

# JAZZ SYLLABUS

## GRADE 1

### **FLEXIBILITY:**

FROG  
R FROG  
L FROG  
R HAMSTRING  
L HAMSTRING  
BOTH HAMSTRINGS  
CENTRE SPLITS

### **POSES:**

TROPICANA  
KLINGON  
BLINGON  
SHOW-OFF  
HURRAY  
POINT AT FRONT  
BLOW KISS  
NAILS CROSSED  
UNDER CHIN  
WOW (ACROSS FACE)  
"I DON'T KNOW"  
STARBURST - NORMAL & REVERSE  
SPLAT  
BLOCK  
SHOPPING HANDS  
TAP HANDS - UP AND DOWN  
PUSH OUT

### **STYLE MOVES:**

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

### **GROUND WORK:**

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

### **TURNS:**

CHAI NE SPLAT  
CHAI NE STEP JUMP CLAP  
CHAI NE STEP JUMP CLAP WITH TUCK

### **JUMPS:**

CHASSE BOUNCE AND BOUNCE  
TUCK WITH HURRAY  
RAINBOW JUMP  
PUNCH JUMP

### **RUNS, 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

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## GRADE 2

### **FLEXIBILITY:**

FROG  
R FROG  
L FROG  
R HAMSTRING  
L HAMSTRING  
BOTH HAMSTRINGS  
CENTRE SPLITS  
R SPLITS

## L SPLITS

### **POSES:**

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

### **STYLE MOVES:**

FLICKS - FLICK COMBO  
SWAYS - SWAY COMBO  
UMBRELLAS - UP OR DOWN  
ARM WAVES (SINGLE OR DOUBLE, UP OR DOWN)  
POSE AND BOUNCE  
KNEE DIG  
STAR THEN HIPS  
CHATTING  
PARTY JUMPS  
TWISTS (ON TWO FEET OR WITH 1 TOE FRONT, DOWN THEN UP)  
PUSH TURNS  
CIRCLE AND PUSH OUT  
MAMBO STEP (FORWARDS)

### **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:**

CHAI NE SPLAT  
CHAI NE STEP JUMP CLAP  
CHAI NE STEP JUMP CLAP WITH TUCK  
DOUBLE CHAI NE SPLAT  
CHAI NE 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

### **WALKS, RUNS, TRAVELLING MOVES:**

SPIKE WALKS (FORWARDS)  
JAZZ RUNS  
UP UP DOWN  
UP UP CHAI NE  
UP UP CHAI NE CHASSE  
UP UP CHAI NE CHASSE, PREP JUMP, 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

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## **GRADE 3**

### **FLEXIBILITY:**

FROG

R FROG  
L FROG  
R HAMSTRING  
L HAMSTRING  
BOTH HAMSTRINGS  
CENTRE SPLITS  
R SPLITS  
L SPLITS

**POSES:**

TROPICANA  
KLINGON  
BLINGON  
SHOW-OFF  
HURRAY  
POINT AT FRONT  
BLOW KISS  
NAILS CROSSED  
UNDER CHIN  
WOW (ACROSS FACE)  
"I DON'T KNOW"  
STARBURST - NORMAL & REVERSE  
SPLAT  
BLOCK  
SHOPPING HANDS  
TAP HANDS - UP AND DOWN  
PUSH OUT  
OMNI  
FOLD  
TWISTED FOLD  
SLAM  
TWISTED SLAM  
SINGLE SQUID  
DOUBLE SQUID  
SQUID WITH SHOPPING  
ROLL TO SQUID  
ELBOWS  
TWISTED ELBOWS  
OPPOSITE FACE  
EON  
EON WITH FLIP  
POCKETS  
WRAP  
WRAP WITH PUSHING HANDS  
HUG  
HEART AND PUSH OUT  
HEAD BOXES  
BLESSED  
CUFFS  
SWIVEL CUFFS  
ROLLING CUFFS  
DIG

**STYLE MOVES:**

FLICKS - FLICK COMBO  
SWAYS - SWAY COMBO  
UMBRELLAS - UP OR DOWN  
ARM WAVES (SINGLE OR DOUBLE, UP OR DOWN)  
POSE AND BOUNCE  
KNEE DIG  
STAR THEN HIPS  
CHATTING  
PARTY JUMPS  
TWISTS (ON TWO FEET OR WITH 1 TOE FRONT, DOWN THEN UP)  
PUSH TURNS  
CIRCLE AND PUSH OUT  
MAMBOS (FORWARDS & SIDEWAYS)  
CARTWHEEL  
CIRCLE OVER HEAD, KLINGON, DROP AND BEND FORWARDS IN PARALLEL PLIE  
SINGLE CHUGS WITH CUFFS  
PONIES

**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  
TABLETOP  
CARROT

**TURNS:**

CHAI NE SPLAT  
CHAI NE STEP JUMP CLAP  
CHAI NE STEP JUMP CLAP WITH TUCK  
DOUBLE CHAI NE SPLAT  
CHAI NE CHASSE

## CONTINUOUS CHAINES

### **JUMPS:**

CHASSE BOUNCE AND BOUNCE  
CHASSE BALL CHANGE WITH TAP UP AND TAP DOWN  
TUCK WITH HURRAY  
TUCK WITH SHIMMY  
RAINBOW JUMP  
PUNCH JUMP  
STATIC SPLIT COME THROUGH (STRAIGHT AND STRAIGHT)

### **EXTENSIONS:**

GRAB SIDE  
GRAB BACK

### **WALKS, RUNS, TRAVELLING MOVES:**

SPIKE WALKS (FORWARDS AND BACKWARDS)  
JAZZ RUNS  
UP UP DOWN  
UP UP CHAINE  
UP UP CHAINE CHASSE  
UP UP CHAINE CHASSE RAINBOW JUMP  
MODEL WALKS/CROSS WALKS

EXAMINER WILL ASK TO SEE ALL OF THE ABOVE MOVEMENTS

JUMPS CLIP - 16 COUNTS  
TURNS 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

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## GRADE 4

### **FLEXIBILITY:**

FROG  
R FROG  
L FROG  
R HAMSTRING  
L HAMSTRING  
BOTH HAMSTRINGS  
CENTRE SPLITS  
R SPLITS  
L SPLITS

### **POSES:**

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

SWIVEL CUFFS  
ROLLING CUFFS  
WAIST HUG  
LEAF  
DOUBLE LEAF  
DRIP  
DOUBLE DRIP  
BACK WRAP  
DIG  
BEVEL  
SAIL SIDE OR FRONT  
DUPLEX SIDE OR FRONT

