

ADD RHYTHM INTO THEORY

JAZZ SYLLABUS GRADE 1

FLEXIBILITY:

FROG
R FROG
L FROG
R HAMSTRING
L HAMSTRING
CENTRE SPLITS

POSES:

SHOW-OFF
HURRAY
POINT AT FRONT
BLOW KISS
NAILS CROSSED
UNDER CHIN
WOW (ACROSS FACE)
"I DON'T KNOW"
STARBURST
SPLAT
BLOCK
SHOPPING HANDS
TAP HANDS
PUSH OUT

STYLE MOVES:

FLICKS
SWAYS
UMBRELLAS - UP OR DOWN
WAVES (DOUBLE UP OR DOWN)
POSE AND BOUNCE
KNEE DIG
STAR AND HIPS
CHATTING
PARTY JUMPS

GROUND WORK:

CROUCH - TOES SIDE - TOES IN TO CROUCH - SPLAT
R PRETZEL - STATIC FAN - L PRETZEL
DOLPHIN

TURNS:

CHAIINE SPLAT
CHAIINE STEP JUMP CLAP TUCK

JUMPS:

CHASSE BOUNCE AND BOUNCE
TUCK WITH HURRAY
RAINBOW JUMP
PUNCH JUMP

TRAVELLING MOVES:

JAZZ RUNS
UP UP DOWN

EXAMINER WILL ASK TO SEE ALL OF THE ABOVE MOVEMENTS

JUMPS CLIP - 16 COUNTS
TURNS CLIP - 16 COUNTS
STYLE AND POSES CLIP - 16 COUNTS

SHORT DANCE - 16 COUNTS OF ANY OF THE ABOVE MOVEMENTS

BOW: STEP TOGETHER TO R TO PARALLEL WITH HANDS BEHIND THE BACK, BOW AND COME UP//REPEAT TO L

GRADE 2

FLEXIBILITY:

FROG
R FROG
L FROG
R HAMSTRING
L HAMSTRING
CENTRE SPLITS
R SPLITS
L SPLITS

POSES:

SHOW-OFF
HURRAY
POINT AT FRONT
BLOW KISS
NAILS CROSSED
UNDER CHIN
WOW (ACROSS FACE)
"I DON'T KNOW"
STARBURST
SPLAT
BLOCK
SHOPPING HANDS
TAP HANDS
PUSH OUT
OMNI
FOLD
TWISTED FOLD
SLAM
TWISTED SLAM

STYLE MOVES:

FLICKS - FLICK COMBO
SWAYS - SWAY COMBO
PONIES
TWISTS (ON TWO FEET OR WITH TOE FRONT)
UMBRELLAS - UP OR DOWN
WAVES (DOUBLE OR SINGLE)
MAMBOS (F/S)
POSE AND BOUNCE
KNEE DIG
STAR AND HIPS
CARTWHEEL
PUSH TURNS
SPIKE WALKS
CHATTING

CIRCLE AND PUSH OUT
PARTY JUMPS

GROUND WORK:

CROUCH - TOES SIDE - TOES IN TO CROUCH - SPLAT
R PRETZEL - STATIC FAN - L PRETZEL
DOLPHIN
SHARK
CASUAL POSE
CASUAL POSE WITH NAILS

TURNS:

CHAIINE SPLAT
CHAIINE STEP JUMP CLAP
DOUBLE CHAIINE SPLAT
CHAIINE CHASSE

JUMPS:

CHASSE BOUNCE AND BOUNCE
CHASSE BALL CHANGE WITH TAP UP AND TAP DOWN
TUCK WITH HURRAY
TUCK WITH SHIMMY
RAINBOW JUMP
PUNCH JUMP

TRAVELLING MOVES:

JAZZ RUNS
UP UP DOWN
UP UP CHAIINE
UP UP CHAIINE CHASSE
UP UP CHAIINE CHASSE RAINBOW JUMP

EXAMINER WILL ASK TO SEE ALL OF THE ABOVE MOVEMENTS

JUMPS CLIP - 16 COUNTS
TURNS CLIP - 16 COUNTS
STYLE AND POSES CLIP - 16 COUNTS

SHORT DANCE - 16 COUNTS OF ANY OF THE ABOVE MOVEMENTS

BOW: STEP TOGETHER TO R TO A PENCIL, BOW AND COME UP//REPEAT TO L

GRADE 3

FLEXIBILITY:

FROG
R FROG
L FROG
R HAMSTRING
L HAMSTRING
CENTRE SPLITS
R SPLITS
L SPLITS

POSES:

SHOW-OFF
HURRAY
POINT AT FRONT
BLOW KISS
NAILS CROSSED
UNDER CHIN
WOW (ACROSS FACE)
"I DON'T KNOW"
STARBURST
SPLAT
BLOCK
SHOPPING HANDS
TAP HANDS
PUSH OUT
OMNI
FOLD
TWISTED FOLD
SLAM
TWISTED SLAM
SQUID
DOUBLE SQUID
SQUID WITH SHOPPING
ROLL TO SQUID
ELBOWS
TWISTED ELBOWS
OPPOSITE FACE
EON
EON WITH FLICK
POCKETS
WRAP
WRAP WITH PUSH
HUG
HEART AND PUSH OUT
HEAD BOXES
BLESSED
CUFFS
SWIVEL CUFFS

STYLE MOVES:

FLICKS - FLICK COMBO
SWAYS - SWAY COMBO
PONIES
TWISTS (ON TWO FEET OR WITH TOE FRONT)
UMBRELLAS - UP OR DOWN
WAVES (DOUBLE OR SINGLE)
MAMBOS (F/S)
POSE AND BOUNCE
KNEE DIG
STAR AND HIPS
CARTWHEEL
PUSH TURNS
SPIKE WALKS
CHATTING
CIRCLE AND PUSH OUT
PARTY JUMPS
CIRCLE OVER HEAD, DROP AND BEND FORWARDS IN PARALLEL PLIE
CHUGS WITH CUFFS

GROUND WORK:

CROUCH - TOES SIDE - TOES IN TO CROUCH - SPLAT
R PRETZEL - STATIC FAN - L PRETZEL
DOLPHIN
SHARK
CASUAL POSE

CASUAL POSE WITH NAILS
FAN ROLL
TIGHT ROLL

URNS:

CHAIINE SPLAT
CHAIINE STEP JUMP CLAP
DOUBLE CHAIINE SPLAT
CHAIINE CHASSE

JUMPS:

TUCK WITH HURRAY
TUCK WITH SHIMMY
RAINBOW JUMP
PUNCH JUMP
CHASSE BOUNCE AND BOUNCE
CHASSE BALL CHANGE WITH TAP UP AND TAP DOWN

EXTENSIONS:

GRAB SIDE
GRAB BACK

TRAVELLING MOVES:

JAZZ RUNS
UP UP DOWN
UP UP CHAIINE
UP UP CHAIINE CHASSE
UP UP CHAIINE CHASSE RAINBOW JUMP

EXAMINER WILL ASK TO SEE ALL OF THE ABOVE MOVEMENTS

JUMPS CLIP - 16 COUNTS
URNS CLIP - 16 COUNTS
STYLE AND POSES CLIP - 16 COUNTS
EXTENSIONS CLIP - 16 COUNTS

SHORT DANCE - 16 COUNTS OF ANY OF THE ABOVE MOVEMENTS

BOW: STEP TOGETHER TO R TO A PENCIL, BOW AND COME UP//REPEAT TO L

GRADE 4

FLEXIBILITY:

FROG
R FROG
L FROG
R HAMSTRING
L HAMSTRING
CENTRE SPLITS
R SPLITS
L SPLITS

POSES:

SHOW-OFF
HURRAY
POINT AT FRONT
BLOW KISS
NAILS CROSSED
UNDER CHIN
WOW (ACROSS FACE)
"I DON'T KNOW"
STARBURST
SPLAT
BLOCK
SHOPPING HANDS
TAP HANDS
PUSH OUT
OMNI
FOLD
TWISTED FOLD
SLAM
TWISTED SLAM
SQUID
DOUBLE SQUID
SQUID WITH SHOPPING
ROLL TO SQUID
ELBOWS
TWISTED ELBOWS
OPPOSITE FACE
EON
EON WITH FLICK
POCKETS
WRAP
WRAP WITH PUSH
HUG
HEART AND PUSH OUT
HEAD BOXES
BLESSED
CUFFS
SWIVEL CUFFS
LEAF
DOUBLE LEAF
DRIP
DOUBLE DRIP
WRAP
WRAP WITH PUSH
BACK WRAP

