



JAZZ AWARDS

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RATIONALE

There are three jazz awards, Bronze, Silver and Gold designed to promote an appreciation and enjoyment of jazz dance, through both understanding and performance.

The syllabus seeks to develop the skill and understanding of modern jazz dance by developing the physical ability to communicate through movement in an expressive and artistic way.

The syllabus aims are set out below:

- Teach correct posture
- Develop the range of movement within the students' natural capabilities
- Build a sound technique
- Promote the understanding and use of dance terminology
- Gain a good sense of line through body, legs, feet, arms, and head
- Understanding of rhythm
- Appreciation of varying musical styles and their interpretation within the jazz idiom
- Develop an awareness of the use of space
- Awareness of audience and sense of performance
- Encourage a sense of self-expression
- Promote self-confidence in the performance of a solo

ENTRY CONDITIONS AND GENERAL INFORMATION

There is no lower or upper age limit.

TIME ALLOWANCES/NUMBER OF CANDIDATES - Bronze, Silver & Gold

1 or 2 Candidates	3 Candidates	4 Candidates
10 or 15 minutes	20 minutes	25 minutes

Although preferable, it is not compulsory that the Jazz Awards are taken in sequence.

Music is the teacher's choice.

DRESS REQUIREMENTS

Candidates should wear leotard and tights or fitted, full length Jazz pants or dance shorts.

Hair must be fixed away from the face.

Amalgamation D in both Bronze and Silver can be demonstrated wearing Jazz trainers, which may also be worn, if appropriate, in the dance in all three Jazz Awards.



SYLLABUS CONTENT

The syllabus is designed to be used by those who wish to study jazz dance for recreational purposes and to augment the training of the student who may wish to pursue a career in dance.

Each award consists of a warm -up, combination steps, set amalgamations and a dance arranged by the teacher, with the addition of an isolation sequence in the Gold award.

As there is no set music the student has the opportunity to perform to music that is appropriate in speed and is currently popular.

No free work will be given at any level.

Each examination is in two sections:

a) Technique

At all levels good posture and an awareness of the placement of limbs is expected, with the build-up of the vocabulary of dance steps increasing at each level. At Bronze level a good, natural use of the head, arms and body is encouraged to create a clear sense of line, with the opportunity to develop this in subsequent levels to achieve a more sophisticated style. Good spatial awareness is always encouraged, with a developing use of pattern and direction.

b) Presentation

At Bronze level the candidate is expected to be able to interpret the music with a natural sense of enjoyment and an awareness of the audience. In Silver and Gold, the student is given the opportunity to interpret a wider range of musical styles through both movement and expression. At each level the student will have gained the self -confidence required to perform solo, set amalgamations and a dance arranged by the teacher.

BRONZE (pages 4 to 13)

1. Warm Up
2. Combination Steps A and B
3. Teacher's choice of two out of the six amalgamations: A, B, C, D, E, F
4. Prepared Jazz Dance - not to exceed 1 min 15secs. No free work will be given.

SILVER (pages 14-24)

1. Warm Up
2. Combination Steps A and B
3. Teacher's choice of two out of the six amalgamations: A, B, C, D, E, F
4. Prepared Jazz Dance - not to exceed 1min 15secs. No free work will be given.

GOLD (pages 25-36)

1. Warm Up
2. Combination Steps A and B
3. Isolations
4. Teacher's choice of two out of the three amalgamations: 1, 2, or 3
5. Prepared Jazz Dance - not to exceed 1min 30secs.



ASSESSMENT

MARK SCHEME

TITLE OF COMPONENT	MARKS ATTAINABLE
TECHNIQUE AND SYLLABUS KNOWLEDGE	
Knowledge of syllabus	10
Jazz Technique	10
Line	10
Style	10
Timing and musicality	10
Use of space	10
Section Total	60
PRESENTATION	
Sense of performance	10
Amalgamation 1	10
Amalgamation 2	10
Jazz Routine	10
Section Total	40
Total	100

METHOD OF ASSESSMENT

The Jazz Awards are assessed externally by examiners recruited and trained by the ISTD.

The titles of the components and the marks attainable are detailed above. The examinations are divided into Sections and each Section is composed of several components which are separately assessed and aggregated to give the Section total. Candidates must gain at least 25% of the marks attainable in each Section in order to pass the examination overall. In cases where 25% of the marks attainable does not come to a round figure, eg 12 1/2, the pass mark for the Section is lowered to the nearest round figure, in this example, 12.

The Section totals are aggregated and the overall mark is given out of 100. If all Sections are passed, then the overall result is indicated as follows:

Grade	Marks
Distinction	80-100 marks
Merit	60-79 marks
Pass	40-59 marks
Not Attained	0-39 marks

ASSESSMENT GUIDANCE

Candidates are assessed on their ability to show:

- Sense of performance which incorporates a suitable awareness of style and expression
- Use of space in relation to the dance area available
- A rhythmical awareness and a suitable interpretation of the musical qualities
- An understanding of the correct stance and placement with an application of jazz style



BRONZE JAZZ AWARD

Teacher's choice of music is used for all exercises.
No free work will be given.

WARM UP

Commence feet in parallel 2nd, arms relaxed

- | | |
|----------|----------------------------------------------------------------------------------------------------------------------------------------|
| 1,2 | Upward stretch R arm, PF |
| 3,4 | Repeat L |
| 5-8 | Relax arms and body flexing knees |
| 1-4 | 2 relaxed body bounces |
| 5-8 | Recover to starting position |
| 1-16 | Repeat |
| 1-6 | 3 sideways reaches to R, R arm extended diagonally down PF |
| 7-8 | Recover |
| 1-8 | Repeat to L |
| 1-4 | 2 shoulder shrugs, up, down, up, down |
| 5,6 | Quarter turn head to R, recover |
| &8 | Shoulder shrug, up, down |
| 1-8 | Repeat to L |
| 1,2 | Lunge R to R, natural turn-out, Push R arm sideways to side opp, PF |
| 3,4 | Repeat to L Fold arms into jazz 1st |
| 5,6 | Step and close to R, knees bent, unfold arms fwd and lower |
| 7,8 | Repeat |
| 1 – 8 | Repeat to L |
| 1 – 4 | Repeat to R with quarter turn of head to R and L |
| 5,6 | Repeat step and close to R, fold arms into jazz 1 st |
| 7,8 | Repeat step and close to R, reach up R arm (7), looking up, maintain L arm in jazz 1 st , (8) drop R arm down, looking down |
| 1,2,3&4 | In circle to L – drag, drag, step ball change, LRLRL, arms relaxed opposition |
| 5,6,7&8 | Repeat on R, completing circle |
| 1,2,3,4 | Spring, spring, spring, hop, LRL, arms relaxed opposition |
| 5,6,7,8 | Repeat on R |
| 1 – 8 | Jazz change of weight to front and back commencing L but with 3 steps between each change of direction |
| &1,&2,&3 | 3 spring heels, R heel first, hands cupped on hips, elbows out |
| &4 | Hold last spring heel, flap arms out to shortened side opposition and back onto hips |
| 5 – 8 | Repeat on other foot |
| 1 | Jump feet to parallel 2 nd , arms open to low side opposition |
| 2 | Jump crossing R foot in front of L, cross L arm across in front |
| 3,4 | Repeat crossing L in front |



- 5,6 Low twist turn to R
- 7& Maintain crossed foot position, slap thighs, RL
- 8 Step L to L, in jazz 4th, facing R side, fold arms, turn head to front

COMBINATION STEP A

Commence in LDB corner, weight on L foot.

- 1,2,3&4 Circular spring, RL, step ball change, travelling to RDF, push clasped hands forwards from chest
- 5,6,7&8 Repeat to LDF
- 1,2,3&4 Repeat to RDF, extend arms sideways to side opposition, PF
- 5,6& Jazz pas de bourrée, turning and travelling to R
- &8 Hop step, LR, inverted foot, both knees bent, swing R arm down and up to shoulder level, PD, L hand on R elbow, head to L side

Repeat all from RDB corner on other side

COMBINATION STEP B

Commence centre, feet together, hands clenched on hips.