**STYLE MOVES:**

FLICKS - FLICK COMBO  
SWAYS - SWAY COMBO  
UMBRELLAS - UP OR DOWN  
ARM WAVES (SINGLE OR DOUBLE, UP OR DOWN)  
POSE AND BOUNCE  
KNEE DIG  
STAR THEN HIPS  
CHATTING  
PARTY JUMPS  
TWISTS (ON TWO FEET OR WITH 1 TOE FRONT, DOWN THEN UP)  
PUSH TURNS  
CIRCLE AND PUSH OUT  
MAMBOS (FORWARDS, SIDEWAYS & BACKWARDS)  
CARTWHEEL  
CIRCLE OVER HEAD, KLINGON, DROP AND BEND FORWARDS IN PARALLEL PLIE  
SINGLE CHUGS WITH CUFFS  
PONIES  
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  
TABLETOP  
CARROT  
SPIRAL TURN (START IN BOX AND TENDU BACK, T THEN PUSH DOWN TO CROUCH)  
HALF FAN  
BODY FORCED ARCH  
TIGHT ROLL ON BACK  
BALL ON SIDE - STARFISH - BALL ON SIDE  
BODY CIRCLE ON HIGH KNEES  
RUSSIAN ON HANDS TO A PLAIN CROUCH  
RUSSIAN ON HANDS TO A JAZZ SPLIT  
VACUUM TO V ON TOES/TENT  
GAP POSE  
CELERY  
DOUBLE ATTITUDE (HEAD DOWN HEAD UP)  
OFFERING AND BACK BEND ON HIGH KNEES  
ARCH (TO RETIRE OR PRETZEL)  
BRIDGE

**TURNS:**

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

**JUMPS:**

CHASSE BOUNCE AND BOUNCE  
CHASSE BALL CHANGE WITH TAP UP AND TAP DOWN  
TUCK WITH HURRAY  
TUCK WITH SHIMMY  
RAINBOW JUMP  
PUNCH JUMP  
STATIC SPLIT COME THROUGH (STRAIGHT AND STRAIGHT)  
CAT JUMP  
SINGLE TUCK  
DOUBLE TUCK  
GRAND JETE FORWARDS, COME THROUGH  
CHAINE ELANCE COME THROUGH (STRAIGHT AND STRAIGHT)  
CHAINE ELANCE CROUCH ROLL STAND (STRAIGHT AND STRAIGHT)  
STATIC RUSSIAN

**EXTENSIONS:**

GRAB FRONT  
GRAB BACK

CIRCLE TO GRAB SIDE

**WALKS, RUNS, TRAVELLING MOVES:**

SPIKE WALKS (FORWARDS, BACKWARDS, IN A CIRCLE)  
JAZZ RUNS  
UP UP DOWN  
UP UP CHAINE  
UP UP CHAINE CHASSE  
UP UP CHAINE CHASSE RAINBOW JUMP  
MODEL WALKS/CROSS 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

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## GRADE 5

**FLEXIBILITY:**

FROG  
R FROG  
L FROG  
R HAMSTRING  
L HAMSTRING  
BOTH HAMSTRINGS  
CENTRE SPLITS  
R SPLITS  
L SPLITS

**POSES:**

TROPICANA  
KLINGON  
BLINGON  
SHOW-OFF  
HURRAY  
POINT AT FRONT  
BLOW KISS  
NAILS CROSSED  
UNDER CHIN  
WOW (ACROSS FACE)  
"I DON'T KNOW"  
STARBURST - NORMAL & REVERSE  
SPLAT  
BLOCK  
SHOPPING HANDS  
TAP HANDS - UP AND DOWN  
PUSH OUT  
OMNI  
FOLD  
TWISTED FOLD  
SLAM  
TWISTED SLAM  
SINGLE SQUID  
DOUBLE SQUID  
SQUID WITH SHOPPING  
ROLL TO SQUID  
ELBOWS  
TWISTED ELBOWS  
OPPOSITE FACE  
EON  
EON WITH FLIP  
POCKETS  
WRAP  
WRAP WITH PUSHING HANDS  
HUG  
HEART AND PUSH OUT  
HEAD BOXES  
BLESSED  
CUFFS  
SWIVEL CUFFS  
ROLLING CUFFS  
WAIST HUG  
LEAF  
DOUBLE LEAF  
DRIP  
DOUBLE DRIP  
BACK WRAP  
O.T.C. OPEN THE CHEST  
SLICE  
REVERSE SLICE  
HAND BEHIND HEAD  
DOUBLE HAND BEHIND HEAD  
GRAB ARM BEHIND BACK  
DIG

BEVEL  
SAIL SIDE OR FRONT  
DUPLEX SIDE OR FRONT

**STYLE MOVES:**

FLICKS - FLICK COMBO  
SWAYS - SWAY COMBO  
UMBRELLAS - UP OR DOWN  
ARM WAVES (SINGLE OR DOUBLE, UP OR DOWN)  
POSE AND BOUNCE  
KNEE DIG  
STAR THEN HIPS  
CHATTING  
PARTY JUMPS  
TWISTS (ON TWO FEET OR WITH 1 TOE FRONT, DOWN THEN UP)  
PUSH TURNS  
CIRCLE AND PUSH OUT  
MAMBOS (FORWARDS, SIDEWAYS & BACKWARDS)  
CARTWHEEL  
CIRCLE OVER HEAD, KLINGON, DROP AND BEND FORWARDS IN PARALLEL PLIE  
SINGLE CHUGS WITH CUFFS  
PONIES  
KICK STEP DIG WITH MINY THRASHES  
PUSH TURN WITH FLICK COME THROUGH  
FAST MAMBOS BACK - TRIPLETS  
WINDMILL TO A FLAT BACK  
WINDMILL TO A WRAP WITH PUSHING HANDS

**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  
TABLETOP  
CARROT  
SPIRAL TURN (START IN BOX AND TENDU BACK, T THEN PUSH DOWN TO CROUCH)  
HALF FAN  
BODY FORCED ARCH  
TIGHT ROLL ON BACK  
BALL ON SIDE - STARFISH - BALL ON SIDE  
BODY CIRCLE ON HIGH KNEES  
RUSSIAN ON HANDS TO A PLAIN CROUCH  
RUSSIAN ON HANDS TO A JAZZ SPLIT  
VACUUM TO V ON TOES/TENT  
GAP POSE  
CELERY  
DOUBLE ATTITUDE (HEAD DOWN HEAD UP)  
OFFERING AND BACK BEND ON HIGH KNEES  
ARCH (TO RETIRE OR PRETZEL)  
BRIDGE  
SCISSOR ROLL TO A CARROT  
HALF SCISSOR ROLL TO SIT UP AT END  
HALF SCISSOR INTO BODY FORCED ARCH  
DEV FRONT OR SIDE ON FLOOR  
GRAB FRONT OR SIDE ON FLOOR  
HALF BASKET  
FULL BASKET  
OVER THE TOES FROM STANDING  
SPLIT  
CANDLE WITH PLANK  
CANDLE WITH RUSSIAN  
CANDLE WITH SINGLE TUCK  
CANDLE WITH DOUBLE ATTITUDE  
SWITCH KICK  
SIDE FALL FROM HIGH KNEES  
SIDE FALL FROM STANDING - CROSS TOE  
FORWARD FALL FROM HIGH KNEES  
BACK FALL FROM HIGH KNEES WITH WINDMILL ROLL AND STAND  
BASEBALL SHOULDER BACK FALL FROM HIGH KNEES  
BASEBALL SHOULDER BACK FALL FROM STANDING  
PITCH SIDE ON ONE KNEE