STYLE MOVES:

FLICKS - FLICK COMBO
SWAYS - SWAY COMBO
PONIES
TWISTS (ON TWO FEET OR WITH TOE FRONT)
UMBRELLAS - UP OR DOWN
WAVES (DOUBLE OR SINGLE)
MAMBOS (F/S)
POSE AND BOUNCE
KNEE DIG
STAR AND HIPS
CARTWHEEL
PUSH TURNS
SPIKE WALKS
CHATTING
CIRCLE AND PUSH OUT
PARTY JUMPS
CIRCLE OVER HEAD, DROP AND BEND FORWARDS IN PARALLEL PLIE
CHUGS WITH CUFFS
KICK STEP DIG WITH MINY THRASHES

GROUND WORK:

CROUCH - TOES SIDE - TOES IN TO CROUCH - SPLAT
 R PRETZEL - STATIC FAN - L PRETZEL
 DOLPHIN
 SHARK
 CASUAL POSE
 CASUAL POSE WITH NAILS
 FAN ROLL
 TIGHT ROLL
 SPIRAL TURN (START IN BOX AND TENDU BACK, T THEN PUSH DOWN TO CROUCH)
 HALF FAN
 BODY FORCED ARCH
 TIGHT ROLL ON BACK
 SQUISHY BALL ON SIDE-STARFISH-BACK INTO BALL
 BODY CIRCLE
 RUSSIAN ON HANDS TO A PLAIN CROUCH
 RUSSIAN ON HANDS TO A JAZZ SPLIT
 VACUUM TO V ON TOES
 GAP POSE
 LONG REVERSED CASUAL POSE
 DOUBLE ATTITUDE (HEAD DOWN HEAD UP)
 OFFERING AND BACK BEND
 ARCH (TO RETIRE OR PRETZEL)
 BRIDGE

TURNS:

CHAINE SPLAT
 CHAINE STEP JUMP CLAP
 DOUBLE CHAINE SPLAT
 CHAINE CHASSE
 CONTINUOUS CHAINE
 DOWN UP AND UP AND UP
 PIROUETTE INSIDE OR OUTSIDE - SINGLE

JUMPS:

TUCK WITH HURRAY
 TUCK WITH SHIMMY
 RAINBOW JUMP
 PUNCH JUMP
 CHASSE BOUNCE AND BOUNCE
 CHASSE BALL CHANGE WITH TAP UP AND TAP DOWN
 CAT JUMP
 SINGLE TUCK
 DOUBLE TUCK
 STATIC SPLIT COME THROUGH (STRAIGHT AND STRAIGHT)
 GRAND JETE FORWARDS, CROUCH OR COME THROUGH
 CHAINE ELANCE CROUCH (STRAIGHT AND STRAIGHT)
 CHAINE ELANCE COME THROUGH (STRAIGHT AND STRAIGHT)
 CHAINE ELANCE CROUCH ROLL STAND (STRAIGHT AND BACK ATTITUDE) sit on floor to set position
 STATIC RUSSIAN

EXTENSIONS:

GRAB FRONT
 GRAB BACK
 CIRCLE TO GRAB SIDE

WALKS AND RUNS:

CROSS WALKS
 JAZZ RUNS
 SPIKE WALKS

EXAMINER WILL ASK TO SEE EITHER ALL OF THE ABOVE MOVEMENTS IN EACH CATEGORY OR IF THE CATEGORY EXCEEDS 10 MOVEMENTS, JUST 10 WILL BE SEEN.

JUMPS CLIP - 16 COUNTS
 TURNS CLIP - 16 COUNTS
 STYLE AND POSES CLIP - 16 COUNTS
 EXTENSIONS CLIP - 16 COUNTS
 SHORT DANCE - 24 COUNTS OF ANY OF THE ABOVE MOVEMENTS

BOW: STEP TOGETHER TO R TO A PENCIL, BOW AND COME UP//REPEAT TO L

GRADE 5

FLEXIBILITY:

FROG
 R FROG
 L FROG
 R HAMSTRING
 L HAMSTRING
 CENTRE SPLITS
 R SPLITS
 L SPLITS

POSES:

SHOW-OFF
 HURRAY
 POINT AT FRONT
 BLOW KISS
 NAILS CROSSED
 UNDER CHIN
 WOW (ACROSS FACE)
 "I DON'T KNOW"
 STARBURST
 SPLAT
 BLOCK
 SHOPPING HANDS
 TAP HANDS
 PUSH OUT
 OMNI
 FOLD
 TWISTED FOLD
 SLAM
 TWISTED SLAM
 SQUID
 DOUBLE SQUID
 SQUID WITH SHOPPING
 ROLL TO SQUID
 ELBOWS
 TWISTED ELBOWS
 OPPOSITE FACE
 EON
 EON WITH FLICK
 POCKETS
 WRAP
 WRAP WITH PUSH
 HUG
 HEART AND PUSH OUT
 HEAD BOXES
 BLESSED
 CUFFS
 SWIVEL CUFFS

DRIP
 DOUBLE DRIP

BACK WRAP
O.T.C. OPEN THE CHEST
SLICE (FINISH IN SHARP POSE OR FLICK)
REVERSE SLICE (FINISH IN PUSH)

BEHIND HEAD
DOUBLE BEHIND HEAD
GRAB ARM BEHIND BACK

STYLE MOVES:

FLICKS - FLICK COMBO
SWAYS - SWAY COMBO
PONIES
TWISTS (ON TWO FEET OR WITH TOE FRONT)
UMBRELLAS - UP OR DOWN
WAVES (DOUBLE OR SINGLE)
MAMBOS (F/S)
POSE AND BOUNCE
KNEE DIG
STAR AND HIPS
CARTWHEEL
PUSH TURNS
SPIKE WALKS
CHATTING
CIRCLE AND PUSH OUT
PARTY JUMPS
CIRCLE OVER HEAD, DROP AND BEND FORWARDS IN PARALLEL PLIE
CHUGS WITH CUFFS
KICK STEP DIG WITH MINY THRASHES
FAST MAMBOS BACK - TRIPLETS

GROUND WORK:

CROUCH - TOES SIDE - TOES IN TO CROUCH - SPLAT
R PRETZEL - STATIC FAN - L PRETZEL
DOLPHIN
SHARK
CASUAL POSE
CASUAL POSE WITH NAILS
FAN ROLL
TIGHT ROLL
SPIRAL TURN (START IN BOX AND TENDU BACK, T THEN PUSH DOWN TO CROUCH)
HALF FAN
BODY FORCED ARCH
TIGHT ROLL ON BACK
SQUISHY BALL ON SIDE-STARFISH-BACK INTO BALL
BODY CIRCLE
RUSSIAN ON HANDS TO A PLAIN CROUCH
RUSSIAN ON HANDS TO A JAZZ SPLIT
VACUUM TO V ON TOES
GAP POSE
LONG REVERSED CASUAL POSE
DOUBLE ATTITUDE (HEAD DOWN HEAD UP)
OFFERING AND BACK BEND
ARCH (TO RETIRE OR PRETZEL)
BRIDGE
SINGLE SCISSOR ROLL ON BACK
SCISSOR ROLL
HALF SCISSOR
HALF SCISSOR INTO BRIDGE IN JAZZ SPLIT
DEV FRONT SIDE OR BACK ON FLOOR
OVER THE TOES
SPLIT
GRAB LEG
PENCIL HOISTED ON ELBOWS
SPLIT HOISTED UP ON ELBOWS
SINGLE TUCK ON ELBOWS
RUSSIAN ON ELBOWS
SWITCH KICKS
SIDE FALLS - WITH TOE SIDE
BACK FALLS
BASEBALL SHOULDER BACK BACK FALL FROM KNEES OR STANDING
PITCH SIDE ON ONE KNEE

