

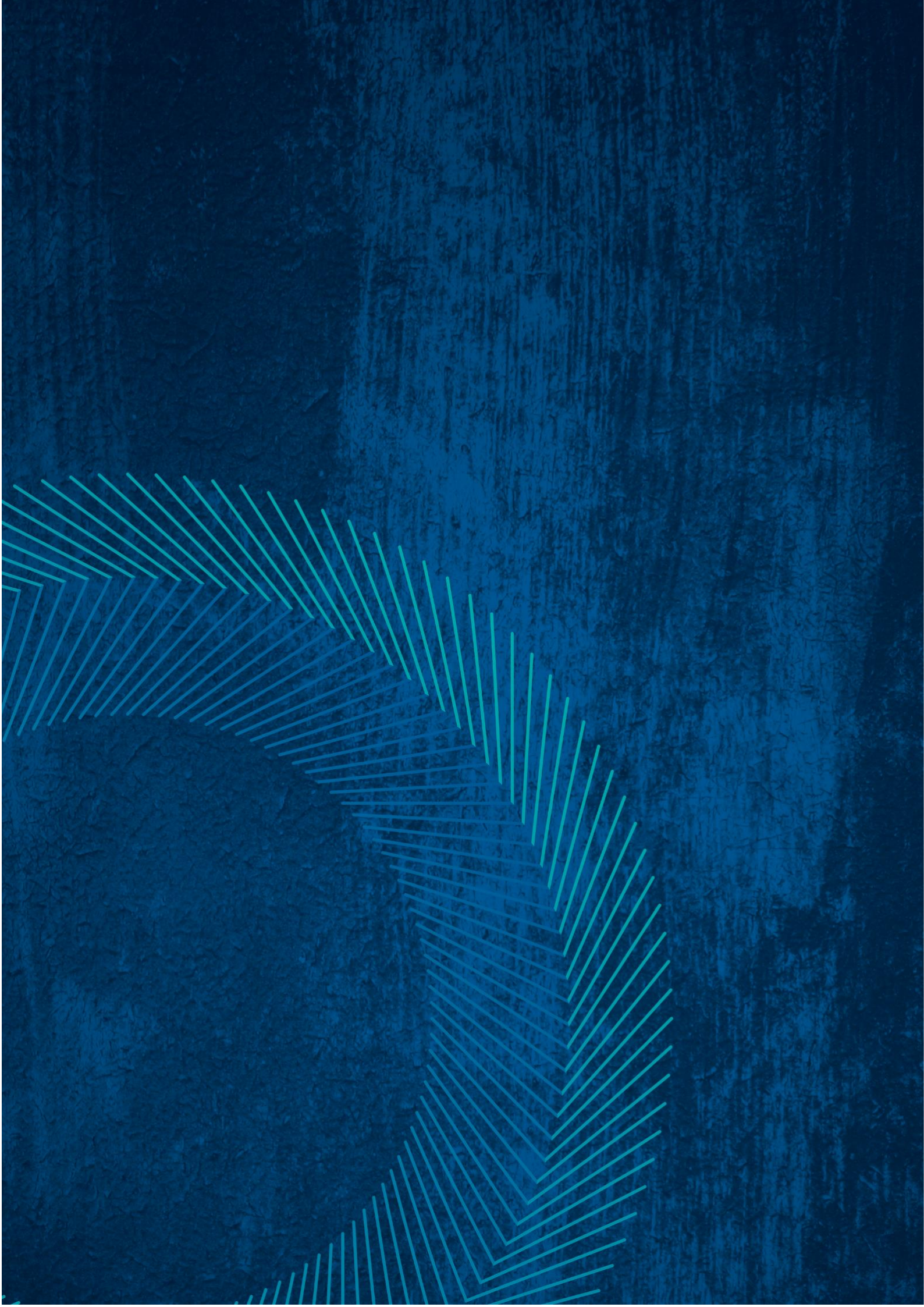


MODERN THEATRE:

Grade and Class Examinations 4, 5 and 6 optional free playlists

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OPTIONAL FREE PLAYLIST FOR MODERN THEATRE GRADE AND CLASS EXAMINATIONS

Guidelines

- The new playlist is **optional**, and teachers can use a mix any of the set music, free tracks listed below in examinations.
- 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.