**TURNS:**

CHAI NE SPLAT  
CHAI NE STEP JUMP CLAP  
CHAI NE STEP JUMP CLAP WITH TUCK  
DOUBLE CHAI NE SPLAT  
CHAI NE CHASSE  
CONTINUOUS CHAI NES  
CHAI NES: DOWN UP AND UP AND UP  
PIROUETTE INSIDE OR OUTSIDE - SINGLE  
POSE TURNS  
SOUTENU TURN ON FORCED ARCH  
DRAG TURNS - INSIDE - OUTSIDE

**JUMPS:**

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

**EXTENSIONS:**

GRAB FRONT  
GRAB BACK  
CIRCLE TO GRAB SIDE  
GRAB SIDE LAYOUT CROUCH  
BALL CHANGE, FAN KICK, LUNGE  
START FACING THE BACK - PITCH IN ATTITUDE CROUCH ROLL STAND

**WALKS, RUNS, TRAVELLING MOVES:**

SPIKE WALKS (FORWARDS, BACKWARDS, IN A CIRCLE)  
JAZZ RUNS  
UP UP DOWN  
UP UP CHAINE  
UP UP CHAINE CHASSE  
UP UP CHAINE CHASSE RAINBOW JUMP  
MODEL WALKS/CROSS 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

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## GRADE 6

**FLEXIBILITY:**

FROG  
R FROG  
L FROG  
R HAMSTRING  
L HAMSTRING  
BOTH HAMSTRINGS  
CENTRE SPLITS  
R SPLITS  
L SPLITS

**POSES:**

TROPICANA  
KLINGON  
BLINGON  
SHOW-OFF  
HURRAY  
POINT AT FRONT  
BLOW KISS  
NAILS CROSSED  
UNDER CHIN  
WOW (ACROSS FACE)  
"I DON'T KNOW"  
STARBURST - NORMAL & REVERSE  
SPLAT  
BLOCK  
SHOPPING HANDS  
TAP HANDS - UP AND DOWN  
PUSH OUT  
OMNI  
FOLD

TWISTED FOLD  
SLAM  
TWISTED SLAM  
SINGLE SQUID  
DOUBLE SQUID  
SQUID WITH SHOPPING  
ROLL TO SQUID  
ELBOWS  
TWISTED ELBOWS  
OPPOSITE FACE  
EON  
EON WITH FLIP  
POCKETS  
WRAP  
WRAP WITH PUSHING HANDS  
HUG  
HEART AND PUSH OUT  
HEAD BOXES  
BLESSED  
CUFFS  
SWIVEL CUFFS  
ROLLING CUFFS  
WAIST HUG  
LEAF  
DOUBLE LEAF  
DRIP  
DOUBLE DRIP  
BACK WRAP  
O.T.C. OPEN THE CHEST  
SLICE  
REVERSE SLICE  
HAND BEHIND HEAD  
DOUBLE HAND BEHIND HEAD  
GRAB ARM BEHIND BACK  
SINGLE CHOKE  
DOUBLE CHOKE  
CHOKE AND REACH  
THRASH  
HEAD THRASH  
RUBBER OFFERING  
SURRENDER  
HEAD CRACK  
MODEL POSE  
HAND WAVES  
PLAIN HANDS T/MODERN T  
SLASH - SINGLE OR DOUBLE  
DOUBLE CIRCLE OVER HEAD INTO DOUBLE SLASH INTO THRASH  
DIG  
BEVEL  
SAIL SIDE OR FRONT  
DUPLEX SIDE OR FRONT

**STYLE MOVES:**

FLICKS - FLICK COMBO  
SWAYS - SWAY COMBO  
UMBRELLAS - UP OR DOWN  
ARM WAVES (SINGLE OR DOUBLE, UP OR DOWN)  
POSE AND BOUNCE  
KNEE DIG  
STAR THEN HIPS  
CHATTING  
PARTY JUMPS  
TWISTS (ON TWO FEET OR WITH 1 TOE FRONT, DOWN THEN UP)  
PUSH TURNS  
CIRCLE AND PUSH OUT  
MAMBOS (FORWARDS, SIDEWAYS & BACKWARDS)  
CARTWHEEL  
CIRCLE OVER HEAD, KLINGON, DROP AND BEND FORWARDS IN PARALLEL PLIE  
SINGLE CHUGS WITH CUFFS  
PONIES  
KICK STEP DIG WITH MINY THRASHES  
PUSH TURN WITH FLICK COME THROUGH  
FAST MAMBOS BACK - TRIPLETS  
WINDMILL TO A FLAT BACK  
WINDMILL TO A WRAP WITH PUSHING HANDS  
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  
TABLETOP  
CARROT  
SPIRAL TURN (START IN BOX AND TENDU BACK, T THEN PUSH DOWN TO CROUCH)  
HALF FAN  
BODY FORCED ARCH  
TIGHT ROLL ON BACK

BALL ON SIDE - STARFISH - BALL ON SIDE  
BODY CIRCLE ON HIGH KNEES  
RUSSIAN ON HANDS TO A PLAIN CROUCH  
RUSSIAN ON HANDS TO A JAZZ SPLIT  
VACUUM TO V ON TOES/TENT  
GAP POSE  
CELERY  
DOUBLE ATTITUDE (HEAD DOWN HEAD UP)  
OFFERING AND BACK BEND ON HIGH KNEES  
ARCH (TO RETIRE OR PRETZEL)  
BRIDGE  
SCISSOR ROLL TO A CARROT  
HALF SCISSOR ROLL TO SIT UP AT END  
HALF SCISSOR INTO BODY FORCED ARCH  
DEV FRONT OR SIDE ON FLOOR  
GRAB FRONT OR SIDE ON FLOOR  
HALF BASKET  
FULL BASKET  
OVER THE TOES FROM STANDING  
SPLIT  
CANDLE WITH PLANK  
CANDLE WITH RUSSIAN  
CANDLE WITH SINGLE TUCK  
CANDLE WITH DOUBLE ATTITUDE  
SWITCH KICK  
SIDE FALL FROM HIGH KNEES  
SIDE FALL FROM STANDING - CROSS TOE  
FORWARD FALL FROM HIGH KNEES  
BACK FALL FROM HIGH KNEES WITH WINDMILL ROLL AND STAND  
BASEBALL SHOULDER BACK FALL FROM HIGH KNEES  
BASEBALL SHOULDER BACK FALL FROM STANDING  
PITCH SIDE ON ONE KNEE  
KICK THE BUBBLES  
BACKWARDS BODY FORCED ARCH IN SPLIT  
BACK SHOULDER ROLL FINISH ON HIGH KNEES  
BACK SHOULDER ROLL INTO CARROT  
BACK SHOULDER FOLL INTO ARAB  
BACK SHOULDER ROLL INTO ANY SPLIT  
BRIDGE ROLL  
BODY CIRCLE INTO BRIDGE ROLL  
WINDMILL TO OVER THE TOES AND CROUCH  
OFF KNEES  
SLIDE AWAY ON TOES IN FIFTH  
RUBBER OFFERING AND BACK BEND  
BANANA SPLIT  
LEAN ON ONE HAND AND SLIDE FORWARDS IN DOUBLE ATTITUDE - IN A SMALL CIRCLE