- &1 Spring heel, RL, to R, arms high V, PF
- &2 Ball change, LR, to L, crossing R in front, hands clenched on hips
- &3 Spring heel, LR, to L, punch both arms across body to R at shoulder level, head down to L
- &4 Ball change, RL, to R, crossing L in front, hands clenched on hips
- 5 Inverted karate kick, R, to R side, L hand on hip, punch R diagonally down to L, head to front
- 6 Recover to starting position
- 7 Inward flick kick, L, flexed foot, Scoop hands forwards from hips in parallel
- &8 Ball change, LR, joining feet, Pull hands into hips

- 1 (2) Step fwd L to jazz 4th, Clasp hands in front of face, scooping R in front, L elbow lifted R elbow dropped
- &3(4) Bob up and down, Peep head up and to R from behind hands and return
- &5 Low flexed releve kick R, close feet together, Arms shortened opposition
- &6 Inverted echappe to 2nd, Flap elbows
- &7, &8 Repeat L

Repeat whole 3 more times – on final count of 8 finish with inverted knees, push hands down in front of knees, fingers spread, head to front

SET AMALGAMATIONS

Teacher's choice of two out of the six amalgamations: A, B, C, D, E, F



SET AMALGAMATION A

♩=130-135

Commence LDB, feet together, knees bent, fists clenched on hips.

- 1,2 Travelling to RDF: step turn, RL, relaxed arms
- 3&4 Step ball change, RLR, arms relaxed opposition
- 5&6,7&8 2 spring ball changes, relaxed opposition
- 1-4 Repeat 1st 4 counts to LDF, taking both arms up and down to parallel high on the step ball change
- 5&6 Spring ball changes, RLR, wrap L hand across to R shoulder
- 7&8 Spring ball changes, RLR, Swing R arm across to L at shoulder level
- 1&(2) 2 jumps on balls of feet facing LDF, unfold R arm to RDB low
- 3&4 Jazz pas de bourrée, RLR, travelling to LDF
- 5&(6)&7 Step hop L, R in parallel retire, land, step fwd onto R, facing LDF, swing both arms fwd to parallel medium on hop, swing R arm strongly through to RDB at shoulder level, relaxing L arm on landing
- 1,2,3 3 long runs, LRL, turning to L
- 4&5(6) Facing R side, triple run, up, up, down, RLR, finishing in jazz 4th, unfold L arm to high, head lifted, drop L arm down, head to R side
- & Twisting releve turning to face front in parallel 2nd, arms relaxed on releve, head front
- 7 Return to face R side, jazz 4th, R arm to shortened opposition, head to R side

SET AMALGAMATION B

♩=120-125

Commence LDB, feet together, knees bent, facing LDF.

- 1&2 Step ball change sideways to RDF, last step with heel lead, RLR, push arms out to side opposition, drop R arm down on last step
- 3&4 Jazz pas de bourrée turning to L, LRL
- 5 Facing front, rise on L, R in parallel retire, arms to parallel high
- 6 Step fwd R, into jazz 4th, drop arms down, PF
- &7&8 Shoulders up, up, RL, down, down, RL
- &l(2) Spring heel, LR, to face R side, L arm fwd at shoulder level, PB, R hand folds across to L shoulder, hand stretched, head to R side
- &3 Maintain position, turn head to front and recover
- &4 Maintain position, Shrug shoulders
- 5,6 Spring step, RL travelling to R, relaxed arms
- &7 Travelling to LDB, facing upstage, split ball change, RL, crossing L over R, flaps arms to low V then cross R across in front of body, L behind
- &8 Spring R close L to R, turning to R, on balls of feet, knees bent
- 1,2 2 long walks fwd to LDB, RL, fold, arms into chest, elbows down, PB
- 3,4 Front kick R, step fwd R, begin to unfold arms to high V
- 5&6 3 jumps, feet together, on balls, turning to L to face front, bring R hand across to clasp L shoulder, head inclined to L
- 7 Flick R foot out to R keeping knees together, swing L arm out to side



- opposition, PB
- 8 Step fwd R, both knees bent, swing L hand down and up in front of face
- 1,2 Step L to L leaving R on heel, keep R hand clasped on L shoulder and swing L out to side with hand flexed, follow L hand with head
- 3,4 Spring step, RL, fwd to R side, relax arms
- &5 Spring heel, RL, facing R side, L arm extended fwd at shoulder level and R hand by L shoulder as before
- &7 8 Maintain foot position, shrug shoulders, turn head to front

SET AMALGAMATION C

♩=130-135

Commence centre facing L side, feet together, L ft on ball, L hand cupped on hip, R. hand spread by R side of head

- 1,2,3,4 Low develope kick L, foot flexed, with releve on R, step fwd L, repeat on R foot, maintain arm position
- 5&6 Ball change step, (back, together, fwd)
- 7 Join R ft to L, knees bent
- &8 Flex knees lifting heels
- 1-7 Repeat on other leg, turning to face front on 7
- + 8 Flex knees lifting heels, Shrug shoulders
- 1,2,3 Open ball change, RL, close ft together, chop clasped hands down to LDF and return clasped hands to chest, head follows hands
- 5,6 Flex and stretch knees, Link fingers and hand ripple beginning with L hand moving down
- 7,8 Repeat
- 1,2 Toe (turned in), heel (turned out), to RDF, Arms relaxed high V
- 3,4 Relaxed flick kick R to RDF, Head high to RDF on kick, step R to RDF
- 5,6,7,8 4 strutting walks in circle to R, finish facing L side, R arm stretched down behind back with splayed hand, L hand clasps R wrist, head erect, low eye line
- 1,2 Step L sideways to back, twist shoulders to face front, both knees bent, R hand cupped on hip, 2 pretend clips with L hand, strong downward action with L arm
- 3,4 Close R to L facing L side, Repeat "clips"
- 5,6,7 Step turn step to LDB, LRL, Arms low at sides of body
- &8 Facing LDF, 2 jumps on balls of feet, knees bent, L hand cupped on hip, R hand flicks in to head and out, eye line up to R hand
- 1,2,3,4 Travelling sideways to R, step RLRL side, behind, side, front on balls of feet, lifting knees, body inclined fwd, arms parallel low, wrists flexed, hands turned out, shrug shoulders with each step
- 5,6 (7) Step R to side, close L to R, (as above), 2 more shrugs
- &8 Ball change feet apart, RL, knees bent,



- 1 Clap Hands
- 2,3 Flap feet, out, in out, in, chop R hand over L then L over R in front of body
- &4 Maintain parallel 2nd, Knees bent, reach both hands up to strong right angle, fingers spread, clench fists pulling arms slightly down
- 5 – 8 Repeat
- 1,2 Step fwd R, to jazz 4th, Flick R and then L hand fwd, wrists flexed, PF
- 3 Turn to face L side, feet parallel 2nd, Maintain arm position, head to front
- &4 Maintain foot position, Shrug shoulders
- 5,6,7,8 4 shunts fwd in parallel 2nd to L side, Arms push to diagonal high opposition, wrists flexed, L arm high, R arm low, head to top hand
- 1 Close R ft to L returning to starting position but with R ft on ball

SET AMALGAMATION D

♩= 120 Suggested music: Jacques Your Body (Make Me Sweat), Les Rythmes Digitales
Candidates may wear jazz trainers for this combination.

