

### **Boys Amalgamation: Advanced II Modern Syllabus**

Start centre stage in wide parallel facing front. R heel is raised with body spiral to L focusing over and down, arms hanging in loose low parallel.

- 1-8 Wait
- & Throw head backwards
- 1-8 Slowly recover head to neutral, looking straight ahead to SL
- & Switch body to face front parallel to floor. L on plie, R straight, arms in tilted jazz 1<sup>st</sup> with R elbow jabbing high
- 1-5 Unfold R arm from elbow to circle outwards to catch back of R knee causing it to bend into jazz 4<sup>th</sup>. R shoulder is slightly dipped forwards and body remains at low level.
- 6 Maintaining legs throw R arm forwards to shoulder level to SL.
- & Jab R elbow to R side into jazz 1<sup>st</sup> palms down, head follows direction of R elbow causing slight body twist, R leg cuts in behind L, forcing L onto ball of foot, beginning to face LDB.
- 7-8 Throw R arm in an inward circle palm to front, L leg extends out low level to LDB, focus follows pathway of R arm and step onto L facing LDB.
- 1 Walk forwards with R
- 2-(3) Joining L to meet R in parallel 2<sup>nd</sup> still facing LDB, throw head over L shoulder initiating body in hinge, arms loosely at sides of body.
- 3-(4) Step around with R bringing whole body to face LDF
- 4-5\* Keep direction of turn and step around with L to front in preparation/ take off into flying bat jump where head is directly to front.
- 6-8 Keep turning out of jump to finish facing front feet together, arms down at sides, focus down.
- 1 Stepping forwards into jazz 4<sup>th</sup> with L, pulsing with accent down on 1.
- 2 Miss (partially recovering 'pulse')
- 3 Repeat pulse with accent down into jazz 4<sup>th</sup> throwing arms to jazz 2<sup>nd</sup> palms down
- & Head tilts sharply to R, (maintain arms)
- 4& Head recovers to neutral
- 5,6,7 Step back R onto ball of foot maintaining low level dropping arms to sides, join L to it, step forward R into lunge L hand to floor.
- 8-2 Slide through with L to narrow half kneel (R stands) to face SL
- & Shoot out into press up using triceps (arms close into body, hands face forwards). (Idea is to place hands at feet and shoot feet out from there)
- 3-5 Pulling back in hips and pushing from hands turn onto R side and roll to step up on R facing front.
- 6-1 Drop folded roll\*\* onto L, rolling over to L and standing up on L (1) facing front
- &2 Ball change R/L (crossing R behind L) into parallel 2<sup>nd</sup>. Head isolation to L on 2

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\* Students have some freedom within these counts depending how much preparation they require for jump. Take off however must be on count 5.

\*\* Drop folded roll: replacing R foot with L as fold over L onto floor, ensuring going down side of leg NOT dropping directly onto knee. L arm shoots forward as L folds and continue to roll to L with back on the floor. As students get more competent they can explore more flight time before initial drop onto L.

- & Head isolation back to front
- 3 Elbows pull tight into sides, drop into squat, body low level
- 4 Transfer weight onto L maintaining body angle, drop arms down towards floor in parallel, R is bent at knee, foot extended (pelvis may tilt backwards slightly)
- 5 Stepping forwards to LDF with R in natural turn out, punch hips forwards with body following diagonal angle backwards. Arms swing forwards naturally with L forwards in opposition. (L heel may release onto demi-pointe)
- 6 Transferring weight onto L swipe R backwards in circular action allowing arms to change in opposition so R arm forwards as R leg back.
- 7 Stepping in turn out onto R turning to face back with L turned out dragging in front of R ankle, L arm makes inward lateral circle
- 8 L steps to SR facing back in gliding action, R extends to SL very low and long (all turned out). L arm completes lateral circle to finish at shoulder level, palm down towards SR. Head looks along arm to L (SR).
- 1 Step onto R towards SL
- 2-3 Cutting in with L, low level en dehors pirouette to R completing 1.5/2.5 turns \*\*\*  
arms down at side of body.
- 4 Finish facing SR stepping back with R into jazz 4<sup>th</sup> elbows jab backwards at hip level
- 5 Joining L to R in parallel (jazz 1<sup>st</sup>) with slight skid backwards, arms unfold upwards to parallel high palms facing looking up to hands
- 6 Throw arms down by sides with relaxation
- 7-1 Begin to curl down through spine on straight supporting legs, at bottom begin to snake the head forwards falling forwards, pushing hips forwards to form diagonal line with body. Will probably end up falling forwards on demi-pointe to achieve complete diagonal line.
- 2 Step forwards with L to SR
- 3-4 Through long low lunge step out to RDB transferring weight to R reaching R arm diagonally out along floor releasing L into layout. Continuing to right pelvis, bring body up and turning out the legs, R arm reaching out to RDB at shoulder level palm forward and continues to make inward circle across body toward L side.
- 5 Beginning reverse developpe with L
- 6& L crosses behind R in ball change, R arm wipes across body to throw out to RDB palm forward at shoulder level, focus follows arm
- 7 Throw L forwards to LDF jump onto straight legs to face RDB, L arm throws forward up to RDB whilst head throws over R shoulder
- 8,1,2 Three long runs to LDF (RLR)
- 3-4 Throw L to SL jump onto straight legs but pull hips to R side in counterbalance. R arm throws across body towards L side
- 5 R elbow pulls backwards sharply forcing body forwards so parallel to floor, step out with R to side on lunge facing front, L remains straight.
- 6 Maintaining body angle, unfold R arm outwards and round cutting across body at same time with weight on R, (L drags in front of R) turn by L shoulder stirring outwards with hips to face back

