

Jazz II Curriculum

Warm-Up:

1. Temp raiser/cardio
2. Roll down in 2nd position parallel, plié at bottom, stretch, roll up
3. Head, rib and hip isolations: single, double, and triple rhythm
4. Flat back: forward (and side) and hold, release, plié, stretch, roll up
5. Side stretch: side, down to center, roll up
6. Pliés: plié raise R arm to 2nd, plié raise L arm to 2nd, plié arms down cross and up, relevé arms open to 2nd (6th, 1st, parallel 2nd, 2nd) use jazz arms in parallel and ballet arms in turned out positions
7. Tendus: tendu close, tendu flex, tendu close, tendu close, tendu plié passé close (en croix or alternating sides)
8. Passé balance and lunge: facing mirror so children can see if hips are square
9. Straddle sit and stretch
10. Long sit: facing side of the room
11. Butterfly sit and stretch: flat back and contract
 - No sit-ups or push-ups
 - Work splits every other week

Across the Floor:

1. Jazz walks
2. Pivot turns: with 'V' arms low, middle, high
3. Battements turning: R front, L front, R side, R back, chassé to start again
4. Chaîné turns (arms in first): practice in plié, relevé, and in a square
5. Piqués: continuous singles, hands on shoulders, later opening to line of direction
6. Chassés: strong opposite arms
7. Chassés (in combo): two chassés and kick ball-change (does not change direction); two chassé and three step turn (changes directions)
8. Single and double tuck jumps: arms out on chassé cross on step and up to high 'V' on jump
9. Grande jeté: chassé step jeté with straight legs and landing with back leg in attitude
10. Saut de chat: chassé step saut de chat (going through développé)

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Center:

1. Five step turn: with dig and touch
2. Triplets: crossing in front and back
3. Compass turns
4. Fan kicks
5. Pirouettes: single and double en dehors, kick ball-change or jazz pas de bourrée preparation begin to work double turns.
6. Traveling pirouettes: two triplets and pirouette en dehors, moving towards the mirror begin to work double turns.
7. Beginning axles
8. Pencil turns
9. Jazz splits
10. Jazz square: alternating and in combo with lindy

Combinations:

Each week spend the last 10 minutes of class teaching a combination of skills from the lesson plan. It is a good idea to work on one combination for a few weeks to the same song and then change.

Things to Remember:

1. Do not worry if they are not keeping up with the syllabus
2. Don't be afraid to use hands on teaching
3. Keep warm-ups consistent (switch up music)
4. Stress body placement, pointed toes, straight legs!