

## Jazz/Lyrical 9 Syllabus

*General Goals:* to expand their technical training, increase their performance quality, and begin to focus on different sub genres of both jazz and lyrical.

### **Skills Introduced:**

- Triple Pirouettes
- Double Inside Turns
- Double Flick turns R & L
- Double Pencil turns R & L
- Double Compass turns R & L
- Double Front/Back Attitude turns R & L
- 8 – 12 Fouéte turns/Turns in 2<sup>nd</sup>
- Turns in seconde with saute
- Turns in seconde with float
- Catches R & L
- Catches w/turn R & L
- Lay out R & L
- Tilts R & L
- Switch leaps R & L
- Switch Firebirds R & L
- Switch 2<sup>nd</sup> to floor R & L
- Knee drops
- Throw back R & L
- Reverse leaps R & L
- Helicopter
- Backwards Hook Jump
- Butterfly Jump
- Turning C Jump
- Turning Deer Jump
- Switch Arabesque (Switch Tourne)
- Hook Jump/Ninja Jump
- Reverse a la seconde turns
- Spotters
- Cross firebird leap

### **Classroom Etiquette to Reinforce:**

- Entering Class Ready to Dance
- Going straight to warm up
- Dancing full out unless prompted to mark

### **Structure of Class:**

The first 10-15 minutes of each class is dedicated to warming up the student and working on flexibility. The next 15-30 minute section focuses on technique and mastering skills both center floor and across the floor. During the last 10 minutes a combination is taught, or recital choreography begins. It is important for our students to build the skills of learning and retaining choreography, as performance is the culmination of their technical training. The last 4-6 weeks before a performance, instructors may choose to shorten the technique portion, or omit it, in order to prepare and polish the routine.

### **Emphasis on Flexibility:**

Students will work each week on obtaining their right, left, and middle split. It is imperative that a dancer start to build their flexibility at this age. Lack of flexibility will impede their ability to execute future skills and tricks in the future if it is not developed now. Teachers lead stretches so that the student is in total control of their weight distribution and flexibility – students are **never** physically pushed or forced into their splits or any other stretch.

### **Emphasis on Performance:**

Students are expected to rehearse class routines outside of class and return to class each week knowing the choreography from the week before. CenterStage offers many tools to do this, including uploading music and practice videos to our YouTube channel. Students are also highly encouraged to run or participate in outside exercise that will build their stamina for their dances. At this level, not only are their dances very difficult, but they are typically over 3 minutes long, and require additional conditioning to safely execute.

### **Reinforcement:**

We emphasize positive reinforcement in class, using high fives, clapping/cheering, giving a hug/pat on the back, and offering praise to encourage good behavior and dance technique. If a student displays good behavior or work, we will often use them as an example for the class.