Start RDB facing LDF

- 1 – 6 Wait for intro
- 7 8 Two natural/normal walks towards LDF, L, R
- 1 2 Exaggerated heel lead walk L with feeling of body being left behind. R steps forward into deep jazz 4th, head and upper body curves forward, L arm falls into long opposition.
- 3 4 Jump stretching legs/feet but retaining wide leg position and long opposition arm line, land back in jazz 4th, body upright.
- 5 Hold
- & 6 Jump switching legs in air, legs and arms in running position. Recover back into jazz 4th, R in front, arms running position.
- 7 8 Turning inward to L to face front, join R to L, feet together, hands loosely held behind back.
- 1 Drop into parallel 2nd
- & 2 Rib bob to LDF, knees bob with the movement
- 3 4 Go to repeat rib bob to RDF but keep lift in body (don't recover) into inward horizontal circle of R arm, and L leg, hand fist, foot flexed, to end arm bent at right angle to shoulder, PD, leg bent, turned out and resting on parallel R leg (bent)
- 5 6 Step L sideways to face LDF bringing R into parallel retiré, pulling L arm across shoulders to end wide jazz 1st with fist, body square to front, head to LDF.
- 7&8 Step ball change to LDF, R, L, R 1st step heel lead. L arm scoops down, PF, and circles up to end flopped over L side of head.
- 1 2 Facing LDB, pull up onto rise on R, L in parallel retiré, swing L arm in inward frontal circle, then R arm down and back to end L side opposition, R Right angle to shoulder, both fists, PD. Body and legs face LDB but body in side bend to R and head turned to R over R shoulder.



- 3+4 Step ball change, L, R, L, towards RDB
5 Turning by L, step R into deep jazz 4th facing LDF, R arm long opposition, head front
6 Hold
7 Lift arms into high V, legs wide 2nd on demi pointe, eye line lifted
8 Drop into jazz 4th to RDF (same as position on 5) but head to RDF
1 Crouch down on L shin, R foot flat, hands resting on R thigh (1/2 kneel)
2 Hold
&3 Lift/bounce up on L knee flicking L arm to side opposition and R leg to side, foot pointed and recover
4 Hold
5 Keeping body low, step L foot forward into jazz 4th facing L side, hands resting on L thigh, head straight
6 Hold
&7 Keeping low, flick L leg out low, pushing hands out in line with leg (as if brushing something off leg) body leans away from leg, and recover, head front
8 Hold
1 2 Turning by R, first two steps of pas de bourrée turning R, L
3&4 Three low runs, R, L,R to LDF with exaggerated running arms
5 Step L back
&6 Open Ball change to parallel 2nd, arms side opposition
7 Join/snatch feet together, bring arms forward palms facing out, L crossed over on top of R
& Bend arms in, retaining hand position but fingers now pointing down
8 Drop into parallel plié in 2nd
1& Incline head to R and recover
2 Reach fingers down stretching arms, eye line follows movement, increase plié
3 Rebound back up, pulling legs together, pulling elbows sideways to a wide jazz 1st, PD
456 Circle both arms round head from L to R elbows pointing down to end in inverted jazz 1st in front of body, hands loosely in line with arms.
7 8 two steps forward L, R with bounce in knees and body (ribs)
1 Turning by L, horizontal circle of arms from R to L, PD, lifting L into parallel mid-calf retiré on fondu
2 & Two walks L, R to RDB
345 Facing R side, repeat exaggerated heel lead walk from beginning with L stepping R forward into jazz 4th
6&7 Low punch kick L forward, foot flexed, reverse movement into picked up ball chance landing in jazz 4th, land L, R, (back, front), arms circle into opposition, head front
8 Hold
1 2 Jump, stretching and changing legs to land jazz 4th L leg in front, head to R side
345 Turning to R, three low bounces, feet tog, progressively getting lower. Arms horizontal circle from L to R to end L arm right angle to shoulder, R side opposition, both fists PD
6 Facing front, kneel on L, put L hand on floor,
7 Turning by R hip roll to L side
8 End with R leg open on floor, L foot on floor, resting on R hand
1 L arm, hand fist, bends forward to rest on L knee, strong head turn to front.



SET AMALGAMATION E

♩= 136 Suggested track: 'Another Day' by Jamie Lidell, Album 'Jim'

Commence left of centre at back facing LDF. Feet parallel 1st, knees bent, arms loose by sides.

- 1 2 **Step backwards on L to LDB sweeping R leg across L, natural turnout bending knee so thighs connect. Arms sweep loosely around to clasp hands behind back, eyeline out and down to RDF.
- 3 4 2 steps forward to RDF into jazz 4th, eyeline lifts and arms release to natural opposition
- 5 6 Turning by right, 2 low bounces turning to R to end facing LDB, eyeline leads the way, slight feel of following R shoulder.
- &78 Ballchange RL forward to LDB into jazz 4th then join R >L in parallel 1st making ¼ turn to face LDF in starting position. Arms loosely clasped behind back by '8'.
- 1-4 R leg travels to RDF 'heel ball heel ball' (foot crawl action) on bent/ released knees, maintain previous body line and arms. Eye line down and out following footwork.
- &5 Ballchange L, R, travelling slightly to R finishing in wide jazz 4th to LDF but body to face front. R arm extends to side opposition with splayed hand and palm forward to RDF high. L arm bent with hand loosely covering L ear
- 7 Join L to R into jazz 1st facing front on bent knees, hands loosely clasped behind back.
- 8 'Pop' knees apart, releasing and lifting heels allowing to deepen plie action. R hand throws out to RDF low with a click action, inside of wrist is forward and arm is in a shortened contracted line. Eyes to hand.
- 1 2 Step RL, behind then side (first 2 steps of a pas de bourrée) to face LDF, arms release to natural opposition
- 3&4&5 Step ballchange R, L, R forward to LDF, ballchange L, R sideways to LDF body facing LDB, finishing with weight on R leg.
- 6 7 Maintaining leg line, turn body to LDF and throw L arm low with a click (wrist up and relaxed elbow) to LDF, repeat with R arm.
- 8&12 Step back on L leg taking a low soft hop on L travelling towards RDB making ¼ turn, body turns to RDF. Maintain body/leg position and clap hands over R shoulder on count of '2'.
- 3&4 PDB LRL to RDB sideways along line of dance but finishing on last step facing RDB. Hand release into natural opposition.
- 5,6 Step R forward to RDB with heel lead, L leg continues to circle with toe brushing the ground and joins in parallel 1st, knees bent, having completing a ¼ turn to face LDB. Arms swing forward into a coordinated arm movement from L to R, extended arms, and energized hands
- 7 Join L to R pulling hands onto side of hips with a loose clench weight slightly forward. Eye line follows movement and finishes over R shoulder down and out
- 8 Hold
- 1, 2,3 Ballchange LR out to RDB jazz 2nd and close L to parallel 1st, L arm pushes across body and clicks (wrist up) and returns to hip. Body and eyes turn to LDF, slight feel of leaning away from movement, recover as feet close
- 4 Bounce feet in parallel, releasing hands from hips
- 5 6 7 8 Step forward on R to LDB swinging arms forward to parallel high, low ballchange LR



- making 1/2 turn to RDF and step L forward to jazz 4th. Arms continue and open into jazz 3rd PD (L arm forward) before lowering to natural opposition.
- 1&2 Step ballchange on R forward to RDF, natural opposition.
- 3&4 Step ballchange sideways to LDF swinging arms out to side opposition
- 5& &7 Step forward on R into a picked up ballchange/jump finishing in jazz 4th body low, R leg forward. Arms scoop up to lose jazz 1st and throw back down to low parallel with palms facing
- 1_ 3456_ Join L to R on '1' into parallel jazz 1st, straighten legs and clasp hands behind back. Eyeline to front. Travelling to R side bend stretch, bend stretch, (twist heel, toes, heels toes) head turn to R side on 2nd bend and return to front on stretch.
- &8 Quick step close/ glissade action to L side into jazz 1st released knees, hands loose clasp forward in front of chest. Eyes forward.
- 1 2 3 4 Step to L side and repeat first movement **, arms behind back. 2 Steps turning to face right side into jazz 4th, arms natural opposition (as in 1st 4 counts)
- 5 6 2 Bounces in parallel 1st turning to R to end facing L side. Eyeline follows.
- &7 Ballchange forwards R, L to L side, arms natural opposition eyes to L side.
- 8 Step R to RDF turning to face front, straight supporting leg.
- 1 Place L leg bent on ball of foot next to R foot, (both legs turned out), throw and clip R arm out to R side slightly forward as L loosely slaps onto hip. Both L foot and arm movements arrive on '1' to finish. Strong eye focus to RDF