#### **TURNS:**

CHAI NE SPLAT  
CHAI NE STEP JUMP CLAP  
CHAI NE STEP JUMP CLAP WITH TUCK  
DOUBLE CHAI NE SPLAT  
CHAI NE CHASSE  
CONTINUOUS CHAI NES  
CHAI NES: DOWN UP AND UP AND UP  
PIROUETTE INSIDE OR OUTSIDE - SINGLE  
POSE TURNS  
SOUTENU TURN ON FORCED ARCH  
DRAG TURNS - INSIDE - OUTSIDE  
SOUTENU TURN  
PETIT PAS DE BASQUE  
POSE TURNS IN COU DE PIED (CUT)  
POSE TURN INTO ARAB  
POSE TURN INTO EXTENSION SIDE  
GRAND PIRQUETTE HOPS  
GRAND PIRQUETTE  
FOUETTE TURNS

#### **JUMPS:**

CHASSE BOUNCE AND BOUNCE  
CHASSE BALL CHANGE WITH TAP UP AND TAP DOWN  
TUCK WITH HURRAY  
TUCK WITH SHIMMY  
RAINBOW JUMP  
PUNCH JUMP  
STATIC SPLIT COME THROUGH (STRAIGHT AND STRAIGHT)  
CAT JUMP  
SINGLE TUCK  
DOUBLE TUCK  
GRAND JETE FORWARDS, COME THROUGH  
CHAI NE ELANCE COME THROUGH (STRAIGHT AND STRAIGHT)  
CHAI NE ELANCE CROUCH ROLL STAND (STRAIGHT AND STRAIGHT)  
STATIC RUSSIAN  
CALYPSO  
CHAI NE ELANCE CROUCH ROLL STAND (STRAIGHT AND BACK ATTITUDE) sit on floor to set position  
SINGLE OR DOUBLE TUCK WITH HALF TURN (USE A WIND-UP ARM TO THE L ON STEP)  
SINGLE OR DOUBLE TUCK WITH TWIST  
CHASSE COUPE EN TOURNANT  
CHAI NE ELANCE COME THROUGH (DOUBLE ATTITUDE)  
SINGLE AXLE - DROP  
WASP  
C JUMP

GRAND JETE BACKWARDS  
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 RUSSIAN WITH HALF TURN  
TRAVELLING RUSSIAN  
AXLE ELANCE COME THROUGH  
AXLE ELANCE CROUCH ROLL STAND  
WASP WITH FRONT LEG STRAIGHT  
WASP WITH FRONT LEG STRAIGHT AND BACK BEND  
GRAND BATTEMENT SAUTE TO LUNGE OR DEEP LUNGE (WITH CHAINE OR WIND UP STEP TO START)  
GRAND BATTEMENT RELEVE TO LUNGE OR DEEP LUNGE (WITH CHAINE OR WIND UP STEP TO START)  
SPRING INTO MODERN RETIRE BACK  
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 POSE EXT SIDE OR FRONT, STRAIGHT OR ATTITUDE

**EXTENSIONS:**

GRAB FRONT  
GRAB BACK  
CIRCLE TO GRAB SIDE  
GRAB SIDE LAYOUT CROUCH  
BALL CHANGE, FAN KICK, LUNGE  
START FACING THE BACK - PITCH IN ATTITUDE CROUCH ROLL STAND  
BALL CHANGE, FAN KICK, LAYOUT CROUCH  
BALL CHANGE, FAN KICK, LAYOUT, SNACK TABLE  
START FACING THE BACK - PITCH IN ARABESQUE CROUCH ROLL STAND  
START FACING THE BACK - PITCH IN ATTITUDE, THEN STRETCH TO ARABESQUE, CROUCH ROLL STAND

**WALKS, RUNS, TRAVELLING MOVES:**

SPIKE WALKS (FORWARDS, BACKWARDS, IN A CIRCLE)  
JAZZ RUNS  
UP UP DOWN  
UP UP CHAINE  
UP UP CHAINE CHASSE  
UP UP CHAINE CHASSE RAINBOW JUMP  
MODEL WALKS/CROSS WALKS  
JAZZ WALKS  
MARTINI 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 - 32 COUNTS OF ANY OF THE ABOVE MOVEMENTS

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

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## GRADE 7

**FLEXIBILITY:**

FROG  
R FROG  
L FROG  
R HAMSTRING  
L HAMSTRING  
BOTH HAMSTRINGS  
CENTRE SPLITS  
R SPLITS  
L SPLITS

**POSES:**

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

SINGLE SQUID  
DOUBLE SQUID  
SQUID WITH SHOPPING  
ROLL TO SQUID  
ELBOWS  
TWISTED ELBOWS  
OPPOSITE FACE  
EON  
EON WITH FLIP  
POCKETS  
WRAP  
WRAP WITH PUSHING HANDS  
HUG  
HEART AND PUSH OUT  
HEAD BOXES  
BLESSED  
CUFFS  
SWIVEL CUFFS  
ROLLING CUFFS  
WAIST HUG  
LEAF  
DOUBLE LEAF  
DRIP  
DOUBLE DRIP  
BACK WRAP  
O.T.C. OPEN THE CHEST  
SLICE  
REVERSE SLICE  
HAND BEHIND HEAD  
DOUBLE HAND BEHIND HEAD  
GRAB ARM BEHIND BACK  
SINGLE CHOKE  
DOUBLE CHOKE  
CHOKE AND REACH  
THRASH  
HEAD THRASH  
RUBBER OFFERING  
SURRENDER  
HEAD CRACK  
MODEL POSE  
HAND WAVES  
PLAIN HANDS T/MODERN T  
SLASH - SINGLE OR DOUBLE  
DOUBLE CIRCLE OVER HEAD INTO DOUBLE SLASH INTO THRASH  
DIG  
BEVEL  
SAIL SIDE OR FRONT  
DUPLEX SIDE OR FRONT  
MARILYN UP, UP AND R, UP AND L, BENT R, BENT L, DOWN, MARILYN DRIP  
DNA TO OFFERING  
DNA TO OFFERING WITH BACKBEND  
SINGLE CRY  
DOUBLE CRY  
OPEN DOOR  
CLOSED DOOR  
CHALICE

**STYLE MOVES:**

FLICKS - FLICK COMBO  
SWAYS - SWAY COMBO  
UMBRELLAS - UP OR DOWN  
ARM WAVES (SINGLE OR DOUBLE, UP OR DOWN)  
POSE AND BOUNCE  
KNEE DIG  
STAR THEN HIPS  
CHATTING  
PARTY JUMPS  
TWISTS (ON TWO FEET OR WITH 1 TOE FRONT, DOWN THEN UP)  
PUSH TURNS  
CIRCLE AND PUSH OUT  
MAMBOS (FORWARDS, SIDEWAYS & BACKWARDS)  
CARTWHEEL  
CIRCLE OVER HEAD, KLINGON, DROP AND BEND FORWARDS IN PARALLEL PLIE  
SINGLE CHUGS WITH CUFFS  
PONIES  
KICK STEP DIG WITH MINY THRASHES  
PUSH TURN WITH FLICK COME THROUGH  
FAST MAMBOS BACK - TRIPLETS  
WINDMILL TO A FLAT BACK  
WINDMILL TO A WRAP WITH PUSHING HANDS  
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  
TABLETOP

