'

12 counts (4 bars) introduction

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 bars 1 - 16 on other side.	
		Free ending	

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WALKS & RELEVES

Commence LDB, facing RDF, weight on LF, RF extended to 2nd,
arms relaxed at sides.

MUSIC : 'Rock It For Me'
16 counts (4 bar) introduction

BAR	COUNT		
1	1	Cross RF over LF, releasing L heel, bend legs	Free arm actions
	&	Step LF to 2 nd , part weight on ball of foot,	
	2	Replace weight to RF	
2	3 - 8	Repeat bar 1 to L R L	
3	1	Step forward RF	
	2	Releve LF, leg straight. RF to full parallel retire	
	3	Hold position	
	a4	Ball change L to R	
4	5 - 8	Repeat bar 3	
5	1	Step RF behind L	
	2	Step LF to side	
	3	Small step RF forward ending jazz 4 th LH raised	
	4	Lift LF to high parallel retire, RL straight, foot flat	
6	5 6 7 8	Repeat bar 5 to other side	
7 - 8	1 - 8	Triplet (up up down) x 4 travelling either to RDF or upstage towards RDB	
Walk upstage to reset whilst next candidate performs			
9 - 16		Repeat bars 1 - 8 on other side	
Walk upstage to reset whilst next candidate performs			
17 - 32		Repeat all	

ACROSS THE FLOOR

Teachers' choice of pattern and direction.
 Weight on LF, RF extended forward, arms relaxed at sides.
 MUSIC : 'The Charleston Electro'
 16 counts (4 bars) introduction

BAR	COUNT		
1	1 2	Step forward RF & straight leg front kick L,	Free arm actions
	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	Step RF forward	
	6	Jump feet together	
	a7	Small tuck jump	
	8	Hold position	
7 - 8	1 - 8	Spilt run x 8 upstage to RDB	
Reset whilst next candidate performs			
9 - 16		Repeat bars 1 - 8 on other side	
Reset whilst next candidate performs			
17 - 32		Repeat all	

JUMPS & TURN PREPARATION

An 8 bar repeatable routine (16 bars in total), choreographed by the teacher, to show development of jumps from Grade 1 and turn preparation.
Free choice of music.

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.
Free choice of music.

THANK YOU

To be choreographed by the teacher. 8 bars in total
Free choice of music.

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GRADE 3 MODERN JAZZ

COMPONENT	FORMAT
Welcome Warm Up	All together
Olie, Lunge & Stretch	All together
Leg Swings	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	22 minutes
3 - 4	26 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.
Teacher choice of music.

Choreographed by the teacher, to include appropriate warm up actions for Modern Jazz at this level.

Please note this is a **GQAL required element only**.
It is not included in Class Grade Programmes

PLIE, LUNGE, STRETCH

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

MUSIC : 'Release'

8 counts (2 bars) introduction

BAR	COUNT		
1	1 2	Transfer weight to R, bend R leg into lunge, both feet flat	Hold position
	3 4	Raise R heel into instep stretch, pushing R knee over toes	
2	5 6	Lower R heel with resistance into lunge	
	7 8	Stretch R leg	
3 - 4	1 - 8	Repeat bars 1 & 2 to L	
5	1 2	Full plié 2 nd & hold position	
	3 4	In plie raise both heels into instep stretch, pushing knees over toes	
6	5 6	Stretch both legs maintaining instep stretch	
	7 8	Lower both heels with resistance	
7 - 8	1 - 8	Repeat bars 5 & 6	
9	1 2	Full plié 2 nd & hold position	Release LH from barre to jazz 2 nd , palm up
	3 4	Transfer weight to R, bend R leg into lunge, feet flat	LA upwards into side stretch overhead to R
10	5 6	Centralise weight to full plié	LA jazz 2 nd , palm up
	7 8	Stretch legs	Replace LH to barre
11 - 12		Repeat bars 9 & 10 to L	Repeat bars 17 - 20 to L
13	1 2	Hold position	Release R hand from barre to 2 nd , palm up
	3 4		Raise arm to high parallel
14	5 6 7 8	Upper back bend	Backward stretch, head in line with spine, eyeline up
15	1 2 3 4	Recover to upright	High parallel
16	5 6	Hold position	Lower RH to barre
	7 8	Hold position	Hold position
17 - 32		Repeat bars 1 - 16 on other side	

