



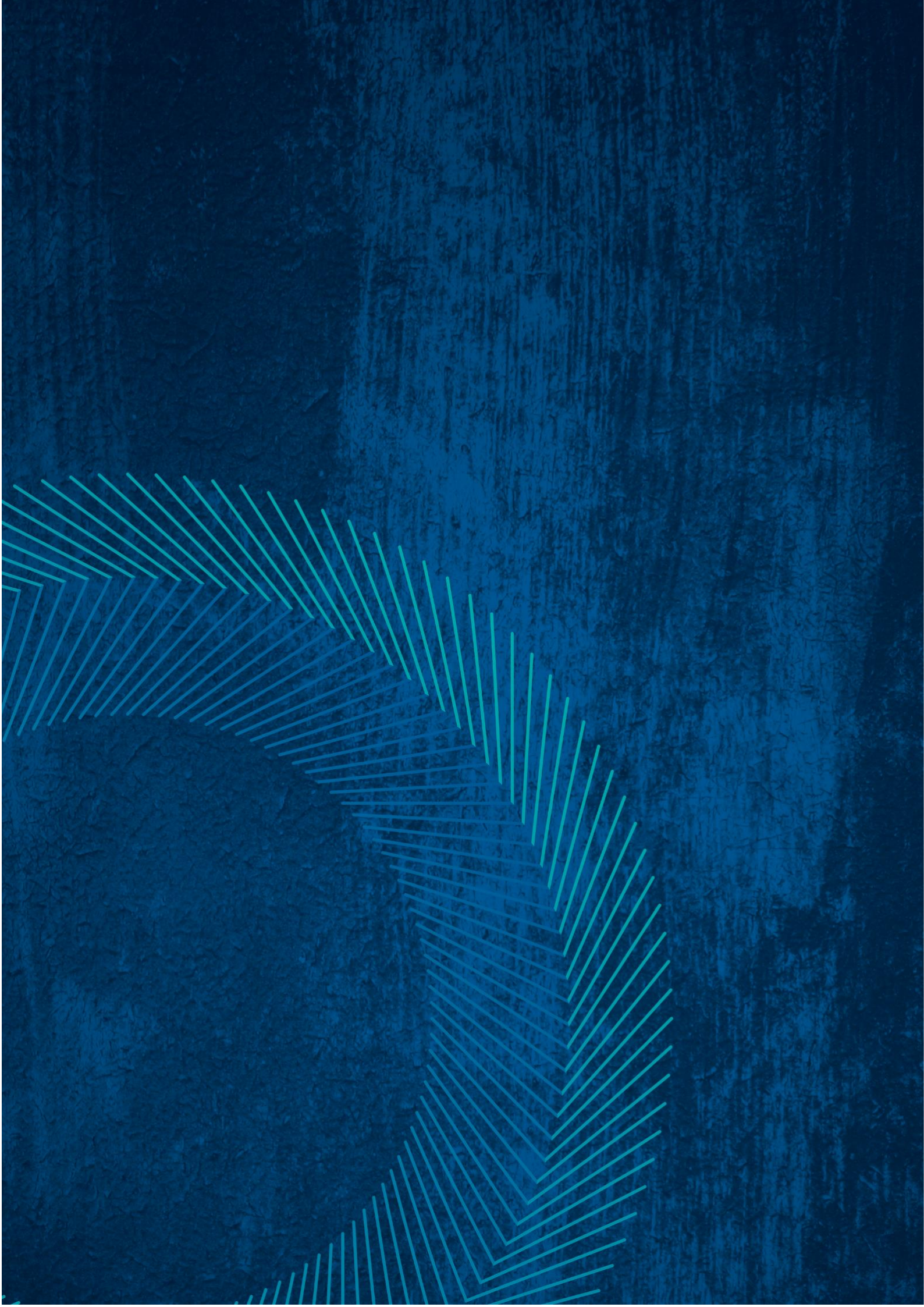
MODERN THEATRE:

GRADE AND CLASS 2 and 3 OPTIONAL FREE PLAYLIST

For Class Examinations and Graded Examinations

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OPTIONAL FREE MUSIC FOR MODERN THEATRE