SET AMALGAMATION F

♩ = 118-120 Suggested tracks – Beyoncé, Sweet Dreams or Rhiannon, Stop the Music

Commence centre facing back

Intro: Free movement to include arm and head movement to reflect the chosen music, on last bar of intro walk around to front 5,6,7,8 with 4 strutting walks

- 1 Walk forward R, unfolding L arm to side opposition
- 2 Walk forward L, folding R arm across waist
- &3 Open ball change, RL, to 2nd on straight legs, folding L arm across waist
- 4 Slide feet together bending knees
- 5 Jump to L, unfolding R arm to side opposition, head to L
- 6,7 Horizontal circle with R arm, keeping close to head, finishing with R arm down palm front, body low
- &8 Shoot legs to 2nd and bring body up, bend R arm in with clenched hand and then shoot back down
- 1 Wait
- &2 Twist feet to R and L, bent knees, retaining body and arm line
- 3 Join R to L to finish on balls of feet, knees bent, facing L side. Arms in opposition with body turn, L arm fwd, hands flexed, head to L
- 4&5 At low level step back R, join L to R, step forward R still facing L, arms down
- 6 Step L to face front in wide 2nd, look to RDF
- 7 Sharp turn of head to face front
- 8 Wait
- 1&2 Pas de bourrée, RLR, turning by R to finish facing back



- 3,4 Jazz drag sideways on L towards LDB, throwing R arm in and out to side opposition and back in and down with a click on outward action. Head looks R then L
- 5 Sharp turn of head over R shoulder
- 6&7&8 Even 8th low runs on spot (R, L, R, L, R) turning to face the front, shoulder roll R
- &1 Shoulder roll L
- &2 Open Ball change, RL, to wide 2nd, straight legs
- 3 Clap
- 4 Slide jump feet together
- 5,6,7,8 3 walks back, RLR, join L to R on 8, own interpretation of jazz/funky arms
- 1 Jump down twisting to R, feet together, knees bent, throw arms to parallel high look down to R
- 2 Repeat jump twisting to L, throw arms down and look to L
- 3 Repeat jump twisting to R throwing L arm in and out to side opposition, head to R
- 4 Repeat jump back to centre, arm in and down, eye line front
- &5 Tuck jump in and out to finish in parallel 2nd, knees bent, body forwards, holding thighs,
- 6 Hold
- &7 Sharp turn of head to R and back to centre
- &8 Keeping eye line to front, open R shoulder back and twist on R heel, lifting ball, and return sharply to position
- 1 Slide feet together coming up
- 2 Lunge to R on R with jab of R elbow
- 3 Close R foot to L, R arm in and down by side
- &4 Open ball change, LR to wide 2nd
- 5 Lean to R, crossing arms in front with flexed wrists
- 6 Hold
- 7,8 Jazz drag sideways to L (LR), with L arm flicking up and down, head front then down to L
- 1 Drop to floor bending R knee underneath, foot flat, head front, hands on floor
- 2 Hold
- 3,4,5,6 Roll to R to stand on R to face L side looking to front on 6
- 7&8 Run backwards, LRL, joining feet together by 8, arms slightly behind body with arms flexed
- 1 Wait
- &2 Lift L in parallel retire and step sideways to front into jazz tendu with waist turn, arms in opposition with body turn, hands flexed, head front
- 3 Join R to L pulling up to finish facing the back, arms down
- 4,5,6 Run to centre back
- &7 Ball change R,L feet together, knees bent, twist to R on toes. R arm pushes out to side opposition, hand flexed, look at hand
- 8 Twist knees to L, look L retaining arm and body line
- 1 Step out in wide 2nd to R with R, wrapping R arm behind back, looking to R



Alternative adaptations

Flatter use of hands

Introduction 4 walks to front

- 1 *Jump down to floor feet together*
- 2 *Hold*
- &3 *Ball change coming up to wide 2nd*
- 4 *Slide feet together*
- 5 *Jump to L side, throwing out R arm to jazz 2nd*
- 6,7 *Circle arm but finish L arm holding front of R elbow*

- *No shoulder roll on even 8th runs*
- *Replace L shoulder with a sharp shoulder shrug &1*
- *Don't twist jumps, all jumps side to side – head remains direct, except 3rd jump, look to R*
- *5 Crossed arms hands flat*
- *78 Jazz pounce sideways, 1 head up hold 2*
- *Transference of weight – hands flat*
- *&7 Ball change feet together, knees bent, straight to back, arms jazz 2nd*
- *8 Look*
- *&1 Jazz pounce to L side*

Teachers Prepared Jazz Dance - Not to exceed 1 min 15secs.



SILVER AWARD

Teacher's choice of music is used for all exercises.
No free work will be given.

WARM UP

Commence parallel 2nd.

- 1,2,3,4 4 shoulder rolls, R, L, R, L, arms relaxed
- 5,6 Lift R shoulder and heel and recover
- &8 Repeat isolation with L shoulder and heel
- 1 – 8 Repeat these 2 bars starting with L shoulder
- 1,2 Body bounce fwd and recover, knees bent
- 3,4 Body bounce into side bend to R side and recover, incline head to R, resting head on R hand and recover
- 5 – 8 Repeat forward and to L side
- 1,2 Fall forwards onto hands, knees bent,
- 3 Stretch legs as far as possible, hands still on floor
- 4 Bend knees
- 5 Stretch legs
- 6 Rise
- 7,8 Pull body back over feet lowering heels and roll up to standing, arms relaxed
- 1,2 Lunge R to R side, R arms jazz 1st, L in jazz 2nd
- 3,4 Lunge L to L side, drop R elbow keeping arm bent, L arm to jazz 1st
- 5,6,7&8 Step R to R side, step across L, step ballchange sideways to R, arms easy opposition, head to R on 7
- 1 – 8 Repeat previous 2 bars to L
- 1,2 Lunge R to R side, R arm straight up, PF, L arm bent, elbow down
- 3,4 Lunge L to L side, arms jazz 4th, L arm high
- 5,6,7&8 Step turn, step ball change to R, relaxed arms
- 1 - 8 Travelling in circle to L, drag, drag, step ballchange twice, finishing facing front
- 1,2,3 3 springs, L, R, L
- &4 Relevé on L, R extended to side, recover, arms lift to jazz 3rd and recover
- 5 – 8 Repeat starting on R
- 1& (2) Ballchange fwd, L, R (like jazz change of weight), arms side opposition
- 3&4 Step ballchange, L, R, L, turning to L and travelling upstage, arms relaxed
- &5(6) Ballchange fwd, R, L (like jazz change of weight) facing back, arms side opposition
- 7 Relevé, drawing R to join L, feet together, turning to R to face front, arms relaxed head down
- 8 Step back R, invert L leg on toe, arms high V, L shoulder inverted fwd
- 1 Step fwd L
- 2 Step fwd R, lifting L in parallel attitude at back, on plie, R arm swings back, L hand on R thigh
- 3,4 Step back L and join R to L, hands clenched on hips
- &5 &6 &7 &8 Double bounce step to R and L, (out, in), punch R arm low across body to L, repeat with L arm to R



- 1,2 2 twisting jumps, knees R, L, repeat arms as above
- (3) &4 Repeat twisting jumps
- 5 Jump into demi plie in 2nd, hands on thighs, body line fwd
- 6 Invert R knee maintaining plie, invert R shoulder, hands still on thighs
- 7 Rotate R knee out again
- 8 Invert L knee maintaining plie, invert L shoulder, hands still on thighs, hold position

COMBINATION STEPS A

Commence LDB, travel to RDF.