CLASS 4/GRADE 4 MODERN THEATRE	TIME SIGNATURE	TRACK TITLE	ARTIST
Warm up	3/4	Zombie Waltz	Brent Lewis
	6/8	Perfect Duet	Ed Sheeran, Beyonce
	6/8	One Last Song	Sam Smith
Forward and Side Stretch	3/4	Let’s Walk	Madeleine Peyroux
	3/4	Like I’m Gonna Lose You	Meghan Trainor
Spine Loosening and Abdominals	SET SYLLABUS MUSIC TO BE USED IN EXAMINATIONS		
Front and Side kicks	6/8	Lost Mind	Jools Holland, Rumer
	6/8	Fly Baby	Caity Gyorgy
Hip Loosening	3/4	All We Are	Matt Nathanson
Push Aways	4/4	Uptown Funk / Locked Out of Heaven	Atomic Brass
	4/4	Worthy	Mavis Staples
Floor Sequence: Option A (new)	Spotify playlist: “MTH Gd4&5FloorProgressions&Sequences” https://open.spotify.com/playlist/3U0p6phvH3JEZkPtziFLYx?si=o3RjVwTbQZa9H2I1XO_nLA&pi=ZabKhhvER5eo1		
Floor Sequence: Option B (previously titled Boys Floor Seq.)	4/4	Run To It	Julius Rodriguez
	4/4	Ivan	Emile Londonien and Ivan Conti
Tendus	4/4	Upside Down	Paloma Faith
	4/4	Best day of my Life	American Authors
	4/4	Vultures	John Mayer
	4/4	Boom Clap	Vitamin String
Arms A/B	3/4	Hold My Hand	Lady Gaga
	3/4	Stand	Smash Cast



CLASS/GRADE 4 MODERN THEATRE	TIME SIGNATURE	TRACK TITLE	ARTIST
Isolations	4/4	Get Ready/Dancing in The Street <i>(may need to be slowed down)</i>	Motown The Musical
	4/4	Be Alright	Ariana Grande
	4/4	Samba Do Brasil	Bellini
Unset Rhythm	SET SYLLABUS MUSIC TO BE USED IN EXAMINATIONS		
	THE TWO FREE MUSIC TRACKS BELOW ARE EXAMPLES TO USE IN CLASS ONLY		
	4/4	Trav'lin Light (Slower rhythm)	Billie Holiday
	4/4	What Would I Do without you (Quicker rhythm)	Lizz Wright
Set Rhythm for Clapping, Marking and Dance Development	4/4	Little Bitty Pretty One Street <i>(may need to be slowed down)</i>	Andy Fortuna
	2/4	Hit The Road Jack	Casey Abrams and Haley Reinhart
Turns A	3 /4	Sad Beautiful Tragic	Taylor Swift
	3/4	You and Me	Lifeshouse
Turns B	4/4	Give You The World	Marc Broussard
	4/4	Lonely Avenue	Rays Charles
Kicks	4/4	Blame It On The Boogie	The Jacksons
	4/4	Middle of Love	Beverley Knight
	4/4	Sing a Song	Earth Wind and Fire
Foot Warm up	SET SYLLABUS MUSIC TO BE USED IN EXAMINATIONS		
Split Runs	4/4	Gypsy Woman (She's Homeless)	George White Group
	4/4	This Will Be Everlasting Love	Natalie Cole
	4/4	Happy Together	Matt Forbes
Combination step	TEACHERS OWN CHOICE OF MUSIC OR SET MUSIC CAN BE USED		



