

Dance Arts Syllabus 16-17 : Jazz, Lyrical, Contemporary, and Leaps & Turns:

In order to move through the program, dancers will need to execute all elements listed for their level proficiently with proper technique and alignment. For example, if your dancer is in Jazz 3A, they will need to be proficient in all the elements listed for 3A in order to move up to 3B. Also considered are body development, maturity, and behavior.

All placement occurs in the FALL by either signing up for Pre Placement Session (2 week commitment), or registering for current class and attending for two weeks of the session for evaluation.

Level	Age	Elements/Movement/Skills
Jazz 1	5-7	chasse (side and front) passe jumps, leap w/ running prep, 3 step turn, arabesque, battement, positions, passe balance, introduce ballet positions, basic understanding of rhythm and counts.
Tween Jazz Teen Jazz Beg Lyrical	8-12 13+ 8+	basic positions and vocabulary, chaine turn (2+), pivot, grapevine, battement front, jazz sq, kick ball chg, passe, pas de bourre, alternating chasse, combos of above elements, floor fan kicks, intro single pirouette, pas de bourre 1/4 turn, grande jete (brush and developpe), saute, battement front, intro work in 3rd position.
Jazz 2a	8+	basic positions and vocabulary, flexibility, pivot, chasse, pas de bourre, port de bras, combos of above elements, floorwork, leap/jete, soutenu turns, single pirouette (introduce double), chaine (2+), pique turns, jete (dev and brush), single attitude, saute, intro chasse tour, passe tuck, pas de bourre turn, battement all directions, combinations of all above, weight shift, basic understanding of turnout and anatomy. Intro 5th position, pas de chat.
Jazz 2b Int Lyrical	9+	Refining all the elements above (straight leges, pointed toes, toe-ball-heel, port de bras), fundamental understanding of a double pirouette, chaine (3+), combinations with pique/chaine turns, Grande jete in combinations, intro to a la seconde leap (using pas de chat), intro chasse tour, passe tuck, double attitude leaps, pas de bourre full turn, battement all directions, weight shift & combo of above elements. basic understanding of turnout and anatomy, increase work on flexibility and splits. Intro improvisation.
BALLET IS HIGHLY RECCOMENDED for these levels		
Jazz 3a Int Lyrical Leaps & Turns 3	9+	Refining of all the elements above with proper positioning and alignment, Mastery of a double pirouette, intro inside pirouette, pas de chat, leaps in 2nd, chaine (4+,double time), intro double pique, fouette leap, intro attitude/ attitude turns, chasse tour, chaine into a double stag, surprise leaps, intro pique box, battement all directions, introduce work on extension/ controlled developpe, more intricate combinations of all above, weight shift, basic understanding of turnout and anatomy, increase work on flexibility and splits, back flexibility, and strong balance. syncopation in locomotor (moving) steps, intro shoulder rolls, Intro Improvisation.
Jazz 3b Contemp A Leaps & Turns 3	9+	double pirouettes inside/outside (intro triples), sissonne ferme/ ouvert, working in 5th, floor rools and shoulder rolls, intro double attitude turn, mastery of leaps in second, axl turns, pique box, continuous chaine turns, intro double pique (in box), developed turnout in extensions, increased understanding of relationship to core, turnout and anatomy ,tour jete with clean finish in arabesque, chaine jete with straight legs, hinge/layouts. Introduce turned out pirouettes, fan kick, intro fouette/a la seconde prep (barre, floor, and center), intro barrel jumps, Combination of above elements and focus on transitions/ weight shift. Emerging improvisational technique.
4A Contemp A Leaps & Turns 4/Adv	10+ 13+	Intro triple & quad pirouette, splits on 2/3 sides, 4 chaine (2x), lame duck turns, intricate comination of turns and leaps, intermediate floor work, firebirds, C jump, intoduction to turning C jump, fouette/A la seconde (2-4) fouette, double attitude/arabesque turns, intro tilt, hinge/layout on releve, double inside/outside and turned in/out pirouettes, double piques, expand improvisation technique, and emphasize performance, pas de chat,, barrell turn/jump, extension at/above 90 degrees, intro reverse leap, increasing awareness of anatomy and core strength, alignment and placement awareness, intro barrel jump, intro rev leaps. deeper performance quality.
4B Contemp B Leaps & Turns 4/adv	12+	Refining all the elements learned above, triple pirouette (turned in/out, inside/outside), quads on one side, attitude/arabesque turns, reverse leap,intro switch leaps, intro jazz italian pas de chat, t urning c jumps, fish roll, layout, working in tilt, double lame duck turns, fouette/ a la seconde turns (5-6in a row), compass turns, intro swtich leaps, intro toe rise/knee drop - rolling through feet, strong improvisation technique, develop performance skills, barrel turn/roll, intro switch leap, leg holds, developing muscles and body awareness to move to advanced vocabulary - psoas, hamstrings, core, etc, splits on all sides, strong sense of musical dynamics, ability to maintain balance for 8+ counts in various positions.
BALLET IS REQUIRED FOR ALL ADVANCED LEVELS - See office/director for exceptions		
Advanced Contemp B Leaps & Turns 4	13+	Understanding of anatomy, placement, and strong core... STRONG Performance quality maintain splits on all sides, quads (en dehor and en dedan, both parallel and turned out) Combos of A la Seconde/Fouette turns (8+), fouette turns into attitude/axl or other element, illusions, work on turning combos and introducing spot changes, cabriole front/back, switch leaps, intro switch to second, Jazz italian pas de chat, chaine jete to a la seconde, battement tilts en releve, changing port de bras on turns, pirouette to jump (2nd or tilt), pirouette to extentions, toe rise/knee drop - rolling through feet, sustained extensions, intro to advanced floor work (elbow press, modern cartwheel, floor press, floor jete),180 surprise leaps, intro floor jete, reverse surprise leap, double fan leaps, leg holds in releve, extension above 90 degrees. Intro- turn to switch second, advanced improvisation technique, intro needle/leg hold turns
Advanced plus is reserved for select students that demonstrate a professional level of commitment and passion		
Advanced Plus Contemp Pro (Adv Plus & invitation only)	14+	Dancers must be in top physical shape and retain and execute all aforementioned technical elements proficiently and consistently with a commitment to performance and mature behavior. Must obtain the ability to do highly stylized choreography in a fast paced environment with strong stamina. Mastery in extension, ability hit sustained positions out of turns. Work on 5+ pirouettes, floats, intricate turning combos (that include spot changes, going to floor, or illusions), intricate leaping combos, reverse firebird leaps, switch to fire birds, needle turns, pirouette with level/turnout change, switch leaps to second, flying roll, advanced floor work, turns into switch leaps.
Ballet		Please see separate Syllabus
Hip Hop		Hip hop is a style that can take years to master. We look for ability to pick up material, knowledge of syncopation, age, and most important style and performance.
Acro/Tricks, Tap, Aerial		Please see office