CARROT  
SPIRAL TURN (START IN BOX AND TENDU BACK, T THEN PUSH DOWN TO CROUCH)  
HALF FAN  
BODY FORCED ARCH  
TIGHT ROLL ON BACK  
BALL ON SIDE - STARFISH - BALL ON SIDE  
BODY CIRCLE ON HIGH KNEES  
RUSSIAN ON HANDS TO A PLAIN CROUCH  
RUSSIAN ON HANDS TO A JAZZ SPLIT  
VACUUM TO V ON TOES/TENT  
GAP POSE  
CELERY  
DOUBLE ATTITUDE (HEAD DOWN HEAD UP)  
OFFERING AND BACK BEND ON HIGH KNEES  
ARCH (TO RETIRE OR PRETZEL)  
BRIDGE  
SCISSOR ROLL TO A CARROT  
HALF SCISSOR ROLL TO SIT UP AT END  
HALF SCISSOR INTO BODY FORCED ARCH  
DEV FRONT OR SIDE ON FLOOR  
GRAB FRONT OR SIDE ON FLOOR  
HALF BASKET  
FULL BASKET  
OVER THE TOES FROM STANDING  
SPLIT  
CANDLE WITH PLANK  
CANDLE WITH RUSSIAN  
CANDLE WITH SINGLE TUCK  
CANDLE WITH DOUBLE ATTITUDE  
SWITCH KICK  
SIDE FALL FROM HIGH KNEES  
SIDE FALL FROM STANDING - CROSS TOE  
FORWARD FALL FROM HIGH KNEES  
BACK FALL FROM HIGH KNEES WITH WINDMILL ROLL AND STAND  
BASEBALL SHOULDER BACK FALL FROM HIGH KNEES  
BASEBALL SHOULDER BACK FALL FROM STANDING  
PITCH SIDE ON ONE KNEE  
KICK THE BUBBLES  
BACKWARDS BODY FORCED ARCH IN SPLIT  
BACK SHOULDER ROLL FINISH ON HIGH KNEES  
BACK SHOULDER ROLL INTO CARROT  
BACK SHOULDER FOLL INTO ARAB  
BACK SHOULDER ROLL INTO ANY SPLIT  
BRIDGE ROLL  
BODY CIRCLE INTO BRIDGE ROLL  
WINDMILL TO OVER THE TOES AND CROUCH  
OFF KNEES  
SLIDE AWAY ON TOES IN FIFTH  
RUBBER OFFERING AND BACK BEND  
BANANA SPLIT  
LEAN ON ONE HAND AND SLIDE FORWARDS IN DOUBLE ATTITUDE - IN A SMALL CIRCLE  
GRAB ON BACK AND ROLL INTO SPLIT  
FORWARD FALL FROM STANDING  
BACK FALL FROM STANDING WITH WINDMILL  
DEV INTO ROTATION OR FOUETTE ON FLOOR  
OVER THE TOES INTO BRIDGE  
CRAB FLIP TO JAZZ SPLIT AND ROLL  
PUT HANDS ON FLOOR AND DO A KNEE DROP WITH TOE SIDE - ROLL

#### **TURNS:**

CHAINE SPLAT  
CHAINE STEP JUMP CLAP  
CHAINE STEP JUMP CLAP WITH TUCK  
DOUBLE CHAINE SPLAT  
CHAINE CHASSE  
CONTINUOUS CHAINES  
CHAINES: DOWN UP AND UP AND UP  
PIROUETTE INSIDE OR OUTSIDE - SINGLE OR DOUBLE  
POSE TURNS - SINGLE OR DOUBLE  
SOUTENU TURN ON FORCED ARCH  
DRAG TURNS - INSIDE - OUTSIDE - SINGLE OR DOUBLE  
SOUTENU TURN  
PETIT PAS DE BASQUE  
POSE TURNS IN COU DE PIED (CUT)  
POSE TURN INTO ARAB  
POSE TURN INTO EXTENSION SIDE  
GRAND PIROUETTE HOPS  
GRAND PIROUETTE  
FOUETTE TURNS

#### **PIROUETTES:**

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

**JUMPS:**

CHASSE BOUNCE AND BOUNCE  
CHASSE BALL CHANGE WITH TAP UP AND TAP DOWN  
TUCK WITH HURRAY  
TUCK WITH SHIMMY  
RAINBOW JUMP  
PUNCH JUMP  
STATIC SPLIT COME THROUGH (STRAIGHT AND STRAIGHT)  
CAT JUMP  
SINGLE TUCK  
DOUBLE TUCK  
GRAND JETE FORWARDS, COME THROUGH  
CHAINE ELANCE COME THROUGH (STRAIGHT AND STRAIGHT)  
CHAINE ELANCE CROUCH ROLL STAND (STRAIGHT AND STRAIGHT)  
STATIC RUSSIAN  
CALYPSO  
CHAINE ELANCE CROUCH ROLL STAND (STRAIGHT AND BACK ATTITUDE) sit on floor to set position  
SINGLE OR DOUBLE TUCK WITH HALF TURN (USE A WIND-UP ARM TO THE L ON STEP)  
SINGLE OR DOUBLE TUCK WITH TWIST  
CHASSE COUPE EN TOURNANT  
CHAINE ELANCE COME THROUGH (DOUBLE ATTITUDE)  
SINGLE AXLE - DROP  
WASP  
C JUMP  
GRAND JETE BACKWARDS  
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 RUSSIAN WITH HALF TURN  
TRAVELLING RUSSIAN  
TRAVELLING RUSSIAN  
AXLE ELANCE COME THROUGH  
AXLE ELANCE CROUCH ROLL STAND  
WASP WITH FRONT LEG STRAIGHT  
WASP WITH FRONT LEG STRAIGHT AND BACK BEND  
GRAND BATTEMENT SAUTE TO LUNGE OR DEEP LUNGE (WITH CHAINE OR WIND UP STEP TO START)  
GRAND BATTEMENT RELEVE TO LUNGE OR DEEP LUNGE (WITH CHAINE OR WIND UP STEP TO START)  
SPRING INTO MODERN RETIRE BACK  
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 POSE EXT SIDE OR FRONT, STRAIGHT OR ATTITUDE  
BRUSH TUCK SIDE  
BRUSH TUCK FRONT  
GRAND JETE BACKWARDS WITH BACK KNEE BENT  
GRAND JETE EN TOURNANT  
SWITCH STATIC  
STATIC SPLIT WITH PITCH CUT CROUCH  
CHASSE COUPE IN 2ND WITH ARMS FLOAT UP  
CHAINE BARREL DOG FAN ELANCE CROUCH ROLL STAND (STRAIGHT AND BACK ATTITUDE)  
STATIC RUSSIAN WITH HALF TURN  
STATIC RUSSIAN WITH DOUBLE REACH R CROUCH  
DOUBLE AXLE  
FOUETTE SAUTE  
FOUETTE SAUTE TO A DEEP LUNGE  
SAUT DE BASQUE  
SAUT DE BASQUE FINISH R CROUCH  
TURNING PAS DE CHAT  
SAUT DE CHAT  
GRAND ROND SAUTE WITH TUCK  
GRAND BATTEMENT SAUTE TO LUNGE OR DEEP LUNGE WITH HALF TURN  
GRAND ROND DE JAMBE SAUTE TO LUNGE, OR DEEP LUNGE, WITH HALF TURN  
TUCK JUMP TURNING INTO SLOW SPLIT  
SPRING WITH SMALL EXT SIDE INTO RETIRE INTO DEEP LUNGE AND GO TO FLOOR  
BARREL JUMP IN DOUBLE ATTITUDE  
SISSONNE PASSE - IN DOUBLE ATTITUDE  
SISSONNE PASSE - IN DOUBLE ARAB - INTO DEEP LUNGE TO CROUCH AND ROLL  
CHASSE COUPE EN TOURNANT IN 2ND