URNS:

CHAINE SPLAT
CHAINE STEP JUMP CLAP
DOUBLE CHAINE SPLAT
CHAINE CHASSE
CONTINUOUS CHAINE
DOWN UP AND UP AND UP
SOUTENU ON FORCED ARCH
POSE TURNS
PIROUETTE INSIDE OR OUTSIDE - SINGLE OR DOUBLE
SPIRAL TURNS
DRAG TURNS - INSIDE - OUTSIDE - TO TOUCH FLOOR

JUMPS:

TUCK WITH HURRAY
TUCK WITH SHIMMY
RAINBOW JUMP
PUNCH JUMP
CHASSE BOUNCE AND BOUNCE
CHASSE BALL CHANGE WITH TAP UP AND TAP DOWN
CAT JUMP
SINGLE TUCK
DOUBLE TUCK
GRAND JETE FORWARDS, CROUCH OR COME THROUGH
STATIC SPLIT COME THROUGH (STRAIGHT AND STRAIGHT)
CHAINE ELANCE CROUCH (STRAIGHT AND STRAIGHT)
CHAINE ELANCE COME THROUGH (STRAIGHT AND STRAIGHT)
CHAINE ELANCE CROUCH ROLL STAND (STRAIGHT AND BACK ATTITUDE) sit on floor to set position
STATIC RUSSIAN
TUCK WITH HALF TURN (USE A WIND-UP ARM TO THE L ON STEP)
TUCK WITH TWIST
CHASSE COUPE EN TOURNANT
CHAINE ELANCE COME THROUGH (DOUBLE ATTITUDE)
CHAINE ELANCE CROUCH ROLL STAND WITH R SWIM ARM (DOUBLE ATTITUDE)
SINGLE AXLE (CHAINE, EXTEND EVERYTHING FRONT, THEN SIDE, TURN AND DOUBLE TUCK, FINISH AND THROW ARMS TO R WITH L TOE SIDE)
WASP
SPRING INTO MODERN RETIRE EN FONDU
SPRING INTO SPIRAL TURN
SPRING BACKWARDS TO EXT FRONT

EXTENSIONS:

GRAB FRONT
GRAB BACK
CIRCLE TO GRAB SIDE
CIRCLE TO GRAB SIDE WITH PITCH
GRAB SIDE LAYOUT CROUCH
FAN KICK, LUNGE
PITCH IN ATTITUDE CROUCH ROLL STAND

WALKS AND RUNS:

CROSS WALKS
 JAZZ RUNS
 SPIKE WALKS
 JAZZ WALKS

EXAMINER WILL ASK TO SEE EITHER ALL OF THE ABOVE MOVEMENTS IN EACH CATEGORY OR IF THE CATEGORY EXCEEDS 10 MOVEMENTS, JUST 10 WILL BE SEEN.

JUMPS CLIP - 24 COUNTS
 TURNS CLIP - 24 COUNTS
 STYLE AND POSES CLIP - 24 COUNTS
 EXTENSIONS CLIP - 24 COUNTS

SHORT DANCE - 24 COUNTS OF ANY OF THE ABOVE MOVEMENTS

BOW: STEP TOGETHER TO R TO A PENCIL, BOW AND COME UP//REPEAT TO L

GRADE 6

FLEXIBILITY:

FROG
 R FROG
 L FROG
 R HAMSTRING
 L HAMSTRING
 CENTRE SPLITS
 R SPLITS
 L SPLITS

POSES:

SHOW-OFF
 HURRAY
 POINT AT FRONT
 BLOW KISS
 NAILS CROSSED
 UNDER CHIN
 WOW (ACROSS FACE)
 "I DON'T KNOW"
 STARBURST
 SPLAT
 BLOCK
 SHOPPING HANDS
 TAP HANDS
 PUSH OUT
 OMNI
 FOLD
 TWISTED FOLD
 SLAM
 TWISTED SLAM
 SQUID
 DOUBLE SQUID
 SQUID WITH SHOPPING
 ROLL TO SQUID
 ELBOWS
 TWISTED ELBOWS
 OPPOSITE FACE
 EON
 EON WITH FLICK
 POCKETS
 WRAP
 WRAP WITH PUSH
 HUG
 HEART AND PUSH OUT
 HEAD BOXES
 BLESSED
 CUFFS
 SWIVEL CUFFS
 LEAF
 DOUBLE LEAF
 DRIP
 DOUBLE DRIP
 WRAP
 WRAP WITH PUSH
 BACK WRAP
 O.T.C. OPEN THE CHEST
 SLICE (FINISH IN SHARP POSE OR FLICK)
 REVERSE SLICE (FINISH IN PUSH)
 BEHIND HEAD
 DOUBLE BEHIND HEAD
 GRAB ARM BEHIND BACK
 CHOKE
 CHOKE AND REACH
 THRASH
 HEAD THRASH
 RUBBER OFFERING
 SURRENDER
 HEAD CRACK
 HEAD BOXES
 BLESSED
 SUN CIRCLE TO OTHER SUN
 BOX HEAD IN AND CIRCLE TO OPP HEAD AND FACE
 MODEL HANDS - FINGERS POINTING DOWN ON BODY - ELBOWS IN
 SAIL ARMS - WITH WAVES
 BASEBALL SHOULDER BACK
 PLAIN HANDS
 PLAIN HANDS AND CRACK
 DOUBLE CIRCLE OVER HEAD INTO DOUBLE SLASH INTO WAIST THRASH AND BEND OVER
 LEG-SAIL SIDE OR FRONT
 LEG-DUPLEX SIDE OR FRONT
 LEG-DIG

STYLE MOVES:

FLICKS - FLICK COMBO
 SWAYS - SWAY COMBO
 PONIES
 TWISTS (ON TWO FEET OR WITH TOE FRONT)
 UMBRELLAS - UP OR DOWN
 WAVES (DOUBLE OR SINGLE)
 MAMBOS (F/S)
 POSE AND BOUNCE
 KNEE DIG
 STAR AND HIPS
 CARTWHEEL
 PUSH TURNS
 SPIKE WALKS
 CHATTING
 CIRCLE AND PUSH OUT
 PARTY JUMPS
 CIRCLE OVER HEAD, DROP AND BEND FORWARDS IN PARALLEL PLIE
 CHUGS WITH CUFFS
 KICK STEP DIG WITH MINY THRASHES

FAST MAMBOS BACK - TRIPLETS
CHA CHAS (STEP SIDE, STEP FRONT OR BACK, 3 LITTLE STEPS)

GROUND WORK:

CROUCH - TOES SIDE - TOES IN TO CROUCH - SPLAT
R PRETZEL - STATIC FAN - L PRETZEL
DOLPHIN
SHARK
CASUAL POSE
CASUAL POSE WITH NAILS
FAN ROLL
TIGHT ROLL
SPIRAL TURN (START IN BOX AND TENDU BACK, T THEN PUSH DOWN TO CROUCH)
HALF FAN
BODY FORCED ARCH
TIGHT ROLL ON BACK
SQUISHY BALL ON SIDE-STARFISH-BACK INTO BALL
BODY CIRCLE
RUSSIAN ON HANDS TO A PLAIN CROUCH
RUSSIAN ON HANDS TO A JAZZ SPLIT
VACUUM TO V ON TOES
GAP POSE
LONG REVERSED CASUAL POSE
DOUBLE ATTITUDE (HEAD DOWN HEAD UP)
OFFERING AND BACK BEND
ARCH (TO RETIRE OR PRETZEL)
BRIDGE
SINGLE SCISSOR ROLL ON BACK
SCISSOR ROLL
HALF SCISSOR
HALF SCISSOR INTO BRIDGE IN JAZZ SPLIT
DEV FRONT SIDE OR BACK ON FLOOR
OVER THE TOES
SPLIT
GRAB LEG
PENCIL HOISTED ON ELBOWS
SPLIT HOISTED UP ON ELBOWS
SINGLE TUCK ON ELBOWS
RUSSIAN ON ELBOWS
SWITCH KICKS
SIDE FALLS - WITH TOE SIDE
BACK FALLS
BASEBALL SHOULDER BACK BACK FALL FROM KNEES OR STANDING
PITCH SIDE ON ONE KNEE
BACKWARDS BODY FORCED ARCH IN SPLIT
DEV INTO ROTATION OR FOUETTE ON FLOOR
BACK SHOULDER ROLL INTO SAUSAGE
BACK SHOULDER FOLL INTO ARAB
BACK SHOULDER ROLL INTO ANY SPLIT
BRIDGE ROLL
BODY CIRCLE ON FLOOR INTO BRIDGE ROLL
WINDMILL TO OVER THE TOES AND CROUCH
PITCH SIDE ON KNEE AND SLIDE
OFF KNEES
SLIDE AWAY ON TOES IN FIFTH
RUBBER OFFERING AND BACK BEND
BANANA SPLIT
LEAN ON ONE HAND AND SLIDE IN DOUBLE ATTITUDE - IN A SMALL CIRCLE