GRADE AND CLASS 2 AND 3 EXAMINATIONS

Guidelines

- The new suggested playlists are **optional**, and teachers can use a mix of any of the set music with any of the free suggested tracks listed below from September 2024.
- Due to the bespoke choreography of the Grade 1 Modern Theatre syllabus, this will remain performed with set music for all exercises and set amalgamations.
- For examinations, each exam set **MUST** use the same playlist and not change tracks for different candidates unless for optionality. For Set Amalgamations and Teachers Dance, these can be different tracks as these are seen individually.
- For examinations ensure that the chosen tracks are downloaded and are in the correct order for the music operator to play. Please do not rely on these Spotify playlists in the examinations, as there are many tracks on these playlists for the music operator to navigate and Wi-Fi is not always guaranteed.
- Some exercises/amalgamations still need to be performed to the ISTD original set music, due to unusual phrasing and/or specific musical highlights that are enhanced by music with the choreography (and stated in the list below).
- Teachers to ensure candidates are trained to "follow on" from one another where appropriate, for example in all of the combination steps.
- Teachers to prepare candidates to be flexible and respond to the examiner's instructions, i.e. for candidates to practice together, one by one, or continuously.
- The faculty have worked very hard to research and trial tracks in order that teachers do not need to edit the tempo of the music. However, if there are any tracks from the list below, that are not quite the correct speed for your particular dancers, you are allowed to adjust the tempo slightly (by 5%) to accommodate the dancer's needs, this is at the teacher's discretion. Please use the set music as a guide for the bpm's.
- Depending on the tracks you chose, you may want to edit the introductions to keep these to a minimum.
- Bow: Teachers can use the Set music or a free piece of music. This can be teachers own choice of any track (age appropriate) or a track chosen from any of the lists below. If using a free music track for the Bow, teachers **must** edit the track to the set bow choreography and phrasing and ensure that the introduction is 8 counts, and the music is cut/faded at the end of the bow.



GRADE/Class 2 MODERN THEATRE	Time signature	TRACK TITLE	ARTIST
Limbering			
Warm up	3 / 4	ORDINARY DAY	Vanessa Carlton
	3 / 4	RELEASE SWINGS	William Catanzaro
Side Stretch	3 / 4	MAYBE I'M THE ONE WHO'S NUTS	The Marcus Hedges
	3 / 4	VALSE HOT	Max Roach
Forward Stretch	12 / 8	DARLIN' YOU KNOW I LOVE YOU	B.B King - Blues 'N' Jazz
	12 / 8	LOST MIND	Jools Holland, Rumer
	12 / 8	BLUES JAM IN 12/8	Real Deal Backing tracks
Foot Exercise	4 / 4	PEOPLE PLEASER	Cat Burns
Abdominals Exercise	4 / 4	DELICIOUS DEEDS	Master Harrat
Front kicks Exercise	SET SYLLABUS MUSIC TO BE USED IN EXAMINATIONS		
Tendus	4 / 4	I FEEL LIKE DANCIN'	Jason Mraz
	4 / 4	BEAT GOES ON	Campbell
Arms Exercise: Option A	4 / 4	MOOG ME UP	Wibke Komi -Homework Beats
	4 / 4	COLOURS OF THE WIND	Tori Kelly
	4 / 4	I SEE THE LIGHT	DCappella
	4 / 4	BETTER TOGETHER	Jeremy Loops
Arms Exercise: Option B	4 / 4	I LIKE TO MOVE IT	Will.i.am
	4 / 4	HAWAIIAN ROLLER COASTER RIDE	Mark Keali'I Ho'omalu
Rhythm Section			
Free Rhythm	SET SYLLABUS MUSIC TO BE USED IN EXAMINATIONS		
Free Rhythm examples for class	THE TWO FREE MUSIC TRACKS BELOW ARE TO BE USED IN CLASS ONLY		
	4 / 4	OOPS! I DID IT AGAIN	Scott Bradlee's Postmodern Jukebox
	4 / 4	1234	Feist
Set Rhythm	SET OR FREE MUSIC TO BE USED IN EXAMINATIONS		
Set Rhythm: clapping and responding	4 / 4	HERE YOU COME AGAIN	Dolly Parton