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\*\*\* Student/ teacher choice

- 7 Step out on L to SR placing L hand on floor to take weight.
- 8&1 Whip R leg round in tilted inward round kick whilst hopping on L to step out on R. R arm remains parallel to R leg in whip.
- 2-4 Repeat drop folded roll onto L
- 5 &7 Step up on L in recovery from roll facing front to initiate step hop step in parallel 2<sup>nd</sup>, body low level, arms swing to L across body with L diagonal high and R to L side (5) and finishing in parallel 2<sup>nd</sup> on plie, arms grasp forearms head down.
- 8 Miss
- 1 Jump extending front of body slightly, lower legs bending backwards, arms shooting forwards to high 'V', palms down to floor, focus forwards
- 2 Land retracing path of legs and arms forwards but finish with arms in parallel with palms level and facing inside of knees, body forwards.
- 3 Miss
- &4 Turning R out and pulling R shoulder back maintaining arms and replace again.
- 5 Look sharply to LDF
- 6, 7 Turning to face LDF take two long runs backwards (L/R)
- & With weight on R on straight leg extend L to LDF, arms to jazz 2<sup>nd</sup> palms down
- 8 Step forwards onto L into jazz 4<sup>th</sup> clasping forearms under L thigh
- 1 Leaving feet in position pivot to face RDF in parallel 2<sup>nd</sup> on straight legs, dropping arms to side.
- 2 Look to LDF over L shoulder
- 3 Maintain feet jab R elbow to side lunging on R
- 4-5 Hopping and landing on L, R in loose 'running position' behind. R arm unfolds and has bowling action toward LDF
- 6,7,8 Three long runs turning by L shoulder to face front (R/L/R)
- 1-2 Stepping to side on L into parallel 2<sup>nd</sup> on plie pulling arms slightly behind body with heavy relaxed tilt of head to L and recovering joining L to R into parallel 1<sup>st</sup>.
- 3-4 Step forward with R into jazz 4<sup>th</sup> flicking R hand to front with palm facing R side. Replace R back into parallel 1<sup>st</sup> with hands at R side of body with back of R hand resting in palm of L with L shoulder pulling forwards slightly. Back of L wrist faces front.
- 5 Lift L knee flexed foot, maintain arms.
- &6 Ball change forward into jazz 4<sup>th</sup> (R forwards). Arms throw upwards maintaining grip and fall into opposition (L forwards).
- 7& R pivots on heel turning in to replace in jazz 4<sup>th</sup>. Back of R hand pushes across body and is collected again by left to rest at R side of body with R inside L as before.
- 8& Small jump in jazz 4<sup>th</sup> picking up knees, land in same position.
- 1 Jump feet together on demi-pointe, still maintain arms.
- & Shoot feet to parallel 2<sup>nd</sup> on straight legs, arms in angled jazz 1<sup>st</sup> L high, palms facing up.
- 2 With rib isolation to L shoot arms across body towards SR, L slicing horizontally across parallel to floor palm up and R high diagonal palm down.
- 3 Miss
- 4& Jab L elbow with arms angled jazz 1<sup>st</sup> to L diagonal high and back down.

Nikki O'Hara  
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- 5-6 L arm shoots up and out pulling body via L shoulder into a hinge (heels lifted) facing L side.
- 7 Pull hips back from hinge in preparation
- 8-1 Jump facing L side in pike flicking arms and legs forwards towards L side and land in parallel 2<sup>nd</sup> on plie.
- 2 Straighten legs and look to front over R shoulder
- 3 Bend R beginning to transfer weight onto R
- 4 Flick L behind
- 5 Kick L forwards towards front with flexed foot with head butt action
- 6& Ball change to side L/R
- 7& Barrel turn to L
- 8 Finish in parallel 2<sup>nd</sup> on plie with R heel lifted, releasing through body to clasp forearms head down.