CenterStage Jazz Level 7 Syllabus:

**Uptempo Stretch:**

* Slower warm up: Head, shoulder, arm, ribcage, and hip isolations
* Begin to work on flexibility: Stretch hamstrings – center, right leg, and left leg. Runners stretch. Pike.
* Stretch Jazz Split R & L.
* Stretch 2nd – focusing on technique: sitting up nice and tall, knees facing ceiling, toes pointed.

**Emphasis on Flexibility:**

Wall Stretch to one song – bottoms up against wall.

* Right split for 60 seconds
* Left split for 60 seconds
* Middle split for 60 seconds

\*Add option to hyper-extend or oversplit

*Alternate week to week or incorporate each class:*

**Technique:**

* Continue to work through Jazz 1st, 2nd, & 4th positions. Add Jazz 5th position.

**Turns:**

* Flick turns
* 3 Step turn/chaines turns
* Jump turn (preparation for calypsos and barrel leaps)
* Preparation for pirouette: Tendu second, arms second, plie, balance in passe.
* Preparation for pique turns. Across floor, step on to a straight leg, releve, arms in 4 en avante. Close passe and arms in 5th en avante.
* Pencil turns
* Compass turns
* Attitude turns
* Inside turns
* Fouette turns/Turns in 2nd

**Kicks:**

* Battements across the floor – to the front, side, and back. Focus on straight back, straight bottom leg, and straight kicking leg. Arms on hips or in 2nd.
* Fan kicks – watch for students lifting hips.
* Catches R & L
* Catches w/turn
* Lay out
* Tilts

**Leaps:**

* Chasse step leap (developpe and straight leg)
* Stag/double attitude jumps
* Firebird jumps/leaps
* Toe touches
* Leaps in 2nd
* Calypsos w/roll to the floor
* Switch leaps

**Extra:**

* Knee drops
* Throw backs

**Preparations for Pirouettes:**

* Tendu seconde, parallel, arms in second 4cts. Check student’s placement: toe pointed, centered, lifted.
* Plie in 4th, arms prepare for outside turn (4th position en avante of the arms). 4 cts.
* Jazz passe, arms round (5th position en avante of the arms) 4 cts.

**Rep. 4 times**

* Tendu seconde, parallel, arms in second 4cts. Check student’s placement: toe pointed, centered, lifted.
* Plie in 4th, arms prepare for outside turn (4th position en avante of the arms). 4 cts.
* Jazz passe, arms round (5th position en avante of the arms) 4 cts.
* Add releve 4 cts.

**Rep. 4 times.**

* Tendu seconde, parallel, arms in second 4cts. Check student’s placement: toe pointed, centered, lifted.
* Plie in 4th, arms prepare for outside turn (4th position en avante of the arms). 4 cts.
* Jazz passe, arms round (5th position en avante of the arms) 4 cts.
* Add half turn to the back. Prepare second, plie, finish half turn to the front. **Rep set twice.**

**Rep. 4 times**

* Tendu seconde, parallel, arms in second 4cts. Check student’s placement: toe pointed, centered, lifted.
* Plie in 4th, arms prepare for outside turn (4th position en avante of the arms). 4 cts.
* Jazz passe, arms round (5th position en avante of the arms) 4 cts.
* Add single turn

**Rep. 4 times**

* Tendu seconde, parallel, arms in second 4cts. Check student’s placement: toe pointed, centered, lifted.
* Plie in 4th, arms prepare for outside turn (4th position en avante of the arms). 4 cts.
* Jazz passe, arms round (5th position en avante of the arms) 4 cts.
* Add double turn, triple turn, quadruple turn

**Rep. 4 times. Reverse and rep Left.**

PROGRESS CHART

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| Student: |  |  |  |  |  |  |  |  |  |
| Chaines turn |  |  |  |  |  |  |  |  |  |
| Pique turns |  |  |  |  |  |  |  |  |  |
| Double pirouette |  |  |  |  |  |  |  |  |  |
| Double inside turns |  |  |  |  |  |  |  |  |  |
| Chasse step leap |  |  |  |  |  |  |  |  |  |
| Step BC |  |  |  |  |  |  |  |  |  |
| Pencil turns |  |  |  |  |  |  |  |  |  |
| Stag/double attitude jumps |  |  |  |  |  |  |  |  |  |
| Pencil turns |  |  |  |  |  |  |  |  |  |
| Compass turns |  |  |  |  |  |  |  |  |  |
| Battements |  |  |  |  |  |  |  |  |  |
| Fan kicks |  |  |  |  |  |  |  |  |  |
| Catches |  |  |  |  |  |  |  |  |  |
| Catches w/turns |  |  |  |  |  |  |  |  |  |
| Fouettes |  |  |  |  |  |  |  |  |  |
| Turns in second 8 - 12 |  |  |  |  |  |  |  |  |  |

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| Battement R & L  \*back |  |  |  |  |  |  |  |  |  |
| Catches |  |  |  |  |  |  |  |  |  |
| Layouts |  |  |  |  |  |  |  |  |  |
| Tilts |  |  |  |  |  |  |  |  |  |
| Chasse step leap |  |  |  |  |  |  |  |  |  |
| Toe touches |  |  |  |  |  |  |  |  |  |
| Firebirds |  |  |  |  |  |  |  |  |  |
| Leaps in 2nd |  |  |  |  |  |  |  |  |  |

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| Calypsos |  |  |  |  |  |  |  |  |  |
| Switch Leaps R & L |  |  |  |  |  |  |  |  |  |
| Knee drops |  |  |  |  |  |  |  |  |  |
| Throw back |  |  |  |  |  |  |  |  |  |
| Switch Firebird R & L |  |  |  |  |  |  |  |  |  |
| Switch to the Floor R & L |  |  |  |  |  |  |  |  |  |
| Throw Back R & L |  |  |  |  |  |  |  |  |  |
| Triple Pirouette R& L |  |  |  |  |  |  |  |  |  |

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| Turns in 2nd with Float |  |  |  |  |  |  |  |  |  |
| Turns in seconde with saute |  |  |  |  |  |  |  |  |  |
| Russian Pas de Chat R & L |  |  |  |  |  |  |  |  |  |
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