

## Jazz III Curriculum

### Warm-Up:

1. Temp raiser/cardio
2. Roll down in 2<sup>nd</sup> position parallel, plié at bottom, stretch, roll up
3. Head, rib and hip isolations: single, double and triples
4. Flat back: forward and hold, release, plié, stretch, roll up
5. Octagon stretch: counts of four, two and then one
6. Pliés: plié raise R arm to 2<sup>nd</sup>, plié raise L arm to 2<sup>nd</sup>, plié arms down cross and up, relevé arms open 2<sup>nd</sup>, lower, slow grande plié with arms, relevé and hold (1<sup>st</sup>, 2<sup>nd</sup>, 5<sup>th</sup>)
7. Tendus: tendu flex tendu close, tendu slow, two tendus fast (en croix in parallel)
8. Straddle sit and stretch
9. Long sit: facing side of the room
10. Butterfly sit and stretch: with flat back and contractions
11. Sit-ups
12. Push-ups

### Across the Floor:

1. Chaîné turns: regular, in plié and relevé, single and double time
2. Chaînés: with step cross lead in
3. Battements: regular (watching posture, straight legs), turning in relevé, jumping and with forced arch
4. Piqué turns: single and double
5. Pirouettes: triplet with a single, double, and triple en dehors and en dedans
6. Faxe turns: with chaînés
7. Layouts: passé and extended leg
8. Fan kicks: with layout
9. Hitch kick
10. Leaps:
  - a. Straight leg, tombé pas de bourrée preparation
  - b. Développé, tombé pas de bourrée preparation
  - c. Leaps in 2<sup>nd</sup>
  - d. Switch leaps
11. Tuck jumps: single, double and 'L'

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### Center:

1. Triplets: forward running and turning
2. À la seconde turns
3. Fouetté turns
4. Turns in combination
5. Floor work
  - a. Jazz split
  - b. Shoulder roll
  - c. Split roll
  - d. Slide out

### Combinations:

Each week spend the last 10-15 minutes of class teaching a combination of skills from the lesson plan. It is a good idea to work on one combination for a few weeks to the same song and then change.

### Things to Remember:

1. Do not worry if they are not keeping up with the syllabus
2. Don't be afraid to use hands on teaching
3. Keep warm-ups consistent (switch up music)
4. Stress body placement, pointed toes, straight legs!