CLASS/GRADE 4 MODERN THEATRE	TIME SIGNATURE	TRACK TITLE	ARTIST
Jazz Amalgamation	SET SYLLABUS MUSIC TO BE USED IN EXAMINATIONS		
Set Amalgamation: Lyrical	3/4	Runaway (may need to be slowed down)	The Corrs
Set Amalgamation: The Rain Forest	SET SYLLABUS MUSIC TO BE USED IN EXAMINATIONS		
Set Amalgamation: Musical Theatre		Puttin' On The Ritz	Great Ladies of Jazz, Spotlight on Judy Garland (1992 Digital Remaster)
BOW	BOW CAN BE PERFORMED TO FREE OR SET BOW MUSIC (check guidelines on page 3)		

CLASS 4 AND GRADE 4 MODERN THEATRE MUSIC ON SPOTIFY:

<https://open.spotify.com/playlist/7tdvCGDluXmRnzeimKygET?si=61i4qnS7RI-XwNRjB-A2xA&pt=80439283d8fedda0b7f0d5e32bbd5398&pi=czyGFKtkQyiPo>

To access the links 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 Class & Grade 4 MTH Optional music”**
created by Lisa Harrison-Jones

GRADE 4 AND GRADE 5 FLOOR SEQUENCES (and progressions)

https://open.spotify.com/playlist/3U0p6phvH3JEZkPtziFLYx?si=o3RjVwTbQZa9H2I1XO_nLA&pi=ZabKhhvER5eo1



CLASS/GRADE 5 MODERN THEATRE	TIME SIGNATURE	TRACK TITLE	ARTIST
Warm up	4/4	Make It	Jake Reese
	4/4	Don't Give Up On Me	Andy Grammer
Sequence of Stretches	6/8	Plies	Fat Coda Studios
Floor Limbering A/B	6/8	Walk With Me	Joss Stone
	6/8	The Sky is Crying	Etta James
Floor Sequence: Option A (new)	Spotify playlist title: "MTH Gd4&5FloorProgressions&Sequences" https://open.spotify.com/playlist/3U0p6phvH3JEZkPtziFLYx?si=o3RjVwTbQZa9H2I1XO_nLA&pi=ZabKhvER5eo1		
Preparation for Falls	4/4	Hortari	Worakls
	4/4	Detached Motion	Worakls
	4/4	That's All I Wanted From You	Jalen Ngonda
	4/4	She's On Fire	Bo Saris
Tendus	4/4	Lost	Coldplay
	4/4	Keep The Light On	Nitin Sawhney & Joss Stone
	4/4	Homelands	Nitin Sawhney
Arms A and B	4/4	Our Song	Anne-Mare, Niall Horan
	4/4	Make You feel My love	Adele
	4/4	Hey Laura	Gregory Porter
ISOLATIONS - TEACHERS CAN USE THEIR OWN CHOICE OF MUSIC, SET MUSIC OR ANY OF THE TRACKS BELOW. If teachers are using any free tracks in the examination, it needs to be the same track for the candidates in each exam set so that candidates can dance consecutively.			
Isolations	4/4	Sax	Fleur East
	4/4	Green, Green Grass	George Ezra



