

Jazz IV Curriculum

Warm-Up:

1. Temp raiser/cardio
2. Roll down in 2nd position parallel, plié at bottom, stretch, roll up
3. Head, rib and hip isolations
4. Flat back: forwards and hold, release, plié, stretch, roll up
5. Octagon stretch: counts of eight, four, two and one
6. Pliés: varying combinations
7. Tendus: varying combinations
8. Straddle sit and stretch
9. Long sit: facing the side of the room
10. Butterfly sit and stretch: with flat back and contractions
11. Sit-ups
12. Push-ups

Across the Floor:

1. Battements turning: plain, in relevé, and jumping (complicate with relevé and forced arch)
2. Pirouettes: with triplets, single, double, triple, quad en dehors and en dedans
3. Chaînés: with level changes (plié and relevé) and tempo changes (single/double time)
4. "Undizzying Combo"- something with pivot, triplet, triplet turn, battement, chassé, etc. (focus on quick direction changes)
5. Piqués: continuous singles and doubles in combination with other turns
6. Leaps:
 - a. Straight
 - b. Développé
 - c. Leaps in 2nd position
 - d. Switch leaps
 - e. Star leaps
 - f. Reverse leaps
7. Tuck jump:
 - a. Single
 - b. Double
 - c. 'L'
 - d. Turning 'L'
 - e. Tilt

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Center:

1. Attitude Turn
2. Pirouettes: in fractions combo
3. Varying combos: pirouettes, piqués, chaînés, etc.
4. À la seconde turns and fouettés: with attitude
5. Faxle: chaînés, faxle with rond de jambe
6. Combinations of all skills above