LEG SWINGS

Commence side to barre, feet together.
 R arm jazz 2nd palm down, L hand on barre
 MUSIC : 'Cake By The Ocean Instrumental'
 16 counts (4 bars) introduction

BAR	COUNT		
1	1 2	Swing RL forward	Hold position
	3 4	Swing RL backward though parallel 1 st	
2	5 6 7 8	Repeat bars 1 & 2	
3	1	Swing forward rising onto ball of LF, both legs straight	
	2	Hold position	
	3	Step forward into lunge in 4 th with instep stretch in LF	
	4	Hold position	
	5	Close LF to RF, knees bent	
	6 7	Turn towards the barre to end facing other side	RH barre LH jazz 1 st palm to chest
4	8	Stretch legs	Unfold LA jazz 2 nd , palm down
5 - 8		Repeat bars 1 - 4 on other side. End facing right side, natural 1st	
9	1	Swing RL forward to attitude in front, bend LL	
	2	Hold position	
	3	Extend RL forward in air, LL straight	
	4	Hold position	
10	5	Point RF to floor in front	
	6	Hold position	
	7	Close natural 1 st	
	8	Hold position	
11 - 12	1 - 8	Repeat bars 9 & 10 to the back	
13	1 - 4	Repeat bar 9	
14	5 6	Lower R leg into lunge release LF from floor LL straight	Jazz 1 st palm to chest
	7 8	Turn to face barre in demi plie 2 nd	Both hand barre
15	1 2	Stretch legs	
	3 4	Turning to face other side close RF to LF on bent legs	RH barre, LH jazz 1 st palm to chest
16	5 6	Stretch both legs	Unfold LA jazz 2 nd palm down
	7 8	Hold position	
17 - 32		Repeat bars 1 - 16 on other side	

PREPARATION OFF BALANCE

Commence facing barre, feet in natural 2nd,
both hands on barre in wide position.
MUSIC : 'The Lady Who Drove to John O'Groats'
16 counts (4 bars) introduction

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 to natural 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 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	
17 - 32		Repeat all	

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FLOOR 1

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

MUSIC : '7 Years'

16 counts (4 bar) introduction

BAR	COUNT		
1	1 2	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
	3 4	Lower R hip to floor to sitting attitude	Swing LA down and across to L to end jazz 2 nd palm down head front
2	5 6	Kneeling up on R leg, L leg in raised attitude to side	
	7 8	Extend leg create diagonal line through the body	Extend arm to create diagonal line through the body
3	1 2	Return to raised attitude position	Return arm to 5 th
	3 4	Lower R hip to floor to sitting attitude	Swing LA down and across to L to end jazz 2 nd palm down
4	5	Face front bend legs feet flat	Hug knees, head lowered
	6	Extend legs forward	Jazz 1 st palms chest
	7	Hold position	Sweep both down legs to feet
	8	Recover opening legs to wide 2 nd	High parallel
5	1 2	Bend LL flexing LF leaning body to R	Contracted jazz 2 nd , on diagonal, LA high, palms facing front, eyeline to LH
	3 4	Recover to wide 2 nd feet stretched	Recover to upright, jazz 2 nd palms facing, head front
6	5 6 7 8	Repeat bar 5	
7	1 2	Tilt pelvis back with abdominal contraction	Contracted jazz 2 nd , 'push' palms forward
	3 4	Recover	Recover
8	5 6	Swing legs into sitting attitude on L hip	L fingers extended to floor, RA medium 2 nd , palm down
	7 8	Hold position	Hold position
9 - 16		Repeat all on other side	

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FLOOR 2

Commence facing LDF, lying on L side, legs straight, R leg turned out.