- 1,2 Springy drag run fwd on R, step fwd L, arms low opposition on drag
- 3,4 Fwd leap onto R, step fwd L, arms jazz 3rd
- 5,6 Step hop, R, L in parallel retire, arms jazz 1st
- &(7) Step L, arms inverted 3rd
- &8 Hop step, turning en dehors, finishing jazz 4th, arms jazz 1st on turn then throw down by sides of body on step

Repeat travelling from RDB to LDF on other foot

COMBINATION STEPS B

Commence LDB, facing LDB, weight on L

- 1,2 Travelling to RDF, 2 walks backwards, RL, arms relaxed
- 3&4 Step ball change, RLR, turning by R to travel to RDF
- 5,6 Step across L, attitude kick to RDF, on rise, shoulders square to front, arms jazz 4th L arm high
- 7 Step R to RDF, flick L foot up, knee turned in, L arm flicks in to L
- 8 Step across L, L arm flicks out to side opposition
- 1,2 Facing R side sideways drag onto R, step across L, hands clasped pushing forwards
- 3,4 Repeat drag and step across, facing back wall, arms extend to side opposition
- 5,6 Repeat facing L side, hands clasped forwards as before
- 7 Facing front, step forward R, arms relaxed
- & Hop on R picking up both feet, bend arms in from elbows, fists clenched
- &8 Land, step RL in jazz 4th facing front, throw arms down to parallel low, PF

Repeat travelling from RDB to LDF on other foot

SET AMALGAMATIONS

Teacher's choice of two out of the six amalgamations: A, B, C, D, E, F



SET AMALGAMATION A

♩=130-135

Commence centre, facing front.

- 1 Lunge on L to L side, R ft on heel, low body line, arms extended opposition from front to back, wrists flexed
- 2 Spring R, arms relaxed
- 3&4 Step ball change, LRL, to R side
- 5 Lunge on R, L ft on heel, body facing L, push arms arm to parallel high, wrists flexed, look up to hands
- 6 Spring onto L
- 7&8 Step ball change, RLR to L side, head to front
- 1 Low flick kick L to LDF, arms extend down left side of L leg, hands well stretched
- & Making half turn by L to face RDB, spring onto L
- 2 Step well over with R, to RDB, extend arms down R side of R leg
- 3&4 Step, turn, step, LRL, to RDB, relaxed arms
- 5 Step R to RDB, bend arms into chest, hands clasped
- 6 Releve on R, L in parallel retire, chop clasped hands down beyond L knee
- 7&8 Step ball change, LRL, to LDF, arms relaxed
- 1,2 2 steps, RL, to LDF
- 3 Rise on L, R in parallel retire, coordinated arm swing across body to RDB, body inclines to L
- &4 Ball change, RL, travelling to R, relax arms
- 5,6,7 Step, turn, step, RLR to R, finish facing RDF
- 8 Lunge back onto L, R on heel, swing arms forwards, wrists flexed
- 1,2 Spring onto R, step over L, arms relaxed
- &3 Jump in parallel 4th, lifting feet up underneath, arms relaxed but shrug shoulders up down with jump
- 4&5 Step ball change, RLR travelling to LDB, arms relaxed
- 6 Jump feet together in parallel, facing upstage
- &7 Jump feet together, body in side contraction to L, L arm relaxed by side, R elbow lifted
- 8 Step R to face L side in jazz 4th
- &1 Hold position, head isolation, back/front

SET AMALGAMATION B

♩=70-75

Commence in LDB, facing LDB, R ft free

- 1,2 2 walks backwards, RL, arms relaxed
- 3&4 Making half turn to face RDF, step ball change finishing in jazz 4th, lifting arms to a high V
- 5& Fold L then R arm into body, elbow leading
- 6 Low jazz pirouette outwards to L
- 7 Step forward L, inverted 4th, swing arms outwards to high V



- 8 Maintain position, turns hands, and push up to ceiling, slight epaulement of shoulders
- 1 – 5 Front drag turn to R on L and run round to R finishing in LDB corner, arms easy lift on turn then relaxed on run
- 6 Step forward on L to parallel 4th with straight knees, facing LDB, clasp hands and push high to LDB
- 7,8 Hold
- 1& Circular spring onto R, step L, R arm reaching across to L, L arm light lift to side
- 2& Step fwd to RDF on R and back on L, relaxed arms
- 3 Posé back on R, extending L fwd, L arm breathes to LDB
- 4 Step fwd L
- 5 Step in parallel 2nd with R, R arm horizontal circle over head
- &6 Turn body to face L side, parallel 4th, continue arm circle, leading with R elbow, through to L side, extended fwd, PD, soft hand
- 7 Turn body to face R side, as above, Lead L arm to R side, PD
- 8 Retain body line but lean to L, Fling L arm diagonally down to L, PF
- 1,2 Draw L ft to R, slightly relax body, plié, begin to unfold arms to parallel high
- 3 Jump on balls of feet, Arms parallel high, PD, wrists relaxed
- &4 Ball change fwd, RL, feet parallel, R arm wrapped across waist, L arm extended straight down, PF
- 1-4 4 walks round to R
- 5 Step R into parallel 2nd, Outward circle R arm
- 6-8 Gradually join L ft to R on plié, Lean head on R hand, elbow into waist

SET AMALGAMATION C

♩=185-190

Commence centre, facing back, R ft on ball by L, arms relaxed

- 1 Step back R, knees relaxed, L hand clenched on hip
- 2 Clip with R hand in front of body
- 3,4 2 walks backwards, LR
- 5-8 Repeat starting L
- 1-4 Repeat starting R facing front
- 5 Step L, R leg turned out to R side, foot on ball
- 7 (8) Swing R arm strongly across waist, hand clenched, L still on hip
- 1 Swivel R knee in, still on ball, Swing R arm out to R, shortened line, PF
- 2 Swivel R knee out, Return arm to across waist
- 3 (4) Swivel R knee in, Swing R arm out
- 5 (6) Retain leg and body line, take both arms to high angled line, PF, look down to L
- 7,8 Clench and stretch hands
- 1,2,3 (4) 3 steps sideways to R, side, close, side, fold R arm behind body, L arm angled overhead, PF, head front
- 5 (6) Fling L hand down diagonally to L, PF
- 7 (8) Jump feet together parallel 1st, Jazz 1st, PD



- 8 Jump feet to parallel 2nd, straight legs, Side opposition, PD
1,2 Front drag turn on L to R, Arms relaxed lift
3,4 2 steps, RL, to L side, finish in parallel 4th pli , Arms relaxed
5 Retain leg line, Glancing clap L up, look up
7 " " ", Smaller glancing clap, L down, head to side
8 " " ", Repeat clap, head front
1 Step fwd R to front, Parallel curve behind body line
3,4 2 walks fwd, LR
5 Place L toe to L inverted, Stretched hands on hips
6 Place L heel turned out, Extend L arm diagonally down, PF
7 Rise and lift L foot flexed on R ankle, Squeeze body and shoulders to L
8 Step fwd L
&1 Ball change, RL, together, facing R
2 Clap
&3,4 Repeat facing back
&5,6 Repeat facing L
7 Retain foot position, push arms down and back, wrists flexed, head front
1,2,3 Step and open step ball change, RLR, to front, Arms relaxed
4 Step across L
5 Dig R to side, inverted, on ball, Head to L
6,7 2 twisting jumps, turning knees to R and L, both knees bent, feet apart, Fold arms into chest, elbows down, extend arms down, PF, head front

SET AMALGAMATION D

♩ = 128 Suggested music: Beggin' Madcon

Commence centre back, facing LDB, feet parallel 2nd, body twisted to R head turned to R looking down

- 1 Facing centre back, jump feet apart, bring head and body erect,
2 Jump crossing L in front, arms and body twisted in opposition
3, 4 Twist turn on heels with straight legs, to face RDF, finishing jazz 4th
5&6 Punch kick L low to RDF circling leg to ball change, L,R, into wide 2nd on straight legs, R heel lifted, facing LDF. Forearms circle around each other staying connected. Start by sliding L arm across top of R (slide, lift, twist, clasp) to end R on top hands clasped at elbows head turned to L, eye line low
7 Hold
&8 2 knee bends into jazz 4th, 2 arm releases up into wide relaxed jazz 1st at eye level, PD. Head inclined to L, eye line front
12 Rise on L with R in parallel retir , pull off balance to RDF, retain jazz 1st position as circle arms down to R and up, body bends to L therefore arms diagonal low
&3 Ball change, R,L, out of rise towards RDF, arms down
4 Step R forward to RDF into jazz 4th, as preparation for...
5, 6 Turning by L to finish facing R side, 2 low hops on R, L leg high attitude in front with flexed foot, body leaning away from leg, arms angled opposition, hands fists
78 Low spring onto L leg facing front, inward karate kick with R, body leaning