GRADE/Class 2 MODERN THEATRE	Time signature	TRACK TITLE	ARTIST
Set Rhythm - Dance development	4 / 4	JUMP	Cassandra Beck
	4 / 4	WAKA WAKA (This Time for Africa)	Shakira, Freshly ground
Dance Movements			
Walks: Option A	SET SYLLABUS MUSIC TO BE USED IN EXAMINATIONS		
Walks: Option B	4 / 4	IMMORTALS (teachers may need to alter the speed)	Fall Out Boy
	4 / 4	IT'S ABOUT THE WALK (teachers may need to alter the speed)	Prince
Step Ballchange	4 / 4	BETTER WHEN I'M DANCIN'	Meghan Trainor
	4 / 4	THIS WILL BE (An Everlasting Love)	Natalie Cole
Bounces: Option A and B	4 / 4	WE RUN THE SHOW	Kidz Bop Kids
	4 / 4	YOU'RE THE BEST	Joe "Bean" Esposito
	4 / 4	CAN'T FEEL MY FACE	Sing 2 - Kiana Ledé
	4 / 4	IT'S ALRIGHT	Jon Batiste
Split Runs	4 / 4	THERE'S NOTHING HOLDIN' ME BACK	Shawn Mendes
	4 / 4	WALK THE DINSAUR	Queen Latifah
Turns	4 / 4	TRY EVERYTHING	Shakira From ZooTropolis
	4 / 4	ANOTHER STAR	Stevie Wonder
	4 / 4	GOOD DAY	Brenna Whitaker
TEACHERS CAN USE THEIR OWN CHOICE OF MUSIC FOR COMBINATION STEPS OR ANY OF THE TRACKS BELOW			
Combination Steps	4 / 4	SPACE JAM (133 bpm)	Quad City DJ's
<i>There is a mixture of speeds within this music selection. If any of these tracks are chosen for exams, it must be one track at one speed for the full exam set.</i>	4 / 4	ACCIDENTLY IN LOVE (140 bpm)	Shrek 2 - Counting Crows
	4 / 4	STRANGERS LIKE ME (120 bpm)	Phil Collins - Tarzan (Disney Summer songs)
	4 / 4	DON'T YOU WORRY 'BOUT A THING	Tori Kelly
	4 / 4	CALL ME MAYBE	Carly Rae Jepsen
	4 / 4	WHEN LOVE TAKES OVER	David Guetta



GRADE/Class 2 MODERN THEATRE	Time signature	TRACK TITLE	ARTIST
Set Amalgamations			
Jazz Set Amalgamation	4 / 4	DON'T STOP MOVING	S Club 7
	4 / 4	STOP THE FLAME	Celeste
Lyrical Set Amalgamation	SET SYLLABUS MUSIC TO BE USED IN EXAMINATIONS		
Set Amalgamation: "The Circus Star" (previously titled The Strongman)	SET SYLLABUS MUSIC TO BE USED IN EXAMINATIONS		
Set Amalgamation "The Round Up"	4 / 4	GIDDY UP!	Shania Twain
Bow	Teachers can use the Set music or a free piece of music. (see guidance notes)		

Official Grade 2/Class 2 Modern

<https://open.spotify.com/playlist/18JmFGRAjUDZBmIOEEyDWr?si=vKLCKtibRP6sGkhiHJcVTw&pt=318da8469e1eaca5927ddf87b8466790>

To access the link from this pdf, please copy and paste the link into a new internet tab.