**EXTENSIONS:**

GRAB FRONT  
GRAB BACK  
CIRCLE TO GRAB SIDE  
GRAB SIDE LAYOUT CROUCH  
BALL CHANGE, FAN KICK, LUNGE  
START FACING THE BACK - PITCH IN ATTITUDE CROUCH ROLL STAND  
BALL CHANGE, FAN KICK, LAYOUT CROUCH  
BALL CHANGE, FAN KICK, LAYOUT, SNACK TABLE  
START FACING THE BACK - PITCH IN ARABESQUE CROUCH ROLL STAND  
START FACING THE BACK - PITCH IN ATTITUDE, THEN STRETCH TO ARABESQUE, CROUCH ROLL STAND  
FOUETTE RELEVE  
INSIDE FAN  
FLOAT, WIND-UP STEP, BATTEMENT SIDE THEN LUNGE  
FLOAT, WIND-UP STEP, GRAND ROND TO KNEE ARAB  
DEVELOPPE TO PENCHE  
DEVELOPPE TO PENCHE AND WALK FORWARD TO CARROT  
ILLUSION  
CAMEL TO PENCHE  
FLICK KICKS - FRONT AND SIDE, SINGLE OR DOUBLE  
GRAND ROND FINISH IN ATTITUDE  
GRAND ROND FINISH IN PENCHE

PETIT ROND EN DEHORS WITH HIP ROLL  
GRAND BATTEMENT TURNED IN OR MODERN ATTITUDE SIDE AND REACH TOWARDS TOE EN FONDU  
LUNGE/EXT SIDE FACING LEG//RETIRE AND STEP BACK

**WALKS, RUNS, TRAVELLING MOVES:**

SPIKE WALKS (FORWARDS, BACKWARDS, IN A CIRCLE)  
JAZZ RUNS  
UP UP DOWN  
UP UP CHAINE  
UP UP CHAINE CHASSE  
UP UP CHAINE CHASSE RAINBOW JUMP  
MODEL WALKS/CROSS WALKS  
JAZZ WALKS  
MARTINI WALKS  
MARTINI WALKS WITH PLANK BACK BEND  
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

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## GRADE 8

**FLEXIBILITY:**

FROG  
R FROG  
L FROG  
R HAMSTRING  
L HAMSTRING  
BOTH HAMSTRINGS  
CENTRE SPLITS  
R SPLITS  
L SPLITS

**POSES:**

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

O.T.C. OPEN THE CHEST  
SLICE  
REVERSE SLICE  
HAND BEHIND HEAD  
DOUBLE HAND BEHIND HEAD  
GRAB ARM BEHIND BACK  
SINGLE CHOKE  
DOUBLE CHOKE  
CHOKE AND REACH  
THRASH  
HEAD THRASH  
RUBBER OFFERING  
SURRENDER  
HEAD CRACK  
MODEL POSE  
HAND WAVES  
PLAIN HANDS T/MODERN T  
SLASH - SINGLE OR DOUBLE  
DOUBLE CIRCLE OVER HEAD INTO DOUBLE SLASH INTO THRASH  
DIG  
BEVEL  
SAIL SIDE OR FRONT  
DUPLEX SIDE OR FRONT  
MARILYN UP, UP AND R, UP AND L, BENT R, BENT L, DOWN, MARILYN DRIP  
DNA TO OFFERING  
DNA TO OFFERING WITH BACKBEND  
SINGLE CRY  
DOUBLE CRY  
OPEN DOOR  
CLOSED DOOR  
CHALICE  
OPEN CHALICE  
CLOSED CHALICE  
CHALICE WITH CRY  
APPLE HAND  
CUP HANDS UP  
X IN FRONT OF FACE  
SLIT  
CLOSED SLIT  
OCTOPUS  
SINGLE LOLLIPOP  
DOUBLE LOLLIPOP  
MIRROR  
CROSSED MIRROR  
5-4-3-2-1  
PAINTING ARM - SINGLE OR DOUBLE, ALL DIRECTIONS

**STYLE MOVES:**

FLICKS - FLICK COMBO  
SWAYS - SWAY COMBO  
UMBRELLAS - UP OR DOWN  
ARM WAVES (SINGLE OR DOUBLE, UP OR DOWN)  
POSE AND BOUNCE  
KNEE DIG  
STAR THEN HIPS  
CHATTING  
PARTY JUMPS  
TWISTS (ON TWO FEET OR WITH 1 TOE FRONT, DOWN THEN UP)  
PUSH TURNS  
CIRCLE AND PUSH OUT  
MAMBOS (FORWARDS, SIDEWAYS & BACKWARDS)  
CARTWHEEL  
CIRCLE OVER HEAD, KLINGON, DROP AND BEND FORWARDS IN PARALLEL PLIE  
SINGLE CHUGS WITH CUFFS  
PONIES  
KICK STEP DIG WITH MINY THRASHES  
PUSH TURN WITH FLICK COME THROUGH  
FAST MAMBOS BACK - TRIPLETS  
WINDMILL TO A FLAT BACK  
WINDMILL TO A WRAP WITH PUSHING HANDS  
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  
TABLETOP  
CARROT  
SPIRAL TURN (START IN BOX AND TENDU BACK, T THEN PUSH DOWN TO CROUCH)  
HALF FAN  
BODY FORCED ARCH  
TIGHT ROLL ON BACK  
BALL ON SIDE - STARFISH - BALL ON SIDE  
BODY CIRCLE ON HIGH KNEES  
RUSSIAN ON HANDS TO A PLAIN CROUCH  
RUSSIAN ON HANDS TO A JAZZ SPLIT  
VACUUM TO V ON TOES/TENT