- away from leg. Step R to 2nd facing L side on straight legs, arms by side
- 1 Turn head front
- 2 Hold
- &3&4 2 rib isolations forward, (back, front) join L to R, step R sideways towards front into parallel plie in 2nd, maintain head to front
- 56 Straighten head to lead into sideways ripple to L rising on L with R foot flexed and off floor. Turn head, L arm and shoulder to front by end of ripple.
- 78 2 steps R, L towards the back
- 12 Turning by R to front, rise on L, R in parallel retiré, fall off rise to step R to side, L arm swings round low to loosely clasp R hip.
- 34 Repeat rise, step out and arm to L, wrapping R arm
- 56 Making a complete turn to R, 2 low jumps with feet together, drawing arms up body to end crossed over head
- 7 Facing LDF, drop low onto L, release R to RDF, both legs natural turn out, body leans to L away from leg, throw arms down in line with body, head turned up to RDF
- 8 Step R to RDF
- 1&2 Triple run (up, up, down, L,R,L,) to RDF, circle L then R arm forward and back to end wrapped across body in opposition, shoulders turned to LDF, legs jazz 4th with natural turn out
- 34 Outward pirouette on L, low to high, step forward on R to front with natural turn out. Arms lift to inverted jazz 1st, R elbow leads body into the turn, lifting face and chest to ceiling, end body low, L arm in long opposition.
- 5-8 Turning by R, place L hand on floor and hip roll to L side to end facing front sitting on R leg, L foot on floor leg turned out (half kneel) L hand on L knee, R hand on floor
- 1 Hold
- 2 Lean to side on R hand, push L leg away with L hand, head front
- 34 Recover and step up on L facing LDF
- 5 Step R to jazz 4th facing RDF
- 678 Turning to L, 2 jumps with feet together, jump feet apart to parallel 2nd facing front (8), lift arms up sideways to end above head by 8, R hand clasps L wrist, R hand clenched
- 12 Release hands and body to ripple down and up, ending with hands resting on thighs
- *34 Sideways ripple L then R, L hand/arm follows movement of ripple to R into...
- 5 Pull up on R leg, cross L foot over R ankle on ball, L hand hooked behind head which is turned to RDF (boys: L elbow pointing forward, head turned to R)
- 6 Hold
- 7&8 Flick L foot forward, flick L arm up with relaxed hand, ball change forward (L,R) into jazz 4th, dropping arm
- 123 3 long walks LRL directly to back to prepare for...
- 4&5 Sweep R leg across L in attitude, spring onto R lifting L in inverted attitude to L side, arms lift to jazz 1st and circle loosely to R
- 6 Still facing back drag R to R side dragging L foot in
- 7 Step L across R
- 8 Step R to R, sweeping L arm across and down to R (same arm movement



as * 34)

1 ½ twist turn to L to end L foot pointed and crossed over in front of R ankle, L hand hooked behind head, R arm reaches down by R leg, hand splayed, palm front, head to RDF (boys: L elbow pointing forward, head turned to R

SET AMALGAMATION E

♩ = 96 Suggested music: 'Summertime' by Eva Cassidy, Album: Somewhere

Commence LDB facing LDF. Weight on L leg with R leg behind in crossed 4th, natural turnout, arms loosely wrapped across body R arm in front. Eye line down to LDB

&1&2 Ballchange RL to jazz 2nd on demi pointe, natural turnout and ballchange RL back to crossed 4th. Arms swing out side opposition with PD taking eye focus to LDF then back to wrapped position.

&(3) & 4 Step forward on R to LDF (turned out) into accented hop with L leg in turned out retire. Step L across R to land. L arms lifts to side opposition and R arm makes frontal circle to LDF

&5 6 7&8 Ball change turn to R (low) arms down by sides, (6) step sideways to RDF continue into pas de bourrée L,R,L finishing facing RDF jazz 4th. L shoulder forward body turned to RDB.

1 Join R to L in parallel 1st on rise facing L side, body waist turn to front. Arms scoop through jazz 1st to side opposition

2 Step across to RDF. Eye focus to front.

& & 4 Step sideways to back on L into hop on L, making ¼ turn to R, step sideways facing R side, arms throw down to side on 1st step.

5 6 Join L to R pulling up onto parallel rise scoop arms up to jazz 1st. Step L sideways into Jazz 4th, facing LDB, throw down arms behind body line.

7 8 Turning by L to face RDF join R to L pulling up onto parallel rise making ½ turn to RDF, arms scoop to jazz 1st. Step R forward into jazz 4th L arm remains in jazz 1st, palm down, R arm throws forward low palm down, body turns from waist, R shoulder forward. Eye line down to R hand.

1&2 Coupe under with L straightening supporting leg, 2 accented low flick kicks with R, hands loose clasp behind back, tilt body away to L, eye line down to L & & 4 Pas de bourrée RLR to LDF into jazz 4th, maintaining arms behind back, shoulders twisted to L

5 6 Rock back & up onto L leg, R leg extends onto heel, body turned to LDB from waist, weight forward with R shoulder leading. Arms throw from behind back in tilted opposition with relaxed flexed wrists, L arm high and R low. Feeling of lift in head an eye line. Rock back forward to jazz 4th on '6' releasing arms.

&& 8 Step onto L into picked up ballchange/jump RL making 1/2 turn to face RDB

1 & 2 Triple run R, L,R, (up, up ,down) to RDB, coordinated arm circle from L to R side finishing down

3&4 Turning by L to face LDF, open pas de bourrée under , L,R,L, into loose preparation for ..

5&6 Outward jazz pirouette on L, arms loose jazz 1st, step out of pirouette R,L, facing RDF

7 Maintain but deepen leg line into jazz 4th, arms circle inwards into jazz 1st with dropped loose wrists. Body tilts with slight contraction in L side, eye line



- to RDF high.
- &1 Flick L leg up at back and step across R in crossed 4th, arms release and loosely wrap around body R in front.
- 2 R leg makes small rond de jambe movement into low developpe kick turning ½ by R to face LDB, arms release to low.
- & & 4 Lifted drag step to LDB on R, ballchange LR into jazz 4th, eye line to LDB. Natural opposition with arms.
- 5 6 & 7 Step sideways on L to RDB, maintaining body to LDB, into outward jazz pirouette, ballchange sideways R,L out of turn travelling to sideways to RDB, arms prepare from jazz 3rd into jazz 1st for turn and release on ballchange. Eye focus down to RDB.
- 8 & 1 2 Bounce in parallel 1st to make ¼ turn to face LDF, hop on L taking R leg across in tight retire.(retire sauté) stepping R LDF into circular walk
- 3 & 4 Step ballchange sideways to RDF, arms swing out to side opposition PD.
- 5 & & 7 Step L across R in crossed 4th (turned out) L arm forward and shoulder leads forwards into movement. Coupe under with R leg into accented hop in turned out retire, L leg circles slightly around R leg before landing behind in crossed 4th. Arms swing out into side opposition and release to wrap around body L in front. Weight forward to L, eyeline to front
- &1(2) Turning to L to face back, 2 Steps L,R to join feet in parallel body continues to turn from waist and head looks over L shoulder, R arm loosely clasps shoulder
- 3 4 Circular spring turning to LDF drop/swing arms back with weight to parallel low, eyeline down to LDB.
- 5 & 6 7 Step ballchange R,L,R travelling sideways to RDF facing LDF, last step (on R) lifted feel taking arms to high loose V with PD, arms lift through counts of 6, 7 as, straighten supporting leg, L leg extended in jazz tendu.
- 8 Join L to R in parallel 1st bending knees, L heel released, dropping arms and body forward to low RDF. Eye line follows.
- 1 2 3 4 4 long walks LRLR circling round to L finish facing RDF, eyeline and slight shoulder lead.
- &5 Soft ballchange to jazz 2nd, legs straight and feet flat, arms lifting to high open V, L shoulder leads, R shoulder rolls back)
- &7 Drop into jazz 4th legs to LDF, body forward, L arm makes relaxed outward circle from elbow, finishing dropped down inside L knee, R arm catches underneath L elbow, palms up, eye line down to L hand.