Or search for the list on Spotify under the title **"Official Grade 2/Class 2 Modern"** created by Lisa Harrison-Jones



GRADE 3 / Class Exam 3 MODERN THEATRE	Time signature	TRACK TITLE	ARTIST
Limbering			
Warm up	4 / 4	JUMP FOR MY LOVE	The Pointer Sisters
	4 / 4	DANCING ON THE CEILING	Lionel Richie
	4 / 4	SUNCHYME	Dario G
Side Stretch	3 / 4	IT COMES AND IT GOES	Dido
	3 / 4	IF I KNEW	Bruno Mars
Forward Stretch	3 / 4	WHO WILL THE NEXT FOOL BE	Jools Holland, Tom Jones
Abdominal Exercise	SET SYLLABUS MUSIC TO BE USED IN EXAMINATIONS		
Leg stretching and Front kicks	3 / 4	PERFECT	Scott Bradlee's Postmodern Jukebox
Side Kicks	4 / 4	THE KEY, THE SECRET	Urban Cookie Collective
Press Ups	4 / 4	STRANGERS LIKE ME	Phil Collins
Tendus	4 / 4	I AINT' WORRIED (Acoustic)	One Republic
Arms			
Arms: Option A	3 / 4	THE KEEPER	Marie Digby, Kina Grannis
	3 / 4	ANYWHERE BUT HERE	Christina Aguilera (Finding Neverland)
Arms: Option B	3 / 4	REMEMBERING SUNDAY	All Time Low
	3 / 4	SAVE ME THE TROUBLE	Dan & Shay
Isolations			
	4 / 4	PUTTIN' ON THE RITZ	Betty Boom
	4 / 4	EVERYBODY DANCE NOW	Red Hot Chilli Pipers
	4 / 4	MAKE IT	Jake Reese
	4 / 4	TRUSTFALL	Pink
Rhythm Section			
Free Rhythm	SET SYLLABUS MUSIC TO BE USED IN EXAMINATIONS		
Set Rhythm	SET OR FREE MUSIC TO BE USED IN EXAMINATIONS		
Set Rhythm: Dance development	4 / 4	WHEN SOMEONE LOVES YOU	Emelie Sande, Nile Rogers



GRADE 3 / Class Exam 3 MODERN THEATRE	Time signature	TRACK TITLE	ARTIST
Dance Movements			
Triple Runs	3 / 4	YOU AND ME	Life house
	3 / 4	EDGE OF DESIRE	John Mayer
	3 / 4	WHEN I LOOK AT YOU	Miley Cyrus
Turns - Option A	3 / 4	DEAR JOHN	Taylor Swift
	3 / 4	BE MY MISTAKE	The 1975
	3 / 4	(You’re make me feel like a) NATURAL WOMAN	Aretha Franklin
	3 / 4	SO HIGH	Eliza Doolittle
Turns - Option B	4 / 4	BUSY EARNIN'	Jungle
Foot Warm Up	SET SYLLABUS MUSIC TO BE USED IN EXAMINATIONS		
Split Runs – Option A	4 / 4	PRAISING YOU	Rita Ora, Fatboy Slim
	4 / 4	RATHER BE	Clean Bandit (feat. Jess Glynne)
Split Runs – Option B	4 / 4	IL TEOREMA DI COOPER-NOWITZKI	Spinal E
	4 / 4	HIGHER	Michael Buble
TEACHERS CAN USE THEIR OWN CHOICE OF MUSIC FOR COMBINATION STEPS OR ANY OF THE TRACKS BELOW			
Combination Steps	4 / 4	GOOD LUCK	Mabel, Jax Jones, Galantis
	4 / 4	BE KIND	Zac Abel
	4 / 4	TREAT PEOPLE WITH KINDNESS	Harry Styles
	4 / 4	BOOGIE WONDERLAND	Earth Wind and Fire
Set Amalgamations			
Jazz Set Amalgamation	4 / 4	IT TAKES TWO	Camila Cabello, Anna Kendrick
	4 / 4	FORGET YOU	Glee cast (feat. G.Paltrow)
Lyrical Set Amalgamation		SET SYLLABUS MUSIC TO BE USED IN EXAMINATIONS	
Set Amalgamation "The Search"		SET SYLLABUS MUSIC TO BE USED IN EXAMINATIONS	
Bow		BOW CAN BE PERFORMED TO FREE OR SET BOW MUSIC (see guidance notes)	

Official Grade 3/Class 3 Modern

<https://open.spotify.com/playlist/6s7uNhWg2jMA1eINd7F4f7?si=nDFU9RIwRHmKHIARmv2y3A&pt=864fb8c5a8b751b8e3a937fa225070e5&pi=XIZv20hIQbesS>

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