GAP POSE  
CELERY  
DOUBLE ATTITUDE (HEAD DOWN HEAD UP)  
OFFERING AND BACK BEND ON HIGH KNEES  
ARCH (TO RETIRE OR PRETZEL)  
BRIDGE  
SCISSOR ROLL TO A CARROT  
HALF SCISSOR ROLL TO SIT UP AT END  
HALF SCISSOR INTO BODY FORCED ARCH  
DEV FRONT OR SIDE ON FLOOR  
GRAB FRONT OR SIDE ON FLOOR  
HALF BASKET  
FULL BASKET  
OVER THE TOES FROM STANDING  
SPLIT  
CANDLE WITH PLANK  
CANDLE WITH RUSSIAN  
CANDLE WITH SINGLE TUCK  
CANDLE WITH DOUBLE ATTITUDE  
SWITCH KICK  
SIDE FALL FROM HIGH KNEES  
SIDE FALL FROM STANDING - CROSS TOE  
FORWARD FALL FROM HIGH KNEES  
BACK FALL FROM HIGH KNEES WITH WINDMILL ROLL AND STAND  
BASEBALL SHOULDER BACK FALL FROM HIGH KNEES  
BASEBALL SHOULDER BACK FALL FROM STANDING  
PITCH SIDE ON ONE KNEE  
KICK THE BUBBLES  
BACKWARDS BODY FORCED ARCH IN SPLIT  
BACK SHOULDER ROLL FINISH ON HIGH KNEES  
BACK SHOULDER ROLL INTO CARROT  
BACK SHOULDER FOLL INTO ARAB  
BACK SHOULDER ROLL INTO ANY SPLIT  
BRIDGE ROLL  
BODY CIRCLE INTO BRIDGE ROLL  
WINDMILL TO OVER THE TOES AND CROUCH  
OFF KNEES  
SLIDE AWAY ON TOES IN FIFTH  
RUBBER OFFERING AND BACK BEND  
BANANA SPLIT  
LEAN ON ONE HAND AND SLIDE FORWARDS IN DOUBLE ATTITUDE - IN A SMALL CIRCLE  
GRAB ON BACK AND ROLL INTO SPLIT  
FORWARD FALL FROM STANDING  
BACK FALL FROM STANDING WITH WINDMILL  
DEV INTO ROTATION OR FOUETTE ON FLOOR  
OVER THE TOES INTO BRIDGE  
CRAB FLIP TO JAZZ SPLIT AND ROLL  
PUT HANDS ON FLOOR AND DO A KNEE DROP WITH TOE SIDE - ROLL  
BACKFALL TO LAND ON SHOULDERS, AND LAY DOWN ON FLOOR

#### **TURNS:**

CHAIINE SPLAT  
CHAIINE STEP JUMP CLAP  
CHAIINE STEP JUMP CLAP WITH TUCK  
DOUBLE CHAIINE SPLAT  
CHAIINE CHASSE  
CONTINUOUS CHAINES  
CHAINES: DOWN UP AND UP AND UP  
PIROUETTE INSIDE OR OUTSIDE - SINGLE OR DOUBLE  
POSE TURNS - SINGLE OR DOUBLE  
SOUTENU TURN ON FORCED ARCH  
DRAG TURNS - INSIDE - OUTSIDE - SINGLE OR DOUBLE  
SOUTENU TURN  
PETIT PAS DE BASQUE  
POSE TURNS IN COU DE PIED (CUT)  
POSE TURN INTO ARAB  
POSE TURN INTO EXTENSION SIDE  
GRAND PIROUETTE HOPS  
GRAND PIROUETTE  
FOUETTE TURNS

#### **PIROUETTES:**

IN COU DE PIED FRONT OR BACK  
IN MODERN RETIRE F OR B  
ON FORCED ARCH ANY DOUBLE  
TRIPLE - ANY  
FINISHING IN OPEN POSITIONS (FRONT, SIDE OR BACK) - SINGLE  
IN ATTITUDE FRONT OR BACK, OR EXTENSION SIDE - SINGLE  
DEGAGE TURN FRONT OR SIDE - SINGLE OR DOUBLE  
PIROUETTE IN GRABBED POSITIONS (FRONT, SIDE, BACK, RETIRE, ATTITUDE FRONT) - SINGLE  
OUTSIDE TURN WITH EXT FRONT LEANING AWAY WITH ARMS IN OPEN FOURTH - SINGLE  
WIND UP BARREL PIROUETTE - SINGLE  
QUAD  
PIROUETTE IN RETIRE THEN ANOTHER TURN IN OPEN POSITION

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  
CONTINUOUS EMBOITES  
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  
DOUBLE FOUETTE TURNS  
FOUETTE TURNS FINISHING IN OPEN POSITION  
DOUBLE GRAND PIROUETTE  
GRAND PIROUETTE WITH GRAB SIDE  
GRAND PIROUETTE WITH PIROUETTE IN GRAB SIDE  
BASEBALL SHOULDER BACK DRAG TURN - INSIDE  
BACKWARDS SPIRAL TURN - EN DEHORS  
DOUBLE EN FONDU INTO DEV BACK EN FONDU STEP OUT OF IT BACKWARDS  
INSIDE TURN IN PITCH SIDE - FOUETTE AT END AND STEP OUT OF IT

**PIROUETTES:**

IN ATTITUDE FRONT OR BACK, OR EXTENSION SIDE - SINGLE OR DOUBLE  
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

**JUMPS:**

CHASSE BOUNCE AND BOUNCE  
CHASSE BALL CHANGE WITH TAP UP AND TAP DOWN  
TUCK WITH HURRAY  
TUCK WITH SHIMMY  
RAINBOW JUMP  
PUNCH JUMP  
STATIC SPLIT COME THROUGH (STRAIGHT AND STRAIGHT)  
CAT JUMP  
SINGLE TUCK  
DOUBLE TUCK  
GRAND JETE FORWARDS, COME THROUGH  
CHAINE ELANCE COME THROUGH (STRAIGHT AND STRAIGHT)  
CHAINE ELANCE CROUCH ROLL STAND (STRAIGHT AND STRAIGHT)  
STATIC RUSSIAN  
CALYPSO  
CHAINE ELANCE CROUCH ROLL STAND (STRAIGHT AND BACK ATTITUDE) sit on floor to set position  
SINGLE OR DOUBLE TUCK WITH HALF TURN (USE A WIND-UP ARM TO THE L ON STEP)  
SINGLE OR DOUBLE TUCK WITH TWIST  
CHASSE COUPE EN TOURNANT  
CHAINE ELANCE COME THROUGH (DOUBLE ATTITUDE)  
SINGLE AXLE - DROP  
WASP  
C JUMP  
GRAND JETE BACKWARDS  
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 RUSSIAN WITH HALF TURN  
TRAVELLING RUSSIAN  
AXLE ELANCE COME THROUGH  
AXLE ELANCE CROUCH ROLL STAND  
WASP WITH FRONT LEG STRAIGHT  
WASP WITH FRONT LEG STRAIGHT AND BACK BEND  
GRAND BATTEMENT SAUTE TO LUNGE OR DEEP LUNGE (WITH CHAINE OR WIND UP STEP TO START)  
GRAND BATTEMENT RELEVÉ TO LUNGE OR DEEP LUNGE (WITH CHAINE OR WIND UP STEP TO START)  
SPRING INTO MODERN RETIRE BACK  
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 POSE EXT SIDE OR FRONT, STRAIGHT OR ATTITUDE  
BRUSH TUCK SIDE  
BRUSH TUCK FRONT  
GRAND JETE BACKWARDS WITH BACK KNEE BENT  
GRAND JETE EN TOURNANT  
SWITCH STATIC  
STATIC SPLIT WITH PITCH CUT CROUCH  
CHASSE COUPE IN 2ND WITH ARMS FLOAT UP  
CHAINE BARREL DOG FAN ELANCE CROUCH ROLL STAND (STRAIGHT AND BACK ATTITUDE)  
STATIC RUSSIAN WITH HALF TURN  
STATIC RUSSIAN WITH DOUBLE REACH R CROUCH  
DOUBLE AXLE  
FOUETTE SAUTE  
FOUETTE SAUTE TO A DEEP LUNGE  
SAUT DE BASQUE  
SAUT DE BASQUE FINISH R CROUCH  
TURNING PAS DE CHAT  
SAUT DE CHAT