URNS:

CHAINE SPLAT
CHAINE STEP JUMP CLAP
DOUBLE CHAINE SPLAT
CHAINE CHASSE
CONTINUOUS CHAINE
DOWN UP AND UP AND UP
SOUTENU
POSE TURNS
PIROUETTE INSIDE OR OUTSIDE - SINGLE OR DOUBLE
SPIRAL TURNS
DRAG TURNS - INSIDE - OUTSIDE - TO TOUCH FLOOR
PETIT PAS DE BASQUE
POSE TURNS IN COU DE PIED (CUT)
POSE TURN INTO ARAB
POSE TURN INTO EXTENSION SIDE
GRAND PIROUETTE
FOUETTE TURNS

JUMPS:

TUCK WITH HURRAY
TUCK WITH SHIMMY
RAINBOW JUMP
PUNCH JUMP
CHASSE BOUNCE AND BOUNCE
CHASSE BALL CHANGE WITH TAP UP AND TAP DOWN
CAT JUMP
SINGLE TUCK
DOUBLE TUCK
TUCK WITH HALF TURN (USE A WIND-UP ARM TO THE L ON STEP)
TUCK WITH TWIST
TOYOTA JUMP - WITH BENT OR STRAIGHT LEGS
GRAND JETE FORWARDS, CROUCH OR COME THROUGH
GRAND JETE BACKWARDS
STATIC SPLIT COME THROUGH (STRAIGHT AND STRAIGHT)
STATIC SPLIT TO A DEEP LUNGE (STRAIGHT AND STRAIGHT)
STATIC SPLIT COME THROUGH (STRAIGHT AND BACK ATTITUDE)
STATIC SPLIT COME THROUGH WITH BACK BEND (STRAIGHT AND BACK ATTITUDE)
STATIC SPLIT COME THROUGH "CALYPSO" (DOUBLE ATTITUDE)

CHASSE COUPE EN TOURNANT
CHAINE ELANCE CROUCH (STRAIGHT AND STRAIGHT)
CHAINE ELANCE COME THROUGH (STRAIGHT AND STRAIGHT)
CHAINE ELANCE CROUCH ROLL STAND (STRAIGHT AND BACK ATTITUDE) sit on floor to set position

STATIC RUSSIAN
STATIC RUSSIAN WITH HALF TURN
TRAVELLING RUSSIAN-CROSS BACK TOUCH FLOOR (FLICK)
TRAVELLING RUSSIAN-CROSS FRONT AND SWIM TURN (FLICK)

SINGLE AXLE (CHAINE, EXTEND EVERYTHING FRONT, THEN SIDE, TURN AND DOUBLE TUCK, FINISH AND THROW ARMS TO R WITH L TOE SIDE)
AXLE ELANCE COME THROUGH
AXLE ELANCE CROUCH
WASP
WASP WITH FRONT LEG STRAIGHT
WASP WITH FRONT LEG STRAIGHT AND BACK BEND

RENVERSER SAUTE TO LUNGE OR DEEP LUNGE

SPRING INTO MODERN RETIRE EN FONDU
SPRING INTO SPIRAL TURN
SPRING BACKWARDS TO EXT FRONT
SPRING INTO FIGURE 8 EXTENSION SIDE AND STEP BACK (TWIST IN THEN OUT)
SPRING INTO COU DE PIED FRONT//STEP OUT OF IT
COUPE STEP EXT SIDE STRAIGHT OR ATTITUDE

EXTENSIONS:

GRAB FRONT
 GRAB BACK
 CIRCLE TO GRAB SIDE
 CIRCLE TO GRAB SIDE WITH PITCH
 GRAB SIDE LAYOUT CROUCH
 FAN KICK, LUNGE
 FAN LAYOUT CROUCH
 FAN LAYOUT DROP AND BEND OVER
 PITCH IN ATTITUDE CROUCH ROLL STAND
 PITCH IN ARAB CROUCH ROLL STAND
 PITCH CROUCH ROLL AND FINISH KNEEL AND TOE SIDE
 FLOAT, WIND-UP STEP, RENVERSER TO THE SIDE THEN LUNGE

WALKS AND RUNS:

CROSS WALKS
 JAZZ RUNS
 SPIKE WALKS
 JAZZ WALKS
 SPIKE BACK WALKS WITH HIPS

EXAMINER WILL ASK TO SEE EITHER ALL OF THE ABOVE MOVEMENTS IN EACH CATEGORY OR IF THE CATEGORY EXCEEDS 10 MOVEMENTS, JUST 10 WILL BE SEEN.

JUMPS CLIP - 24 COUNTS
 TURNS CLIP - 24 COUNTS
 STYLE AND POSES CLIP - 24 COUNTS
 EXTENSIONS CLIP - 24 COUNTS

SHORT DANCE - 32 COUNTS OF ANY OF THE ABOVE MOVEMENTS

BOW: STEP TOGETHER TO R TO A PENCIL, BOW AND COME UP//REPEAT TO L

GRADE 7**FLEXIBILITY:**

FROG
 R FROG
 L FROG
 R HAMSTRING
 L HAMSTRING
 CENTRE SPLITS
 R SPLITS
 L SPLITS

POSES:

SHOW-OFF
 HURRAY
 POINT AT FRONT
 BLOW KISS
 NAILS CROSSED
 UNDER CHIN
 WOW (ACROSS FACE)
 "I DON'T KNOW"
 STARBURST
 SPLAT
 BLOCK
 SHOPPING HANDS
 TAP HANDS
 PUSH OUT
 OMNI
 FOLD
 TWISTED FOLD
 SLAM
 TWISTED SLAM
 SQUID
 DOUBLE SQUID
 SQUID WITH SHOPPING
 ROLL TO SQUID
 ELBOWS
 TWISTED ELBOWS
 OPPOSITE FACE
 EON
 EON WITH FLICK
 POCKETS
 WRAP
 WRAP WITH PUSH
 HUG
 HEART AND PUSH OUT
 HEAD BOXES
 BLESSED
 CUFFS
 SWIVEL CUFFS
 LEAF
 DOUBLE LEAF
 DRIP
 DOUBLE DRIP
 WRAP
 WRAP WITH PUSH
 BACK WRAP
 O.T.C. OPEN THE CHEST
 SLICE (FINISH IN SHARP POSE OR FLICK)
 REVERSE SLICE (FINISH IN PUSH)
 BEHIND HEAD
 DOUBLE BEHIND HEAD
 GRAB ARM BEHIND BACK
 CHOKE
 CHOKE AND REACH
 THRASH
 HEAD THRASH
 RUBBER OFFERING
 SURRENDER
 HEAD CRACK
 HEAD BOXES
 BLESSED
 SUN CIRCLE TO OTHER SUN
 BOX HEAD IN AND CIRCLE TO OPP HEAD AND FACE
 MODEL HANDS - FINGERS POINTING DOWN ON BODY - ELBOWS IN
 SAIL ARMS - WITH WAVES
 BASEBALL SHOULDER BACK
 PLAIN HANDS
 PLAIN HANDS AND CRACK
 DOUBLE CIRCLE OVER HEAD INTO DOUBLE SLASH INTO WAIST THRASH AND BEND OVER
 LEG-SAIL SIDE OR FRONT
 LEG-DUPLEX SIDE OR FRONT
 LEG-DIG

