

## Jazz V Curriculum

### Warm-Up:

1. Temp raiser/cardio
2. Roll down in 2<sup>nd</sup> position parallel, plié at bottom, stretch, roll up
3. Head, rib and hip isolations
4. Flat back: forwards and hold, release, plié, stretch, roll up
5. Octagon stretch: counts of eight, four, two and one
6. Pliés: varying combinations
7. Tendus: varying combinations
8. Straddle sit and stretch
9. Long sit: facing the side of the room
10. Butterfly sit and stretch: with flat back and contractions
11. Sit-ups
12. Push-ups

### Across the Floor:

1. Battements turning: all directions and positions
2. Battement layouts and fan kick layouts
3. Pirouette: with a variety of preparations, focus on triples and quads
4. Chaînés: with direction changes, increased speed and tightness
5. Piqué turns: doubles, try ending in arabesque and mixing with other turns
6. Leaps:
  - a. Straight
  - b. Développé
  - c. Leaps in 2<sup>nd</sup> position
  - d. Switch leaps
  - e. Star leaps
  - f. Reverse leaps
  - g. Turning c-jumps
7. Tuck jumps:
  - a. Single
  - b. Double
  - c. 'L'
  - d. Turning 'L'
  - e. Tilt

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### Center:

1. Attitude turns: doubles
2. Varying combos: pirouette, piqué, chaîné, etc.
3. À la seconde turns and fouettés:
  - a. Attitudes
  - b. Floats
  - c. Illusions
4. Faxle: chaînés, faxle with rond de jambe
5. Combination of all skills above into fresh choreography