GRAND ROND SAUTE WITH TUCK  
GRAND BATTEMENT SAUTE TO LUNGE OR DEEP LUNGE WITH HALF TURN  
GRAND ROND DE JAMBE SAUTE TO LUNGE, OR DEEP LUNGE, WITH HALF TURN  
TUCK JUMP TURNING INTO SLOW SPLIT  
SPRING WITH SMALL EXT SIDE INTO RETIRE INTO DEEP LUNGE AND GO TO FLOOR  
BARREL JUMP IN DOUBLE ATTITUDE  
SISSONNE PASSE - IN DOUBLE ATTITUDE  
SISSONNE PASSE - IN DOUBLE ARAB - INTO DEEP LUNGE TO CROUCH AND ROLL  
CHASSE COUPE EN TOURNANT IN 2ND  
TURNING SWITCH STATIC SPLIT  
STATIC SPLIT WITH PITCH FEEL - CUT CROUCH  
GRAND BATTEMENT SAUTE WITH PITCH SIDE - PUSH MOUNTAIN  
TURNING DELUXE JUICY  
STATIC RUSSIAN WITH FULL TURN  
CHAINE TURNING PAS DE CHAT - SOUTENU TURN  
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 SAUTE OR RELEVE OR EN DEDANS  
TUCK JUMP TURNING INTO DOUBLE ATTITUDE ON FLOOR  
SPRING WITH SMALL EXT SIDE ENVELOPPE INTO DEEP LUNGE  
WIND UP BARREL JUMP IN DOUBLE ATTITUDE  
SIDEWAYS CABRIOLE AND FOUETTE  
SISSONNE PASSE - IN DOUBLE ATTITUDE WITH CIRLING ARMS  
SISSONNE PASSE - IN DOUBLE ARAB - INTO DEEP LUNGE TO CROUCH AND ROLL OVER THE CITY, OR EN TOURNANT  
DOUBLE TUCK WITH FULL TURN (SAME AS ABOVE)  
DOUBLE AXLE ELANCE GRADE 8 COME THROUGH OR CROUCH ROLL  
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 COME THROUGH OR CROUCH ROLL  
ELANCE WITH FULL INSIDE FAN AT END  
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/SURPRISE TRAVELLING RUSSIAN  
SWITCH SPLIT - MENS  
SWITCH RUSSIAN - MENS  
TURNING SWITCH SPLIT  
TURNING SWITCH RUSSIAN  
STATIC SPLIT WITH PITCH FEEL CUT CROUCH  
SAUT DE BASQUE WITH RUSSIAN  
GRAND BATTEMENT SAUTE TO LUNGE OR DEEP LUNGE WITH FULL TURN  
GRAND ROND DE JAMBE SAUTE TO LUNGE, OR DEEP LUNGE, WITH FULL TURN  
CHAINE DOUBLE FAN, DETOURNE, CHAINE  
GRAND ROND SAUTE INTO DOUBLE ATTITUDE  
GRAND ROND SAUTE INTO DOUBLE ATTITUDE WITH HALF OR FULL TURN  
SPRING INTO GRAND ROND EN DEHORS OR EN DEDANS  
MODERN RUNS BACKWARDS - ROND OR PETIT DEVELOPPE  
WIND UP, INSIDE TOUR IN 2ND TO JAZZ SPLIT  
WIND UP, OUTSIDE TOUR TO SLOW CENTRE SPLIT  
DOUBLE CABRIOLE - MEN ONLY  
FOUETTE SAUTE WITH SINGLE TUCK  
FOUETTE SAUTE WITH POPPED BOTTOM LEG

#### **EXTENSIONS:**

GRAB FRONT  
GRAB BACK  
CIRCLE TO GRAB SIDE  
GRAB SIDE LAYOUT CROUCH  
BALL CHANGE, FAN KICK, LUNGE  
START FACING THE BACK - PITCH IN ATTITUDE CROUCH ROLL STAND  
BALL CHANGE, FAN KICK, LAYOUT CROUCH  
BALL CHANGE, FAN KICK, LAYOUT, SNACK TABLE  
START FACING THE BACK - PITCH IN ARABESQUE CROUCH ROLL STAND  
START FACING THE BACK - PITCH IN ATTITUDE, THEN STRETCH TO ARABESQUE, CROUCH ROLL STAND  
FOUETTE RELEVE  
POSE FOUETTE RELEVE  
ROTATION RELEVE  
INSIDE FAN  
FLOAT, WIND-UP STEP, GRAND BATTEMENT SIDE ON RELEVE, FINISH LUNGE  
FLOAT, WIND-UP STEP, GRAND ROND TO KNEE ARAB  
DEVELOPPE TO PENCHE  
DEVELOPPE TO PENCHE AND WALK FORWARD TO CARROT  
ILLUSION  
CAMEL TO PENCHE  
FLICK KICKS - FRONT AND SIDE, SINGLE OR DOUBLE  
DEVELOPPE GRAND ROND - EN DEHORS OR EN DEDANS - FINISH IN EXTENSION OR ATTITUDE - F OR B  
DEVELOPPE GRAND ROND - EN DEHORS OR EN DEDANS - FINISH IN PENCHE F OR B  
DEVELOPPE INTO PENCHE, INTO GRAND ROND EN DEDANS TO STAND  
PETIT DEVELOPPE INTO ROND EN DEHORS WITH HIP ROLL  
GRAND BATTEMENT TURNED IN OR MODERN ATTITUDE SIDE AND REACH TOWARDS TOE EN FONDU  
GRAND ROND IN ATTITUDE AND STEP BACK TO TENDU FRONT OR BACK  
GRAND ROND IN ATTITUDE EN DEHORS OR EN DEDANS - FINISH PENCHE IN EXTENSION OR ATTITUDE - F OR B  
FLOAT, WIND-UP STEP, RENVERSER (ATTITUDE A DOS), ROTATION, LAYOUT, CROUCH  
ILLUSION FINISH IN A TILT side  
PRAY UP//STEP INTO PITCH EN FONDU SIDE WITH LARGE SCOOP  
FOUETTE RELEVE PLIE RELEVE INTO ANOTHER POSITION

**WALKS AND RUNS:**

CROSS WALKS

JAZZ RUNS

SPIKE WALKS

JAZZ WALKS

MARTINI WALKS

MARTINI WALK WITH PLANK BACK BEND

JAZZ WALKS WITH TURNS AND ARMS

PIVOT TURNS

MARTINI WALK WITH PLANK BACK BEND - FLIP TO STRETCH KNEES IN FOURTH - FLIP BACK TO PLIE IN FOURTH

EXAMINER CAN ASK FOR ANY MOVEMENTS ABOVE

JUMPS CLIP - 32 COUNTS

TURNS 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