STYLE MOVES:

FLICKS - FLICK COMBO
SWAYS - SWAY COMBO
PONIES
TWISTS (ON TWO FEET OR WITH TOE FRONT)
UMBRELLAS - UP OR DOWN
WAVES (DOUBLE OR SINGLE)
MAMBOS (F/S)
POSE AND BOUNCE
KNEE DIG
STAR AND HIPS
CARTWHEEL
PUSH TURNS
SPIKE WALKS
CHATTING
CIRCLE AND PUSH OUT
PARTY JUMPS
CIRCLE OVER HEAD, DROP AND BEND FORWARDS IN PARALLEL PLIE
CHUGS WITH CUFFS
KICK STEP DIG WITH MINY THRASHES
FAST MAMBOS BACK - TRIPLETS
CHA CHAS (STEP SIDE, STEP FRONT OR BACK, 3 LITTLE STEPS)

GROUND WORK:

CROUCH - TOES SIDE - TOES IN TO CROUCH - SPLAT
R PRETZEL - STATIC FAN - L PRETZEL
DOLPHIN
SHARK
CASUAL POSE
CASUAL POSE WITH NAILS
FAN ROLL
TIGHT ROLL
SPIRAL TURN (START IN BOX AND TENDU BACK, T THEN PUSH DOWN TO CROUCH)
HALF FAN
BODY FORCED ARCH
TIGHT ROLL ON BACK
SQUISHY BALL ON SIDE-STARFISH-BACK INTO BALL
BODY CIRCLE
RUSSIAN ON HANDS TO A PLAIN CROUCH
RUSSIAN ON HANDS TO A JAZZ SPLIT
VACUUM TO V ON TOES
GAP POSE
LONG REVERSED CASUAL POSE
DOUBLE ATTITUDE (HEAD DOWN HEAD UP)
OFFERING AND BACK BEND
ARCH (TO RETIRE OR PRETZEL)
BRIDGE
SINGLE SCISSOR ROLL ON BACK
SCISSOR ROLL
HALF SCISSOR
HALF SCISSOR INTO BRIDGE IN JAZZ SPLIT
DEV FRONT SIDE OR BACK ON FLOOR
OVER THE TOES
SPLIT
GRAB LEG
PENCIL HOISTED ON ELBOWS
SPLIT HOISTED UP ON ELBOWS
SINGLE TUCK ON ELBOWS
RUSSIAN ON ELBOWS
SWITCH KICKS
SIDE FALLS - WITH TOE SIDE
BACK FALLS
BASEBALL SHOULDER BACK BACK FALL FROM KNEES OR STANDING
PITCH SIDE ON ONE KNEE
BACKWARDS BODY FORCED ARCH IN SPLIT
DEV INTO ROTATION OR FOUETTE ON FLOOR
BACK SHOULDER ROLL INTO SAUSAGE
BACK SHOULDER FOLL INTO ARAB
BACK SHOULDER ROLL INTO ANY SPLIT
BRIDGE ROLL
BODY CIRCLE ON FLOOR INTO BRIDGE ROLL
WINDMILL TO OVER THE TOES AND CROUCH
PITCH SIDE ON KNEE AND SLIDE
OFF KNEES
SLIDE AWAY ON TOES IN FIFTH
RUBBER OFFERING AND BACK BEND
BANANA SPLIT
LEAN ON ONE HAND AND SLIDE IN DOUBLE ATTITUDE - IN A SMALL CIRCLE
OVER THE TOES INTO BRIDGE
GO ONTO R SHOULDER AND THEN ROLL FORWARDS BUT SHOW A SPLIT OR RUSSIAN FIRST
FORWARD FALLS
CRAB FLIP TO JAZZ SPLIT AND ROLL
PUT HANDS ON FLOOR AND DO A KNEE DROP WITH TOE SIDE - ROLL

URNS:

CHAINE SPLAT
CHAINE STEP JUMP CLAP
DOUBLE CHAINE SPLAT
CHAINE CHASSE
CONTINUOUS CHAINE
DOWN UP AND UP AND UP
SOUTENU
POSE TURNS
PIROUETTE INSIDE OR OUTSIDE - SINGLE OR DOUBLE
SPIRAL TURNS
DRAG TURNS - INSIDE - OUTSIDE - TO TOUCH FLOOR
PETIT PAS DE BASQUE
POSE TURNS IN COU DE PIED (CUT)
POSE TURN INTO ARAB
POSE TURN INTO EXTENSION SIDE
GRAND PIROUETTE
FOUETTE TURNS

PIROUETTES:

IN COU DE PIED FRONT OR BACK
IN MODERN RETIRE F OR B
ON FORCED ARCH
TRIPLE
FINISHING IN OPEN POSITIONS (FRONT, SIDE OR BACK)
IN ATTITUDE FRONT OR BACK
DEGAGE TURN
IN 2ND
PIROUETTE IN GRABBED POSITIONS (FRONT, SIDE, BACK, RETIRE, ATTITUDE FRONT)
OUTSIDE TURN WITH EXT FRONT LEANING AWAY WITH ARMS IN FIRST OR IN FRONT
WIND UP BARREL PIROUETTE

JUMPS:

TUCK WITH HURRAY
TUCK WITH SHIMMY
RAINBOW JUMP
PUNCH JUMP
CHASSE BOUNCE AND BOUNCE
CHASSE BALL CHANGE WITH TAP UP AND TAP DOWN

CAT JUMP

SINGLE TUCK
DOUBLE TUCK
TUCK WITH HALF TURN (USE A WIND-UP ARM TO THE L ON STEP)
TUCK WITH TWIST
BRUSH TUCK SIDE
BRUSH TUCK FRONT

TOYOTA JUMP - WITH BENT OR STRAIGHT LEGS

GRAND JETE FORWARDS, CROUCH OR COME THROUGH
GRAND JETE BACKWARDS
GRAND JETE BACKWARDS WITH BACK KNEE BENT
GRAND JETE EN TOURNANT

STATIC SPLIT COME THROUGH (STRAIGHT AND STRAIGHT)
STATIC SPLIT TO A DEEP LUNGE (STRAIGHT AND STRAIGHT)
STATIC SPLIT COME THROUGH (STRAIGHT AND BACK ATTITUDE)
STATIC SPLIT COME THROUGH WITH BACK BEND (STRAIGHT AND BACK ATTITUDE)
STATIC SPLIT COME THROUGH "CALYPSO" (DOUBLE ATTITUDE)
SWITCH STATIC
STATIC SPLIT WITH PITCH CUT CROUCH

CHASSE COUPE EN TOURNANT
CHASSE COUPE IN 2ND WITH ARMS FLOAT UP

CHAINE ELANCE CROUCH (STRAIGHT AND STRAIGHT)
CHAINE ELANCE COME THROUGH (STRAIGHT AND STRAIGHT)
CHAINE ELANCE CROUCH ROLL STAND (STRAIGHT AND BACK ATTITUDE) sit on floor to set position
CHAINE BARREL DOG FAN ELANCE CROUCH ROLL STAND (STRAIGHT AND BACK ATTITUDE)

STATIC RUSSIAN
STATIC RUSSIAN WITH HALF TURN
STATIC RUSSIAN WITH DOUBLE REACH R CROUCH
TRAVELLING RUSSIAN-CROSS BACK TOUCH FLOOR (FLICK)
TRAVELLING RUSSIAN-CROSS FRONT AND SWIM TURN (FLICK)
TRAVELLING RUSSIAN WITH HALF TURN PREP (CHASSE, STEP) (FLICK)

SINGLE AXLE (CHAINE, EXTEND EVERYTHING FRONT, THEN SIDE, TURN AND DOUBLE TUCK, FINISH AND THROW ARMS TO R WITH L TOE SIDE)
AXLE ELANCE COME THROUGH
AXLE ELANCE CROUCH
DOUBLE AXLE

