

NFMC DANCE DEPARTMENT - JAZZ SYLLABUS

JR 17-8

BEGINNER I

Head Roll: Drop head to the front - roll to the right side - drop to the back - roll to the L. Side. Do twice to the R and then twice to the L.

Shoulder: Lift the R shoulder up and down twice, then move it forward and backwards twice (done quickly). Alternate shoulders.

Rib Cage: (Straight legs, feet straight ahead) Shift rib cage from side to side with a stop in the normal position (done sharply). Do four sets. Then shift rib cage front and back with a stop in normal position.

Hips and Pelvis: (Feet straight ahead - stand in demi plié) Move hips from side to side and return to center in between sides.

Stretch: Arms lift overhead (ct. 1) body bends forward over top of hip sockets with a straight back (ct. 2) hand touch floor (st knees) (ct. 3) body straightens up with arms at side (ct. 4).

Legs: Extend foot forward with a point (no weight) Toes stay in contact with floor. Both knees straight. Return feet to neutral. Alternate legs. Repeat to side with legs in natural position. Repeat to back with legs in natural position.

Floor stretches: In sitting position pull knees up to chest, feet on the floor and straighten back. Release and let the back round, drop head forward and repeat.

-- In sitting position both legs straight in front toes flexed. Bring body forward hands reaching forward beyond feet. Bounce 3 counts and sit up on count 4.

Floor Progressions: Walk 4 steps in natural walk, rise to ½ toe and take 4 steps with arms reaching overhead, drop to demi plié and walk 4 steps sitting with straight back and arms folded in front of bust but not touching body, elbows directly to side.

Jumps: Prance steps bouncing away from floor and pointing feet.

BEGINNER II

Head: Drop head forward and backwards 4 times with a stop in normal position.

Shoulder: (Arms extended at sides palms front) Lift R shoulder (ct. 1) bring it forward and down rounding it (ct. 2) lift it again (ct. 3) and drop the shoulder to normal position (ct. 4). Alternate shoulders. Arms and hands remain still.

Rib Cage: Shift ribs side to side with hands on the head, return

Floor Progressions: Jazz walk, lifting feet and knees and pointing toes. Body inclined forward and maintain a demi plié.

to center in between. Then repeat moving ribs forward and backwards with hands on the head.

Hips and Pelvis: (Ft. straight ahead in demi plié) Move pelvis front and back returning to center in between each one.

Stretch: (Feet in 2nd position and toes straight ahead) (Knees straight) Bend to the R with R hand braced against R hip and L arm reaching over side of head as body bends from the waist to the R in direct side bend. Bounce 3 counts, straighten on ct. 4. Repeat to the L.

Legs: Same as Beginner I - except foot leaves the floor slightly.

Floor Stretches: In sitting position with soles of feet together, hands holding ankles and elbows on top of knees, bring body forward pressing knees to floor and dropping forehead to feet. Press down 4 cts. And up 4 cts.

-- Legs open to 2nd position, bring body forward with flat back and bounce 3 cts. sit up on ct. 4.

Jumps: 2 prance steps forward (ct. 1-2). Small jump to 2 feet (to prepare for jump) (ct. 3). Jump into air with straight legs (ct. 4) and land on 2 feet (ct. 4).

BEGINNER III

Head: Shift forward and backwards on a level with a stop in between.

Shoulder: Make a rotation rolling backwards in a circular motion 4 times. Reverse and roll forwards 4 times. Arms are down at the sides.

Rib Cage: Shift side to side and forward and back same as in Beginner I and II but with the arms extended overhead.

Hip and Pelvis: (Feet straight forward in demi plié) Rotate hips 2 times in clockwise direction and 2 times in a counterclockwise direction.

Leg Extension: Point foot forward (2 cts.). Plié bending both legs and keep weight off front feet (2 cts) straighten legs (2 cts) return foot to neutral (2 cts). Done in all positions alternating legs.

Floor Stretches: Sit in 4th position (both legs bent - one in front and one in back). Stretch to side bending body to R if the L leg is in front and reach both arms along side of head. Bounce 3 times, sit up on ct. 4. Do 2 times and reverse legs and stretch.

Jumps: 2 prance steps forward (ct. 1+2. Jump to 2 feet (ct. 3). Push into air and tuck feet underneath body (ct. +). Land on 2 feet in demi plié straightening legs from tuck (ct. 4).