CLASS/GRADE 5 MODERN THEATRE	TIME SIGNATURE	TRACK TITLE	ARTIST
Improvisation	EXAMINERS CHOICE OF MUSIC FOR IMPROVISATION IN EXAMINATIONS		
The music on the Spotify link below are examples for teachers to use in class for improvisation and for dance vocabulary steps and sequences https://open.spotify.com/playlist/0w9IUlgtbfMw6CjVctEHpy?si=EtebFjZZRGKMdKV8_E_hqw&pi=ROvLsVbMRp2mk			
Sequence of Walks	4/4	You Have been Loved	George Michael
	4/4	Never Give up on You	Lucie Jones
	4/4	I See Fire	Ed Sheeran
	4/4	Dreaming with a Broken Heart	John Mayer
Turns A/B	4/4	Absolutely Me	Cara Emerald
	4/4	Love Life	Sheryl Crow
	4/4	Higher Love	Kygo & Whitney Houston
Kicks A/B	4/4	Nowhere to Run	Martha Reeves
	4/4	King of Anything	Sara Bareilles
	4/4	Blame It on the Boogie	The Jacksons
Foot Warm up A/B	SET SYLLABUS MUSIC TO BE USED IN EXAMINATIONS		
FOR GRADE 5 EXAMS - Dance Vocabulary section		EXAMINERS OWN CHOICE OF MUSIC	
FOR CLASS EXAM 5 - Dance Vocabulary step sequence		TEACHERS OWN CHOICE OF MUSIC	
Set Amalgamation: Jazz	2/4	Don't Stop 'Till You Get Enough <i>(this will need to be slowed down 5-10%)</i>	Anthony Strong
	2/4	A La Hora Que Me Llaman Voy	Orquesta Original De Manzanillo
	2/4	Mueve La Cintura Mulato	Omara Portuondo
Set Amalgamation: Lyrical	4/4	Overdue Goodbye	Anastacia
Set Amalgamation: The Tip Off	4/4	Sweet Georgia Brown	Brother Bones & His Shadows



CLASS/GRADE 5 MODERN THEATRE	TIME SIGNATURE	TRACK TITLE	ARTIST
Set Amalgamation: Musical Theatre		Anything Goes - Start from 2minutes and 23 seconds and finishes at 3minutes 07 seconds (89 BPM)	Anything Goes – Cole Porter - New Broadway cast recording with Sutton Foster
BOW	BOW CAN BE PERFORMED TO FREE OR SET BOW MUSIC (check guidelines on page 3)		

CLASS 5 AND GRADE 5 MODERN THEATRE MUSIC ON SPOTIFY:

<https://open.spotify.com/playlist/5XwSlzugl3BmI1a3Tcb5Ap?si=T5fGS36YS8G5aO1K67VCRg&pt=5750dd521f1acc47994a2f8531a80652&pi=beCCS0dNSTKGN>

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

Or search for the list directly on Spotify under the title “**Official Class & Grade 5 MTH Optional music**” created by Lisa Harrison-Jones.

GRADE 4 AND GRADE 5 NEW FLOOR SEQUENCES (and progressions)

https://open.spotify.com/playlist/3U0p6phvH3JEZkPtziFLYx?si=o3RjVwTbQZa9H2I1XO_nLA&pi=ZabKhhvER5eo1

GRADE 5 AND GRADE 6 DANCE VOCABULARY STEPS, IMPROVISATION AND UNSET AMALGAMATIONS PLAYLIST.

This Spotify Music list is given to teachers as examples for tracks for Improvisation, Dance Vocabulary steps and free amalgamations.

https://open.spotify.com/playlist/0w9lUlgthfMw6CjVctEHpy?si=EtebFjZZRGKMdKV8_E_hqw&pi=ROVLSvbMRp2mk

Or search for the list directly on Spotify under the title “**Grade Playlist**” created by Lisa Harrison-Jones.