L forearm to floor, palm flat. RH placed on floor in front of chest.

MUSIC : 'Ya Da Dut Ta Dut'

4 counts (1 bar) introduction

BAR	COUNT		
1	1 2	Bend RL toes to L knee	Hold position
	3 4	Extend RL leg upwards	
2	5 6 7 8	Flex & extend RF	
3	1 2	Bend R leg pointing toes to L knee	
	3 4	Return to start position	
4 - 5	5 6 7 8 1 2 3 4	RL straight kick x 2	
6	5 6 7 8	Sit up on L hip	Push up stretching LA
7	1 2 3 4	Swing both legs around to L side	RH at R side, LH in front
8	5 6 7 8	Lower to floor to start position lying on R side	R forearm to floor, LH on floor in front of chest
9 - 14		Repeat bars 1 - 6 on other side	
15	1 2 3 4	Turn to face LDF sitting up, legs out in front	
16	5 6 7 8	Lower body to floor facing up	Both arms extended along floor at shoulder level, palms flat
17	&1 2	Developpe kick R & lower	
	3 4	Lower RL to floor	
18	5 6 7 8	Straight leg kick R & lower	
19 - 20	&1 - 8	Repeat bars 17 & 18 on L leg	
21	1&2	Hitch-kick R to L ending RL on floor, LL extended upwards	Hold position
	3 4	Lower L leg to floor	
22	5 6 7 8	Repeat bar 21 on L leg	
23 - 24		Repeat bars 20 & 21	
25	1 2 3 4	Sit up	Reach forward to medium level 'V'
26	5 6 7 8	Turn to R to lower to floor, face down	Elbows bent, hands flat, forehead to fingers
27 - 30	1 - 16	Straight back kick & lower x 4 R, L, R, L leg	
31	1 2 3 4	Raise body from floor	Push up onto hands
32	5 6 7 8	Push back to end sitting on heels	Arms relaxed, head over R shoulder

FLOOR 3

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

MUSIC : 'Havana'

16 counts (4 bars) introduction

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 bars 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 relaxed at sides.

MUSIC : 'Everlasting Song'

8 counts (2 bars) introduction

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 relaxed at sides.

MUSIC : 'Puttin' On The Ritz'

32 counts (8 bars) introduction

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
17 - 32		Repeat all on other side	

COOL JAZZ

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

MUSIC : 'Cinnamon Girl'

16 counts (4 bars) introduction

BAR	COUNT		
4 of 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 bars 1 - 16 on other side	
33 - 64		Repeat all	

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SWING & SLICE

Commence facing LDF, feet natural 1st, arms relaxed at sides.

MUSIC : 'Davy Jones Theme'

12 counts (4 bars) introduction

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	Bend and stretch legs	Swing to medium opposition LA forward, palms down
		Hold position	Turn palms up relaxing elbows
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 bars 1 - 16 on other side	
		Free ending	

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KICKS

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

MUSIC : 'Uptown Funk Instrumental'

32 counts (8 bars) introduction

BAR	COUNT		
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 bars 1 - 8 on other side	

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ACROSS THE FLOOR

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

MUSIC : 'Bom Bom'

16 counts (4 bar) introduction after vocal opening.

AR	COUNT		
1 - 2	1&2 3&4 5&6	Spring ball change RLR	Free arm actions
	7 8	Step LF & hop raising R to full parallel retire	
3	1 2	Drag run x 2 commencing RF	
	3	Brush leap RL	
	4	Step through LF	
4	5 6 7 8	Repeat bar 3	
5 - 6	1&2 3&4 5&6 7&8	Travelling upstage towards RDB triplet x 4 (teacher choice of levels)	
7 - 8		Free movement to end RDB to commence on other side	
9 - 16		Repeat bars 1 - 8 on other side	
17 - 32		Repeat all	

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JUMPS & TURNS

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

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.
Free choice of music.

THANK YOU

To be choreographed by the teacher. 8 bars in total.
Free choice of music.

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