INTERMEDIATE I

Head: With palms together overhead, elbows bent, shift head side to side on a level and stopping in the center in between. Face remains front at all times.

Shoulder: Lift both shoulders up and forward and return up and replace in natural position. Hands are in 2nd position, palms front. Hands and arms remain still.

Rib Cage: Move rib cage in a diamond pattern without coming to normal position. R F L B. Then reverse and return to L F R B.

Hips and Pelvis: (Sit in demi plié, feet facing to the front). Make the same diamond pattern with the hips as above rib cage. Do 2 patterns to the R and 2 to the L

Stretch: With legs straight and hands on buttocks, arch the back and drop the head back. Bounce in this position 3 cts. and up on ct. 4.

Legs: Extend leg forward and off the floor (ct. 1-2) Bring toe to floor (no weight on it) Return foot to neutral (ct. 4). Do in all directions.

Feet: In a wide 2nd position, turned out, plié (ct 1-4) come up to straight legs (ct 1-4).

Floor Stretches: Sit with one leg extended forward and the other leg bent around to side and back. Bounce forward with flat back reaching over foot with hands for 3 cts. Sit up on ct. 4.

Floor Progressions: Jazz walk forward for 2 steps R-L (ct. 1-2) touch ball of foot R to the side of the L foot and lift R knee and foot up sharply (ct. 3+a). Put R foot down (ct. 4). Repeat on the L.

Jumps: 2 prance steps forward (ct. 1-2). Jump to 2 feet (ct. 3). Jump on opening legs to 2nd position in the air (do not turn out) (ct. +). Land on 2 feet bringing them back together again (ct. 4).

INTERMEDIATE II

Head: (Sit in plié with feet in 1st position, turned out and hands overhead palms together). Shift head to side, come back to center and then to the other side. Keep face straight front. Repeat.

Shoulders: (Feet turned in a small demi second) Lift up both shoulders (ct. 1). Bring them forward rounding the back in a contraction, at the same time plié (ct. 2). Lift the shoulders again and straighten knees (ct. 3). Drop shoulders to normal position (ct. 4).

Rib Cage: With the hands on top of the head and the elbows out to the side, make a diamond pattern with the ribs.

Jump: 2 prance steps (ct. 1-2), jump to 2 feet (ct. 3). Push off floor and bend one knee bringing it up in front with other leg extended straight below (+ and ct.). Land on both feet (ct. 4).

ADVANCED I

Hips and Pelvis: (Feet straight ahead in demi second) Lift one hip 4 times and let it drop to the normal position in between. The accent is up. Do all of this sitting in demi plié.

Legs: Extend foot forward toes on the floor. Alternate legs. Then extend leg off floor. Alternate legs. Repeat in all directions.

Feet: (Feet turned out in 2nd position) Plié in 4 cts. Bounce in plié 4 times. Straighten knees in 4 cts.

Floor Stretches: Sitting in 4th position, lift same hip as leg folded back. Rotate in hip socket with slight turn of upper torso away from hip (ct. 1-2). Bring hip back down to floor (ct. 3-4). Repeat 4 times.

Floor Progressions: Jazz walk with same shoulder rolling backwards as foot stepping front.

Jumps: Do 3 different jumps, one with straight legs, one tucked legs and one split legs. These 3 jumps are done with 2 prance steps in between each one of them and are all done in succession.

INTERMEDIATE III

Head: Sit in 1st position in demi plié with hands overhead and do 2 sets of side, center, side center, the 2 sets of forward, center, back, center.

Shoulders: Lift both shoulders (ct. 1). Twist them with one shoulder front, and one back, pull them down in this angle (ct. 2). Lift shoulder again (ct. 3). Drop them to the normal position (ct. 4). Reverse using the other shoulder front.

Rib Cage: Diamond pattern with arms extended straight overhead, along side of the ears.

Hips and Pelvis: 2 diamonds to the R and 2 diamonds to the L. Lift R hip up and down 4 times and then repeat with the L hip.

Legs: Extend foot forward (ct. 1-2), plié (3-4). Straighten legs (5-6). Bring foot back (7-8). Alternate legs. Then do other leg. Lift leg off floor. Plié with the foot off the floor bending both legs. Straighten both legs, bring foot down to the normal position.

Floor Stretches: Sitting in 4th position, do hip rotation 4 times then stretch to the side 4 times.