SET AMALGAMATION F

♩ =116 – 120 Suggested track – Brittany Spears, Break the Ice

Commence centre facing the back

Introduction – own arrangement to include various arms and head positions to reflect the chosen music. On last bar of introduction walk around to the front 5,6,7,8 with 4 walks

- 1 Walk forward R with slight crossing action, unfolding R arm up to vertical line with palm facing R side, L arm wraps around waist
- 2 Walk forward L, reversing arm positions
- 3 Walk forwards R wrapping L arm around waist to join R



- &4 Step L across R then step R out to side, finish with R on straight leg and L bent and turned out to the side on demi pointe. R arm feeds out to side opposition, head front
- 5 Hold
- 6 Join L foot to R on demi pointe, knees face L side, body line remains to the front as before, retain arm line, look to L side, flex R hand
- 7&8 3 low, even runs to L side, R,L,R, maintaining arm and body line
- &1 Bring L leg through a retiré to finish in a wide 2nd to face front. R arm throws down and the head flicks to R and then back to front

(Alternative adaptation - counts 1-1)

- 1 *Jump down to floor, feet together, hands on knees*
- 2 *Rebound back to wide 2nd*
- 3&4 *Pas de bouree R,L,R, to finish back in 2nd, R arm unfolds out to jazz 2nd, look to hand*
- 5 *Hold*
- 6 *Join L to R retaining body, head to l as for girls*
- 7&8 *Run as girls*
- 1 *Throw R arm down, no head movement*

- 2 Hold
- 3,4 2 low long walks directly backwards, R,L, arms slightly behind body line
- &5 Open ball change, R,L to a wide 2nd on demi pointe, arms unfold to side opposition
- &6 Close ball change, R,L on flat feet with bent knees, folding arms into body
- &7 Open Ball change R,L to a wide 2nd with flat feet unfolding arms to parallel high, PF
- 8 Hit hands on the floor
- 1 Twist and bend knees to R on demi pointe retaining body line, lift head
- 2 Bend L leg in to finish in a crouch position

(Alternative adaptation)

- &2 *Jump extending legs, then slide L leg into crouch position as for Girls*
- 3 Hold
- 4,5,6 Turning to R, roll across hip to L, and start to stand up on the L leg, facing LDF Strong jazz 4th with R leg, stepping sideways, look to front, R arm pushes across body to finish with a straight arm and flexed hand Transference of weight onto L, retain arms and headline
- 1,2 Swivel turn outwards joining R to L, on demi pointe, turning to R, R arm opens to side opposition, hand remains flexed, finish facing front
- 3&4 Ball change R to side, join R to L on straight legs R arm crossed to L shoulder, then to R shoulder and then pushes down R side of body. Hand remains flexed. Head looks to front
- 5 Hold
- 6,7,8 3 walks forward, L, R, L,
- 1 Relevé on L kicking R leg out low in front
- &2 Open ball change, R, L, jab L elbow to L, head erect
- &3 Ball change RL feet together with bent knees, L arm comes in and down by L side



- &4 Open ball change to wide 2nd RL
5 Step R in inverted 4th, swinging R arms straight at shoulder level across to L with hand flexed
6 Step L in inverted 4th, R arm retraces itself and swing horizontally and straight at shoulder level to finish in a horizontal line at side of body, hand remains flexed
7,8 Joining R to L, half a swivel turn on L, R joins finishing with feet together, knees bent on demi point facing the back. R arm swings around to hold L shoulder and L arm reaches for L calf muscle. Look down at L hand
**&12 Jazz drag sideways to R, R arm makes lateral circle to finish low to R, looking down
3&4 Turn to face L side, 3 runs backwards, L,R,L, finishing facing L side with L leg straight, R leg bent and on demi pointe. Body line diagonal, feet and head in line, arms behind body line and flexed hands
5 Hold
&6 Straighten front leg and bend back leg, reverse back to last position, retaining head, body and arm line
7,8 Turning to face front step on R and circle L leg to join R on demi pointe, knees face RDF, knees bent, R arm pushes out to side opposition with hand flexed, head front
1 Twist knees to L and look L, retain arm
2 Step forward R, look front, R arm comes down
&3 Ball change forward, L,R, to finish in jazz change of weight position pushing arms out to side opposition, hands flexed, look front
4 Turning shoulders to face back, lift L leg to retiré, R leg bent, arms swing down and up to a high V position to face the back, slight lean back, look up, hands remain flexed**

*(Alternative adaptation – replace 3 bars from ** to **)*

- 1,2 Jazz pounce sideways to R, R arm makes lateral circle to R, finish both hands on the floor
3,4,5,6 Hip roll to side passing front and stand up on L leg to face back
7,8 Turning to R to face front, step on R and join L to R on demi pointe, knees bent, body forward, arms jazz 2nd
&1 Tuck jump retaining body and arm line
2 Step forward on R, loose arms
&3 Ball change as girls in jazz change of weight, arms slice out to side opposition
4 Turning shoulders to face back, lift L leg to retiré, R leg bent, arms swing down and up to a side opposition to face the back
5&6 3 runs to back, L, R, L, arms come down
7 Step on R in jazz 4th, still facing back, unfold arms up to parallel high
8 Turn to face front by L, L joining to R to finish with straight legs on demi pointe. Arms come forward and down to finish behind body line, hands cupped, eye line direct, body leaning forward
1 Hold
2,3 2 long low runs forwards R,L, retain arms and direct eyeline
4&5 Step turn step low to RDF



- 6 Step forward L to RDF
7,8 Jazz drag R forward to RDF. L arm circles vertically back and around to finish low and forward
1 Strong step out to a wide 2nd bringing body back to face front, L arm strongly back to side, eye line very direct

(Alternative adaptation)

7,8 Jazz pounce to floor with L arm circling as before

1 Lean sideways on L arm, R arm on knee, remain on knees (half kneel), direct eye line)

Teachers Prepared Jazz Dance - Not to exceed 1 min 15secs.



Gold Jazz Award

Teacher's choice of music is used for all exercises.
No free work will be given.

WARM UP

Commence feet in parallel 2nd, knees flexed, arms relaxed by side

COUNTS	BODY & LEGS	ARMS
1,2	Rib and shoulder isolation to R and recover	Arms held by side
&3	Repeat, same side	
&4	Shrug shoulders and lift heels	
5-8	Repeat to L	
1-6	Incline head to R and full head roll to L finishing head to L	
7	Recover head	
&8	Jump and land again in parallel 2 nd	Shoot arms to Jazz & recover down
1,2	Side bend to R on plie	L elbow high, R arm down, head up to R
3,4	Recover, straightening knees	Reach R arm up, PF
5,6	Repeat counts 1,2 same side	
7	Recover straightening knees	
&8	Shrug shoulders, and lift heels	
1-8	Repeat all to L	
1-4	Full plie in 2 nd , turned out	Arms Jazz 2 nd
5,6	Plie in parallel 2 nd , with contraction	Arms curved low parallel PD
7,8	Repeat plie in 2 nd	Arms Jazz 2 nd
1,2	Relax body fwd, knees bent, feet parallel	Arms fold over head
3,4	Extend body to fwd stretch, knees bent	
5-8	Recover body straightening knees	Open arms through high release
1,2	Repeat turned out plie in 2 nd	Arms Jazz 2 nd
3,4	Repeat parallel plie	Arms low curved parallel PD