WASP
WASP WITH FRONT LEG STRAIGHT
WASP WITH FRONT LEG STRAIGHT AND BACK BEND
WASP WITH BACK BEND

RENVERSER SAUTE TO LUNGE OR DEEP LUNGE
RENVERSER SAUTE TO LUNGE OR DEEP LUNGE WITH HALF TURN

SPRING INTO MODERN RETIRE EN FONDU
SPRING INTO SPIRAL TURN
SPRING BACKWARDS TO EXT FRONT
SPRING INTO FIGURE 8 EXTENSION SIDE AND STEP BACK (TWIST IN THEN OUT)
SPRING INTO COU DE PIED FRONT//STEP OUT OF IT
COUPE STEP EXT SIDE STRAIGHT OR ATTITUDE

FOUETTE SAUTE
FOUETTE SAUTE TO A DEEP LUNGE

SAUT DE BASQUE
SAUT DE BASQUE FINISH R CROUCH

TURNING PAS DE CHAT
SAUT DE CHAT
CHAINE SINGLE FAN WITH TUCK

GRAND ROND SAUTE WITH SINGLE TUCK
GRAND ROND SAUTE EN TOURNANT
STEP HOP INTO GRAND ROND EN DEHORS OR EN DEDANS
TUCK JUMP TURNING INTO DOUBLE ATTITUDE ON FLOOR
SPRING WITH SMALL EXT SIDE INTO RETIRE INTO DEEP LUNGE AND GO TO FLOOR
BARREL JUMP IN DOUBLE ATTITUDE
SIDEWAYS CABRIOLE INTO ROTATION
SISSONNE PASSE - IN DOUBLE ATTITUDE
SISSONNE PASSE - IN DOUBLE ARAB - INTO DEEP LUNGE TO CROUCH AND ROLL

EXTENSIONS:
GRAB FRONT
GRAB BACK
CIRCLE TO GRAB SIDE
CIRCLE TO GRAB SIDE WITH PITCH
GRAB SIDE LAYOUT CROUCH
DELUXE GRAB SIDE OR DELUXE GRAB BACK OR SCORPION
FINISH WITH RISE
FAN KICK, LUNGE
FAN LAYOUT CROUCH
FAN LAYOUT DROP AND BEND OVER
PITCH IN ATTITUDE CROUCH ROLL STAND
PITCH IN ARAB CROUCH ROLL STAND
PITCH CROUCH ROLL AND FINISH KNEEL AND TOE SIDE
FOUETTE RELEVE
FAN LEANING AWAY FROM LEG INTO TILT
INSIDE FAN AND LEAN AWAY AT END//STEP F
FLOAT, WIND-UP STEP, RENVERSER TO THE SIDE THEN LUNGE
FLOAT, WIND-UP STEP, RENVERSER TO ARAB
FLOAT, WIND-UP STEP, RENVERSER TO ATTITUDE
DEVELOPPE TO PENCHE (RETIRE WITH SQUISHED IN ARMS, TURN OUT RETIRE AND EITHER CIRCLE OVER HEAD AND TOUCH FLOOR OR PUSH OUT INTO OPEN FOURTH AND THEN TOUCH FLOOR)
DEVELOPPE TO PENCHE AND WALK FORWARD TO SAUSAGE
ILLUSION
CAMEL TO PENCHE
FLICKS - KICK SIDE AND STEP BACK...
GRAND ROND IN ATTITUDE AND STEP BACK
GRAND ROND IN ATTITUDE FINISH PENCHE
PETIT ROND EN DEHORS WITH HIP ROLL
KICK SIDE TURNED IN AND REACH TOWARDS EN FONDU
LUNGE//EXT SIDE FACING LEG//REITRE AND STEP BACK

WALKS AND RUNS:
CROSS WALKS
JAZZ RUNS
SPIKE WALKS
JAZZ WALKS
MARTINI WALKS
SPIKE BACK WALKS WITH HIPS
JAZZ WALKS WITH TURNS AND ARMS
PIVOT TURNS

EXAMINER WILL ASK TO SEE EITHER ALL OF THE ABOVE MOVEMENTS IN EACH CATEGORY OR IF THE CATEGORY EXCEEDS 10 MOVEMENTS, JUST 10 WILL BE SEEN.

JUMPS CLIP - 32 COUNTS
TURNS CLIP - 32 COUNTS
STYLE AND POSES CLIP - 32 COUNTS
EXTENSIONS CLIP - 32 COUNTS

SHORT DANCE - 32 COUNTS OF ANY OF THE ABOVE MOVEMENTS

BOW: STEP TOGETHER TO R TO A PENCIL, BOW AND COME UP//REPEAT TO L

GRADE 8

FLEXIBILITY:

FROG
R FROG
L FROG
R HAMSTRING
L HAMSTRING
CENTRE SPLITS
R SPLITS
L SPLITS

POSES:

SHOW-OFF
HURRAY
POINT AT FRONT
BLOW KISS
NAILS CROSSED
UNDER CHIN
WOW (ACROSS FACE)
"I DON'T KNOW"
STARBURST
SPLAT
BLOCK
SHOPPING HANDS
TAP HANDS
PUSH OUT
OMNI
FOLD
TWISTED FOLD
SLAM
TWISTED SLAM
SQUID
DOUBLE SQUID
SQUID WITH SHOPPING
ROLL TO SQUID
ELBOWS
TWISTED ELBOWS
OPPOSITE FACE
EON
EON WITH FLICK
POCKETS
WRAP
WRAP WITH PUSH
HUG
HEART AND PUSH OUT
HEAD BOXES
BLESSED
CUFFS
SWIVEL CUFFS
LEAF
DOUBLE LEAF
DRIP
DOUBLE DRIP
WRAP
WRAP WITH PUSH
BACK WRAP
O.T.C. OPEN THE CHEST
SLICE (FINISH IN SHARP POSE OR FLICK)
REVERSE SLICE (FINISH IN PUSH)
BEHIND HEAD
DOUBLE BEHIND HEAD
GRAB ARM BEHIND BACK
CHOKE
CHOKE AND REACH
THRASH
HEAD THRASH
RUBBER OFFERING
SURRENDER
HEAD CRACK
HEAD BOXES
BLESSED
SUN CIRCLE TO OTHER SUN
BOX HEAD IN AND CIRCLE TO OPP HEAD AND FACE
MODEL HANDS - FINGERS POINTING DOWN ON BODY - ELBOWS IN
SAIL ARMS - WITH WAVES
BASEBALL SHOULDER BACK
PLAIN HANDS
PLAIN HANDS AND CRACK
DOUBLE CIRCLE OVER HEAD INTO DOUBLE SLASH INTO WAIST THRASH AND BEND OVER
LEG-SAIL SIDE OR FRONT
LEG-DUPLEX SIDE OR FRONT
LEG-DIG

STYLE MOVES:

FLICKS - FLICK COMBO
SWAYS - SWAY COMBO
PONIES
TWISTS (ON TWO FEET OR WITH TOE FRONT)
UMBRELLAS - UP OR DOWN
WAVES (DOUBLE OR SINGLE)
MAMBOS (F/S)
POSE AND BOUNCE
KNEE DIG
STAR AND HIPS
CARTWHEEL
PUSH TURNS
SPIKE WALKS
CHATTING
CIRCLE AND PUSH OUT
PARTY JUMPS
CIRCLE OVER HEAD, DROP AND BEND FORWARDS IN PARALLEL PLIE
CHUGS WITH CUFFS
KICK STEP DIG WITH MINY THRASHES
FAST MAMBOS BACK - TRIPLETS
CHA CHAS (STEP SIDE, STEP FRONT OR BACK, 3 LITTLE STEPS)

GROUND WORK:

CROUCH - TOES SIDE - TOES IN TO CROUCH - SPLAT
R PRETZEL - STATIC FAN - L PRETZEL
DOLPHIN

SHARK
CASUAL POSE
CASUAL POSE WITH NAILS
FAN ROLL
TIGHT ROLL
SPIRAL TURN (START IN BOX AND TENDU BACK, T THEN PUSH DOWN TO CROUCH)
HALF FAN
BODY FORCED ARCH
TIGHT ROLL ON BACK
SQUISHY BALL ON SIDE-STARFISH-BACK INTO BALL
BODY CIRCLE
RUSSIAN ON HANDS TO A PLAIN CROUCH
RUSSIAN ON HANDS TO A JAZZ SPLIT
VACUUM TO V ON TOES
GAP POSE
LONG REVERSED CASUAL POSE
DOUBLE ATTITUDE (HEAD DOWN HEAD UP)
OFFERING AND BACK BEND
ARCH (TO RETIRE OR PRETZEL)
BRIDGE
SINGLE SCISSOR ROLL ON BACK
SCISSOR ROLL
HALF SCISSOR
HALF SCISSOR INTO BRIDGE IN JAZZ SPLIT
DEV FRONT SIDE OR BACK ON FLOOR
OVER THE TOES
SPLIT
GRAB LEG
PENCIL HOISTED ON ELBOWS
SPLIT HOISTED UP ON ELBOWS
SINGLE TUCK ON ELBOWS
RUSSIAN ON ELBOWS
SWITCH KICKS
SIDE FALLS - WITH TOE SIDE
BACK FALLS
BASEBALL SHOULDER BACK BACK FALL FROM KNEES OR STANDING
PITCH SIDE ON ONE KNEE
BACKWARDS BODY FORCED ARCH IN SPLIT
DEV INTO ROTATION OR FOUETTE ON FLOOR
BACK SHOULDER ROLL INTO SAUSAGE
BACK SHOULDER FOLL INTO ARAB
BACK SHOULDER ROLL INTO ANY SPLIT
BRIDGE ROLL
BODY CIRCLE ON FLOOR INTO BRIDGE ROLL
WINDMILL TO OVER THE TOES AND CROUCH
PITCH SIDE ON KNEE AND SLIDE
OFF KNEES
SLIDE AWAY ON TOES IN FIFTH
RUBBER OFFERING AND BACK BEND
BANANA SPLIT
LEAN ON ONE HAND AND SLIDE IN DOUBLE ATTITUDE - IN A SMALL CIRCLE
OVER THE TOES INTO BRIDGE
GO ONTO R SHOULDER AND THEN ROLL FORWARDS BUT SHOW A SPLIT OR RUSSIAN FIRST
FORWARD FALLS
CRAB FLIP TO JAZZ SPLIT AND ROLL
PUT HANDS ON FLOOR AND DO A KNEE DROP WITH TOE SIDE - ROLL
SINGLE KNEE SPIN WITH GRAND ROND INTO SCISSOR ROLL
HOIST UP ON SHOULDERS AND WALK FEET IN A CIRCLE
ON KNEES IN 2ND - BACK BEND TO STAND
BACK BEND ON FORCED ARCH//FLIP INTO F FALL

URNS:

CHAIINE SPLAT
CHAIINE STEP JUMP CLAP
DOUBLE CHAIINE SPLAT
CHAIINE CHASSE
CONTINUOUS CHAIINE
DOWN UP AND UP AND UP
SOUTENU
POSE TURNS
PIROUETTE INSIDE OR OUTSIDE - SINGLE OR DOUBLE
SPIRAL TURNS
DRAG TURNS - INSIDE - OUTSIDE - TO TOUCH FLOOR
PETIT PAS DE BASQUE
POSE TURNS IN COU DE PIED (CUT)
POSE TURN INTO ARAB
POSE TURN INTO EXTENSION SIDE
GRAND PIROUETTE
FOUETTE TURNS

PIROUETTES:

IN COU DE PIED FRONT OR BACK
IN MODERN RETIRE F OR B
ON FORCED ARCH
TRIPLE
FINISHING IN OPEN POSITIONS (FRONT, SIDE OR BACK)
IN ATTITUDE FRONT OR BACK
DEGAGE TURN
IN 2ND
PIROUETTE IN GRABBED POSITIONS (FRONT, SIDE, BACK, RETIRE, ATTITUDE FRONT)
OUTSIDE TURN WITH EXT FRONT LEANING AWAY WITH ARMS IN FIRST OR IN FRONT
WIND UP BARREL PIROUETTE

POSE TURN IN MODERN RETIRE FRONT OR BACK

DOUBLE POSE TURN
POSE TURN FOUETTE TURN
POSE TURN GRAND PIROUETTE
POSE TURN IN ATTITUDE BACK
POSE TURN IN ATTITUDE FRONT
POSE TURN IN ARAB
POSE TURN IN PARALLEL RETIRE
POSE TURN IN 2ND
POSE TURN IN EXT FRONT
POSE TURN IN ATTITUDE THEN STRETCH TO ARAB
LAME DUCKS (LUNGE WITH TENDU BACK//CIRCLE BACK LEG AND STEP UP ON TOE AND TURN)
SINGLE EMBOITES
EMBOITES IN 2ND
CONTINUOUS EMBOITES
FOUETTE TURNS
FOUETTE TURN SQUARE
FOUETTE TURNS IN ATTITUDE FRONT
FOUETTE TURNS IN ATTITUDE BACK
FOUETTE TURNS IN ARAB
FOUETTE TURNS INTO ROTATION
FOUETTE TURNS INTO ROTATION INTO SPLIT
FOUETTE TURNS WITH GRAND ROND

TRIPLE POSE TURN

DOUBLE LAME DUCKS
DOUBLE EMBOITES
EMBOITES IN ATTITUDE FRONT

EMBOITES IN ATTITUDE BACK
DOUBLE FOUETTE TURNS
FOUETTE TURNS FINISHING IN OPEN POSITIONS

GRAND PIROUETTE

DOUBLE GRAND PIROUETTE
GRAND PIROUETTE WITH GRAB SIDE
GRAND PIROUETTE WITH PIROUETTE IN GRAB SIDE

PIROUETTES:

IN MODERN ATTITUDE - HAND UNDER
IN OPEN POSITIONS AND FINISH FOUETTE
IN OPEN POSITIONS AND FINISH ROTATION
IN OPEN POSITIONS AND FINISH LAYOUT
IN OPEN POSITIONS AND FINISH FONDU RELEVÉ
IN OPEN POSITIONS AND FINISH FONDU RELEVÉ INTO ANOTHER TURN
PIROUETTE FINISH ILLUSION

BASEBALL SHOULDER BACK DRAG TURN - INSIDE

BACKWARDS SPIRAL TURN - EN DEHORS
DOUBLE EN FONDU INTO DEV BACK EN FONDU STEP OUT OF IT B
INSIDE TURN IN PITCH SIDE - FOUETTE AT END AND STEP OUT OF IT

JUMPS:

TUCK WITH HURRAY
TUCK WITH SHIMMY
RAINBOW JUMP
PUNCH JUMP
CHASSE BOUNCE AND BOUNCE
CHASSE BALL CHANGE WITH TAP UP AND TAP DOWN

CAT JUMP
SINGLE TUCK
DOUBLE TUCK
TUCK WITH HALF TURN (USE A WIND-UP ARM TO THE L ON STEP)
TUCK WITH TWIST
BRUSH TUCK SIDE
BRUSH TUCK FRONT

TOYOTA JUMP - WITH BENT OR STRAIGHT LEGS

GRAND JETE FORWARDS, CROUCH OR COME THROUGH
GRAND JETE BACKWARDS
GRAND JETE BACKWARDS WITH BACK KNEE STRAIGHT
GRAND JETE EN TOURNANT

STATIC SPLIT COME THROUGH (STRAIGHT AND STRAIGHT)
STATIC SPLIT TO A DEEP LUNGE (STRAIGHT AND STRAIGHT)
STATIC SPLIT COME THROUGH (STRAIGHT AND BACK ATTITUDE)
STATIC SPLIT COME THROUGH WITH BACK BEND (STRAIGHT AND BACK ATTITUDE)
STATIC SPLIT COME THROUGH "CALYPSO" (DOUBLE ATTITUDE)
SWITCH STATIC
STATIC SPLIT WITH PITCH CUT CROUCH

