



MODERN THEATRE:

INTERMEDIATE FOUNDATION OPTIONAL FREE PLAYLIST

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MODERN THEATRE: INTERMEDIATE FOUNDATION OPTIONAL FREE PLAYLIST

Guidelines

- The new suggested playlist is **optional**, and teachers can use a mix of any of the set music, free music on the list below, as well as teachers' choice for Combination steps for examinations.
- For each examination set there **must** be the same playlist and not change tracks for different students within the same set. However, for the floor sequence, set amalgamation and teachers dance these can be different tracks as these are seen individually.
- There are some syllabus exercises that are still required to be performed to the ISTD original set music due to unusual phrasing, specific musical highlights and accents that enhance the set choreography, and these are stated in the list below.
- The faculty have researched and trialled extensively to find tracks that do **not** need tempo changes. However, if there are any tracks from the list below that are not quite at the correct speed for a particular examination set, then teachers are allowed to adjust the tempo slightly (between 5-10% either way) to accommodate for the student's needs. This is at the teacher's discretion and should be pre-edited before the examination session. Teachers to use the set music as a guide for the bpm's.
- Depending on which tracks are chosen, teachers may need to edit the introductions in order that there are clear introductions for the students.
- Please ensure your candidates are trained to "follow on" from one another where appropriate, for example the combination steps.
- Please prepare your students to be flexible and respond to the examiner's instructions, i.e. for students to practice/perform together, one by one, or consecutively.
- **Bow:** Teachers can use the set music or a free piece of music. This can be the teachers own choice of any track or a track chosen from list below. If using a free music track for the Bow, teachers must edit the track with an introduction of 4/8 counts and a simple bow to follow with an acknowledgment to the examiner and the music operator, with the music cut or faded at the end of the bow.



INTERMEDIATE FOUNDATION FREE PLAYLIST	Track	Artist
Limbering		
Warm-up - set exercise	TITANIUM	David Guetta, Sia
	MOVING ON UP	M People
Basic stretches - set exercise	SEVEN DAYS	Sting
	FROGMAN	Winterland Jets
	TAKE 5	Dave Brubeck Quartet
Foot control - set exercise	BIG CAT	Afro Celt Sound System
	LE SABRES DE PARIS	Le Fuego
Contraction and abdominal – set exercise	SET SYLLABUS MUSIC TO BE USED IN EXAMINATIONS	
Leg stretching - set exercise	STRANGE CREATURE	Strange Creature
Floor sequences		
Floor sequence - Option A	SET SYLLABUS MUSIC TO BE USED IN EXAMINATIONS	
Floor sequence - Option B	BANGO	The Chemical Brothers
	SWEET FREEDOM - RADIO VERSION	Safri Duo, Michael McDonald
	MACHINE	Imagine Dragons
Floor sequence - Option B	INNOCENT MAN	Rah 'n' Bone Man
Isolations		
Sequence A and B - set exercise	WHEN YOU WERE MINE	Joy Crookes
	MIAMI	Will Smith
	FEET DON'T FAIL ME NOW	Joy Crookes
	GO AWAY	Gloria Estefan



Arms	SET SYLLABUS MUSIC TO BE USED IN EXAMINATIONS The free tracks below are for teachers to use in class only.	
3/4 time - set exercise	STONE COLD	Demi Lovato
	WAITING	Jake Bugg
	TOUCH THE SKY	Julie Fowlis
Rhythm Section Teacher's choice of Set Rhythm A or B	SET SYLLABUS OR FREE MUSIC CAN BE USED IN EXAMINATIONS	
a. 5/4	TAKE 5	Dave Brubeck Quartet
	FROM EDEN	Hozier
	ADRIANA	Wanda SA
b. 3/4	JUST BE	Paloma Faith
	YOU BRING THE BEST OUT IN ME	Clare Teal
	DEAR JOHN	Taylor Swift
	EARNED IT	The Weekend
Free rhythm	SET SYLLABUS MUSIC FOR FREE RHYTHM WILL BE USED IN EXAMINATIONS	
Combination Steps	SET SYLLABUS, TEACHERS CHOISE OR FREE MUSIC ILISTED BELOW, TO BE USED IN EXAMINATIONS. Please ensure that there is plenty of music in order that all students can perform on both sides.	
Jump warm up - set exercise	LUXURY	Jonathan Szer
	BUDAPEST	George Ezra
	JAZZ MAN	Fela Fela
Drag turns - set exercise	VIVA LA VIDA	Coldplay



Drag turns - set exercise	IT'S A BEAUTIFUL DAY	Michael Buble
	STRONGER	Clean Bandit
Travelling jump - set exercise	AMAZON DRUMS	K.E.N.T
	RED ALERT	Basement Jaxx
	SANTA MARIA	Gotan Project "La Revancha Del Tango"
Circular spring - set exercise	HOLD MY HAND	Jess Glynne
	ANOTHER ONE BITES THE DUST	Queen vs The Miami Project
	DANCE WITH ME	Kuu, Alex Metric
	WHAT IS JAZZ	Club Des Belugas, Swop (Tape Five Remix)
Jazz change of weight - set exercise	GERONIMO	Sheppard
	SK8ER BOI	Postmodern Jukebox: Scott Bradlee
	IS YOU IS, OR IS YOU AIN'T MY BABY	Dinah Washington "Verve Remixed"
Kicks OR Elevated sequence - set exercise	CRAZY WHAT LOVE CAN DO	David Guetta, Becky Hill, Ella Henderson
	A LITTLE PARTY NEVER KILLED NOBODY	Fergie, Q Tip
	NIGHT DRUM	Joseph Toro



Set Amalgamations	SET SYLLABUS OR FREE MUSIC TO BE USED IN EXAMINATIONS	
Lyrical - Set Amalgamation	SOMEWHERE ONLY WE GO	LILY ALLEN
	THINKING OUT LOUD	ED SHEERAN
	SOLDIERS	RACHEL PLATTEN
Jazz - Set Amalgamation	RUNAWAY BABY	BRUNO MARS
	HAPPY	PHARRELL WILLIAMS
BOW	<p>THE BOW CAN BE PERFORMED TO FREE OR SET MUSIC</p> <p>Teachers can use the set track, their own choice of track or a track chosen from this list. If using a free music track for then teachers must edit the track to have a 4 or 8 count introduction followed by a simple bow and acknowledgment of the music operator, with the music cut or faded at the end of the bow.</p>	

OFFICIAL INTERMEDIATE FOUNDATION SPOTIFY LIST:

<https://open.spotify.com/playlist/6g5Rh6Sw701T6tiOydJxcR?si=dI9SvLhIQFiZbyaYAVtuiw&pt=1e48144b2bfe2e0da046c672d19996c5&pi=UG9iLnM0QOWZ3>

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

Or search for the list on Spotify under the title "Official Intermediate Foundation Modern" created by Lisa Harrison-Jones