CLASS / GRADE 6 MODERN THEATRE	TIME SIGNATURE	TRACK TITLE	ARTIST
Warm up	4/4	Middle of Love	Beverley Knight
	4/4	A Place with No Name - <i>start this track from 30 secs</i>	Michael Jackson
Core strengthening	4/4	Twice	Christina Aguilera
Back loosening and falls	SET SYLLABUS MUSIC TO BE USED IN EXAMINATIONS		
Floor Sequence A	3/4	Yield Not To Temptation	Ramona Campbell
Floor Sequence B	SET SYLLABUS MUSIC TO BE USED IN EXAMINATIONS		
Knee Rolls (optional for all)	4/4	Love Life	Sheryl Crow
Tendus	4/4	Free Me	Joss Stone
	4/4	Anyone For You	George Ezra
	4/4	Somebody	Sam Ryder
Jazz Arms	4/4	Better Things	Raye Remix
	4/4	Good Luck – <i>If dancers are performing consecutively then two phrases of 8 must be left between each set</i>	Mabel
Lyrical Arms	4/4	September	Rio Branco
	4/4	Killing me Softly	Nara, Bossa Bros
Isolations	4/4	Have A Good Time	Brand New Heavies
Improvisation		EXAMINERS CHOICE OF MUSIC FOR IMPROVISATION IN EXAMINATIONS	
The music on the Spotify link below are examples for teachers to use in class for improvisation and for dance vocabulary steps and sequences. https://open.spotify.com/playlist/0w9IUlgtbfMw6CjVctEHpy?si=EtebFjZZRGKMdKV8_E_hqw&pi=ROvLsVbMRp2mk			



CLASS / GRADE 6 MODERN THEATRE	TIME SIGNATURE	TRACK TITLE	ARTIST
Breathe and Release	3 / 4	Gravity	John Mayer
	3 / 4	Someday	Ward Thomas
	3 / 4	Save Me	The Shires
Turns	4/4	Coming Home – <i>if there are 2 or 3 dancers in an exam set leave at least 1 bar of music in between the dancers when performing consecutively.</i>	Emilie Schiott
Kicks A/B	4/4	Big Finish	SMASH Cast version with Megan Hilty and Katherine McPhee
	4/4	Lovely Day	Jose James, Lalah Hathaway
	4/4	I'll be there	Jess Glynne
Foot Warm up	SET SYLLABUS MUSIC TO BE USED IN EXAMINATION		
FOR GRADE 6 EXAM - Dance Vocabulary section		EXAMINERS OWN CHOICE OF MUSIC (see the link above for music ideas)	
FOR CLASS EXAM 6 - Dance Vocabulary step sequence		TEACHERS OWN CHOICE OF MUSIC FOR EXAMINATION	
Set Amalgamation: Lyrical	9/8	SET SYLLABUS MUSIC TO BE USED IN EXAMINATION	
Set Amalgamation: Jazz Option A		Whirl-Y-Reel 2	Afro Celt Sound System
Set Amalgamation: Jazz Option B	4/4	Under My Thumb	Rolling Stones
	4/4	Larger Than Life	Oliver Tompsett, Original case of & Juliet
	4/4	Nice To Meet Ya – Diplo Remix	Niall Horan, Diplo
	4/4	Show Me Love	Clean Bandit, Elisabeth Troy
Set Amalgamation: Musical Theatre		Too Darn Hot	Victoria Hart (From Album: Mood Swings)
BOW	BOW CAN BE PERFORMED TO FREE OR SET BOW MUSIC (check guidelines on page 3)		



CLASS 6 AND GRADE 6 MODERN THEATRE MUSIC ON SPOTIFY:

<https://open.spotify.com/playlist/65Bw65OQ37HFDKRWgUhkAr?si=Nk1d4jK-TXuMMOy12Ifk-g&pt=daab070a1ce91be908015d0da6e4124d&pi=GGaCpwCdTROan>

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 Class & Grade 6MTHOptional music**” created by Lisa Harrison-Jones

GRADE 5 AND GRADE 6 DANCE VOCABULARY STEPS, IMPROVISATION AND UNSET AMALGAMATIONS PLAYLIST.

This Spotify Music list is given to teachers as examples for tracks for Improvisation, Dance Vocabulary steps and free amalgamations.

https://open.spotify.com/playlist/0w9IUlgtbfMw6CjVctEHpy?si=EtebFjZZRGKMdKV8_E_hqw&pi=ROvLsVbMRp2mk

Or search for the list directly on Spotify under the title “**Grade Playlist**” created by Lisa Harrison-Jones.