CHASSE COUPE EN TOURNANT
CHASSE COUPE IN 2ND WITH ARMS FLOAT UP

CHAINE ELANCE CROUCH (STRAIGHT AND STRAIGHT)
CHAINE ELANCE COME THROUGH (STRAIGHT AND STRAIGHT)
CHAINE ELANCE CROUCH ROLL STAND (STRAIGHT AND BACK ATTITUDE) sit on floor to set position
CHAINE BARREL DOG FAN ELANCE CROUCH ROLL STAND (STRAIGHT AND BACK ATTITUDE)

STATIC RUSSIAN
STATIC RUSSIAN WITH HALF TURN
STATIC RUSSIAN WITH DOUBLE REACH R CROUCH
TRAVELLING RUSSIAN-CROSS BACK TOUCH FLOOR (FLICK)
TRAVELLING RUSSIAN-CROSS FRONT AND SWIM TURN (FLICK)
TRAVELLING RUSSIAN WITH HALF TURN PREP (CHASSE, STEP) (FLICK)

SINGLE AXLE (CHAINE, EXTEND EVERYTHING FRONT, THEN SIDE, TURN AND DOUBLE TUCK, FINISH AND THROW ARMS TO R WITH L TOE SIDE)
AXLE ELANCE COME THROUGH
AXLE ELANCE CROUCH
DOUBLE AXLE

WASP
WASP WITH FRONT LEG STRAIGHT
WASP WITH FRONT LEG STRAIGHT AND BACK BEND
WASP WITH BACK BEND

RENVERSER SAUTE TO LUNGE OR DEEP LUNGE
RENVERSER SAUTE TO LUNGE OR DEEP LUNGE WITH HALF TURN

SPRING INTO MODERN RETIRE EN FONDU
SPRING INTO SPIRAL TURN
SPRING BACKWARDS TO EXT FRONT
SPRING INTO FIGURE 8 EXTENSION SIDE AND STEP BACK (TWIST IN THEN OUT)
SPRING INTO COU DE PIED FRONT//STEP OUT OF IT
COUPE STEP EXT SIDE STRAIGHT OR ATTITUDE

FOUETTE SAUTE
FOUETTE SAUTE TO A DEEP LUNGE

SAUT DE BASQUE
SAUT DE BASQUE FINISH R CROUCH

TURNING PAS DE CHAT
SAUT DE CHAT
CHAINE SINGLE FAN WITH TUCK

GRAND ROND SAUTE WITH SINGLE TUCK
GRAND ROND SAUTE EN TOURNANT
STEP HOP WITH FULL TURN INTO STEP HOP IN RETIRE WITH FULL TURNS - CHAINE INTO GRAND ROND EN DEHORS OR EN DEDANS
TUCK JUMP TURNING INTO DOUBLE ATTITUDE ON FLOOR
SPRING WITH SMALL EXT SIDE INTO DEEP LUNGE AND GO TO FLOOR
BARREL JUMP IN DOUBLE ATTITUDE
SIDEWAYS CABRIOLE AND FOUETTE
SISSONNE PASSE - IN DOUBLE ATTITUDE
SISSONNE PASSE - IN DOUBLE ARAB - INTO DEEP LUNGE TO CROUCH AND ROLL

TUCK WITH FULL TURN (SAME AS ABOVE)

DOUBLE AXLE ELANCE COME THROUGH
DOUBLE AXLE ELANCE CROUCH

GRAND JETE EN TOURNANT WITH SPLIT
GRAND JETE EN TOURNANT BATTUE
GRAND JETE EN TOURNANT WITH ROTATION
BACKWARDS GRAND JETE EN TOURNANT - KICK R FRONT AND LAND INTO L ARAB

BACKWARDS WASP

CHAINE DOUBLE BACK ATTITUDE ELANCE

ELANCE WITH FULL INSIDE FAN

VALDEZ - start sitting on floor one leg straight and one leg bent - fan leg and push off one hand//TO STANDING AND TO KNEES one knee then the other

STATIC RUSSIAN WITH FULL TURN

CHAINE TURNING TRAVELING RUSSIAN (SMALL-LARGE)

SWITCH SPLIT

SWITCH RUSSIAN

TURNING SWITCH SPLIT

TURNING SWITCH RUSSIAN

STATIC SPLIT WITH PITCH CUT TENDU BACK WITH ARMS TO 2ND ARAB

FOUETTE RELEVÉ PLIÉ RELEVÉ INTO ANOTHER POSITION

SAUT DE BASQUE WITH RUSSIAN

RENVERSER SAUTE TO LUNGE OR DEEP LUNGE WITH FULL TURN

CHAINE DOUBLE FAN

GRAND ROND SAUTE INTO DOUBLE ATTITUDE

SPRING INTO GRAND ROND EN DEH OR EN DED

SPRING INTO SMALL ROND EN DEHORS - MODERN RUNS BACKWARDS

INSIDE TOUR IN 2ND TO JAZZ SPLIT

DOUBLLE CABRIOLE

FOUETTE SAUTE WITH BOTTOM RETIRE

EXTENSIONS:

GRAB FRONT
GRAB BACK
CIRCLE TO GRAB SIDE
CIRCLE TO GRAB SIDE WITH PITCH
GRAB SIDE LAYOUT CROUCH
DELUXE GRAB SIDE OR DELUXE GRAB BACK OR SCORPION
FINISH WITH RISE
FAN KICK, LUNGE
FAN LAYOUT CROUCH
FAN LAYOUT DROP AND BEND OVER
PITCH IN ATTITUDE CROUCH ROLL STAND
PITCH IN ARAB CROUCH ROLL STAND
PITCH CROUCH ROLL AND FINISH KNEEL AND TOE SIDE
FOUETTE RELEVÉ
FAN LEANING AWAY FROM LEG INTO TILT
INSIDE FAN AND LEAN AWAY AT END//STEP F
FLOAT, WIND-UP STEP, RENVERSER TO THE SIDE THEN LUNGE
FLOAT, WIND-UP STEP, RENVERSER TO ARAB
FLOAT, WIND-UP STEP, RENVERSER TO ATTITUDE
DEVELOPPE TO PENCHE (RETIRE WITH SQUISHED IN ARMS, TURN OUT RETIRE AND EITHER CIRCLE OVER HEAD AND TOUCH FLOOR OR PUSH OUT INTO OPEN FOURTH AND THEN TOUCH FLOOR)
DEVELOPPE TO PENCHE AND WALK FORWARD TO SAUSAGE
ILLUSION
CAMEL TO PENCHE
FLICKS - KICK SIDE AND STEP BACK...
GRAND ROND IN ATTITUDE AND STEP BACK
GRAND ROND IN ATTITUDE FINISH PENCHE
PETIT ROND EN DEHORS WITH HIP ROLL
KICK SIDE TURNED IN AND REACH TOWARDS EN FONDU
LUNGE//EXT SIDE FACING LEG//REITRE AND STEP BACK
FAN WITH LEAN AWAY AND TURN OUTSIDE
FLOAT, WIND-UP STEP, RENVERSER TO ROTATION LAYOUT CROUCH
FLOAT, WIND-UP STEP, RENVERSER TO ROTATION AND SPLIT
ILLUSION FINISH IN A TILT
PITCH PLIÉ IN RETIRE //RELEVÉ IN ARAB CROUCH ROLL
DOUBLE REACH FORWARDS INTO PENCHE//TUCK TOE UNDER AND SPRING INTO DOUBLE ATTITUDE
DEV INTO PENCHE INTO INSIDE ROND TO STAND
PRAY UP//STEP INTO PITCH EN FONDU SIDE

WALKS AND RUNS:

CROSS WALKS
JAZZ RUNS
SPIKE WALKS
JAZZ WALKS
MARTINI WALKS
SPIKE BACK WALKS WITH HIPS
JAZZ WALKS WITH TURNS AND ARMS
PIVOT TURNS
MARTINI WALKS WITH BACK BEND

JUMPS CLIP - 32 COUNTS

URNS CLIP - 32 COUNTS

STYLE AND POSES CLIP - 32 COUNTS

EXTENSIONS CLIP - 32 COUNTS

SHORT DANCE - 48 COUNTS OF ANY OF THE ABOVE MOVEMENTS

BOW: STEP TOGETHER TO R TO A PENCIL, BOW AND COME UP//REPEAT TO L