Floor Progressions: Jazz walk forward for 2 steps R-L then extend R foot and leg to the side just touching toe to the floor. Stay in plié. Bring foot back to center. Start again on L foot to reverse.

Head: Wobble head from side to side double time to the cts. 1-3 hold the head still on ct. 4.

Shoulders: Lift shoulders (ct. 1). Twist stepping out to the side to 2nd position and bending only that knee (same hip goes down, opposite side of the rib cage contracts) (ct. 2). Lift shoulders and

straighten up out of the contraction (ct. 3). Drop shoulders to normal position and bring feet to center (ct. 4).

Rib Cage: Slide thru from side to side with no stop in center, for 8 cts. Then slide forward and backwards for 8 cts. Done quickly and loosely.

Hips and Pelvis: Make a "figure 8" design by twisting hips and bringing pelvis under as forward hip comes front and around to side and to back (4 cts.), twist so that the opposite hip leads forward and to the side and to the back (4 cts.).

Legs: Bend knee up with foot pointed (1-2). Extend leg forward with a flexed foot and straighten leg (3-4). Bend knee back again (5-6). Put foot on floor (7-8). Alternate legs. Then repeat to the side with legs turned out then repeat to the back with the legs turned in.

Floor Stretches: Lie on back. Roll up starting by bringing head up first and rounding the back. The feet are flexed. Take 7 cts. to be up and reaching over feet with hands. On the count of 8, pull body up to straight sitting position. Arms extended forward on ct. 1 bring pelvis under sharply and point the feet. Take the next 7 cts to slowly roll body down to the floor again.

Floor Progressions: Jazz walk forward R-L (ct. 1-2), touch R foot to side (ct. +). Bring foot back to center (ct. 3), touch L foot to the side (ct. +). Bring foot to center (ct. 4). Start with the L foot next time to reverse.

ADVANCED II

Shoulders: Shimmy, starting slowly bringing one shoulder forward and the other one back, with no lift of the shoulders and no stop in between. Gradually get faster until the action is very rapid and loose.

Rib Cage: Rotate in circle twice counterclockwise and twice clockwise taking 2 cts for each circle.

Hips and Pelvis: Rotate hips two circles to the R and two to the L and do 2 full figure eights.

Legs: Lift and extend with flexed foot, as you do that sit in a plié as the leg straightens off the floor. Come out of the plié as the leg bends again. Put the foot on the floor. Take 4 full counts each. Do front, other front side other side, back and the other back.

Floor Stretches: Lie on the back - Lift chest and rib cage off floor in a high arch with the weight resting on the top of the head and the buttocks (cts. 1-4) Release to a flat back again (cts. 1-4).

Floor Progressions: "Flick Kick" Kick by bending one knee up and kicking foot forward. Pull foot sharply back out of kick and bend knee again. Put foot on the floor. Stay in a demi plié and travel on the walk.

ADVANCED III

Shoulders: Do 2 shoulder twists (Intermediate III) plain then 2 stepping out to the side with contraction. Alternate sides.

Rib Cage: Do a diamond pattern to the R + L + R + L with the hands on the hips for 2 sets then with the hands on the head and elbows out to the side do 2 sets and then with hands overhead. Can also be asked for rotation instead of diamond pattern.

Legs: Do one set of Point flex extensions with straight legs then a set in plié all done in double tempo.

Feet: Place feet in 2nd position. Plié turned out in 4 cts. Shift to one side straightening opposite leg. Keep heels on the floor, buttocks under for 4 cts. Come back to the center 4 cts. Straighten legs 4 cts. Repeat with shift to other side.

Floor Stretches: Lie on back, arms out stretched at the sides. Lift straight leg with pointed foot (ct. 1). Open leg to side close to the arm (ct. 2) and slide leg on floor back to the other leg (ct. 3-4). Alternate legs 2 sets.

-- Reverse and open leg to arm (ct. 1) lift it over head (ct. 2). Bring it down slowly in front (ct. 3-4).

Floor progressions: Flick Kick front, bring foot back and touch toe next to other foot. Flick Kick to the side turned out. Step forward and foot. Alternate legs.

Jump: 2 prance steps forward, jump to 2 feet twice, turn in air for ½ turn, land on 2 feet for 2 jumps and turn again in the same direction for ½ turn. Repeat all reversing turn.