

Jazz VI 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. Hold passé in relevé
12. Sit-ups, plank
13. Push-ups

Across the Floor:

1. Battements turning: all directions and positions
2. Battement layouts and fan kick layouts
3. Leg holds: front and side
4. Pirouette: with a variety of preparations, focus on quads and more
5. Chaînés: with direction changes, increased speed and tightness
6. Piqué turns: doubles, try ending in arabesque and mixing with other turns
7. Leaps:
 - a. Straight
 - b. Développé
 - c. Leaps in 2nd position
 - d. Switch leaps, turning switch leaps
 - e. Star leaps
 - f. Reverse leaps
 - g. Turning c-jumps
8. Tuck jumps:
 - a. Single
 - b. Double
 - c. 'L'
 - d. Turning 'L'

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- e. Tilt
 - i. Turning tilt

Center:

1. Attitude turns: doubles, front attitudes
2. Varying combos: pirouette, piqué, chaînés, etc.
3. À la seconde turns and fouettés:
 - a. Attitudes: back and front
 - b. Floats
 - c. Illusions
 - d. Add double pirouettes in between fouettés
4. Faxle: chaînés, faxle with rond de jambe
5. Combination of all skills above into fresh choreography