5,6	Repeat turned out plie in 2 nd	Arms Jazz 2 nd
7,8	Turn to face R, parallel plie in 4 th	Unfold L arm to parallel medium PD
1,2	Recover to plie in 2 nd	Arms Jazz 2 nd
3,4	Turn to face R side, parallel plie 4 th	Unfold L arm through parallel medium PD
5-8	Circular body swing to L, knees bent, recover	Outward circle L arm
1,2	Lunge R to R with body spiral	Arms medium curved side opposition, PU
3,4	Step to L with body spiral, low level	Arms wrap around body to L head follows
5,6	Step R to side, L in parallel retire, fondu	Outward circle R arm, head low to R
7,8	2 long walks L, R to L	Relax arms
1-8	Repeat all to L but look up to RDF on retire	
1-6	Repeat all to R, circling both arms on retire	Head low to R
7,8	Step turn to L side	
1,2,	2 long steps (drag runs)	Arms relaxed opposition
3&4	Step ball change	
5-8	Repeat on R starting R	
1,2,3	3 Springs L, R, L	Arms relaxed opposition
&4	Split hop on L extending R low to side	Arms Jazz 3 rd , PD
5-&8	Repeat on R	
1&	Step fwd L, twist body to L, releve in parallel Retire, bringing R knee across to L	Hold R knee with L hand, R arm side opposition PB
3&4	SBC R, L, R, to back	Relax arms
5,6	2 walks L, R to back	
&	Repeat releve facing back, L knee across	Reverse arms as above
&8	BC, L, R to front	
1*	Invert knees & feet in 1 st position, body fwd	Stretch hands to parallel low PB



2*	Recover to parallel 1 st ,	Pull hands onto hips, fists clenched
&3	Turn feet out & back to parallel 1 st	Open arms to side contracted opposition and back onto hips
&4	Lift R leg to retire, flexed foot & recover	Push down L fist & shoulder lift R fist & shoulder, head down to R and recover
5-8	Repeat other side	
1,2 &3	Repeat counts 1*, 2* twice, travelling to R	Same arms as above
&4	Flick L lower leg up to side, step across L	Hands clenched on hips, head to L
5,6	Lunge R, then L	Arms swing to high V
7	Facing front, rise on L, R leg parallel retire	Arms Jazz 5 th
8	Step fwds R, relaxing body fwds	Arms relax down
1,2	Step L to LDB, R foot relaxed by L ankle	Circle arms to L, wrap around body
3	Turn body to RDF, turning out R foot	Sweep arms to high V
4	Step R foot to RDF	Relax arms down
5&6	Jazz PDB travelling to RDF into preparation for pirouette	Arms prepare to inverted jazz 3 rd
7	Low outward pirouette	Jazz 1 st
8,1	Step R, Step L to RDF	
2-8	Sit onto R hip, tail spin to L finish facing R side, kneeling with feeling of contraction	Arms parallel medium wrists flexed



COMBINATION STEPS A

Commence Centre

COUNTS	BODY & LEGS	ARMS
*1,2	Step sideways R outward round kick L, foot flexed	R arm horizontal circle wrist flexed
3,4	2 steps L, R, to L	
5,6	Repeat * kick to R	L arm horizontal circle wrist flexed
7&8	SBC sideways to RDF	On count 8, R arm wraps overhead, L arm across waist
1&2	Jazz PDB turning to RDF	Arms relax down
3,4	Front kick R to RDF (optional rise) step fwd R	Arms high V on kick, lower on step
5	Step L sideways to RDF, body faces RDB	Arms side opposition hands flexed
6	Dig R to L bending knees	Tilt side opposition to L R arm high, eyeline to R arm, wrists flexed
7&8	Low SBC R,L,R, turning to R, returning to centre Repeat all on L	

COMBINATION STEPS B

Commence LDB

COUNTS	BODY & LEGS	ARMS
1	Travelling to RDF, Pose fwd R	Arms unfold to jazz 5 th eyeline up to hands
2	Lower onto bent R leg, L low parallel retire	Relax L arm down



3	Step fwd L	
4	Step fwd R with tilted body line and spiral to L	Arms classical 3 rd , R shoulder fwd
5	Coupe L, circle R outwards	Twist shoulders to R arms lifted and relaxed head front
6&7	Low Jazz PDB turning and travelling to L	Arms relaxed
8	Step fwd L to LDF, drop body fwd	Drop arms fwd
1	Travelling to RDB, drag run R	Arms Jazz 3 rd , PD head turned over R shoulder to front
2	Step fwd L	
&3	2 runs to RDB, R,L,	Arms relaxed
4	Double attitude leap fwd, R	Arms classical 3 rd (opp)
5	Step fwd L	Change arms
6	Join R to L, rise and turn to R to face front	Arms by sides
7,8	2 walks fwd L ,R	
Repeat all on other side to LDF		

ISOLATIONS

Commence centre, legs parallel 2nd in plie, hands spread on hips, elbows back

COUNTS	BODY & LEGS	ARMS
123&4	Rib isolations R, L, R, L, R	
5,6	Lift L heel and straighten R knee, repeat with R	
7&	Rock hips, R, L, knees bent	
8	Turn head sharply to R	
1	L arm bends to right-angle by side of head	Elbow down, fingers splayed
2	Place fist of R hand into L hand	
3	Turn head to front	



4	List head to face ceiling	
5	Push R hand to R with L fist, return body & eyeline to centre	
6	Repeat with L hand	
7&8	Clasp hands and shake 3 times from L to R in diagonal line high to low, finish weight transferred onto R foot	
&1&2&3	Push L heel out to front, side, front, slight bounce on R knee	Relaxed opp
&4	slight spring B/C, finish inverted R foot	Return hands to start position, look down to R foot
5&6	Twist R foot out, in, out moving foot to R	Look down at foot
7 8	Facing RDF, 2 jumps in parallel 4 th on balls of feet L fwd first	Punch fists strongly down in opp
1(2)	Join R to L, feet together, facing front	Hold R wrist with L hand elbow 90 degree, R elbow down
&3&4	Head isolations L, R, L, R moving arms across in opp. Still holding wrist, step R fwd on count 3	
5&6	Head isolations L, R, L, moving arms in opp. Close R foot to L on count 6	
7	List L heel, flex L knee	Unfold R arm fwd to low line PF, still holding R wrist with L hand head up
8	Change feet lifting & flexing R	Recover arms to previous position
1	Step sideways to R, parallel plie, list L heel	R arm swings down to side opp. PD, L hand clasps R shoulder, head turned to R side



SET AMALGAMATIONS

Teachers choice of two out of the three amalgamations

AMALGAMATION A

♩ =165-170 Commence centre, feet together

COUNTS	BODY & LEGS	ARMS
1,2	Ball change R to R side, low body line	Wrap arms around waist to L, head to front
3&4	Tight jazz PDB turning to R, R, L, R	
5	Facing R side, rise on R, L in parallel retire	Lift both shoulders head to front
6	Step fwd L	
7	Lift R knee up in front	Hit R knee with R hand head to R side
8	Lunge back on R	Push R hand on thigh
1	(miss)	
2	Twist to R to face back, t/o R foot on ball L leg straight	Push arms across body to L, wrists flexed, head turned to R
3,4,5	3 walks R, L, R fwd to L side	Relax arms
6	Facing front, drop sideways onto L foot, R in low parallel retire by ankle	Drop L arm low to L head low to L
7 8	Step R diagonally back to RDB, L digs by R body facing RDF, inclined to R	Fold arms across body eyeline high to LDF
1	(miss)	
2	Low flick kick L to LDF	
3, 4	2 walks to LDF L, R	Keep arms folded
5-8	Step L to L, repeat flick kick & walks to R	
1,2	Turning by R to face back, pose drag R dragging L foot	Arms relaxed, head over L shoulder, eyeline front



3,4	2 walks L, R to back	
5,6,7	Facing back step, close, step L, R, L	3 shoulder isolations L,R,L
		turn head strongly to L on last step
1		Sweep arms down
2	Still facing back, R foot jazz tendu	Arms high opp. to R, wrists flexed, eyeline high to R
3, 4	Still facing back 2 walks sideways R, L	Relax arms down
5-8	Step R to R & repeat with L foot jazz tendu	Rotate upper body & repeat
1,2	Turning by L to face front, pose drag R fwd	Relax arms, R shoulder isolation fwd
3,4	2 walks fwd, R, L	
5,6	Step R sideways to R, straight leg, L pointed to side	Arms side opp. PF
7	Dig L to R bending knees	Fold arms, R on top of L drop R wrist down, flex L wrist up
8	Dig L foot to L	Flick R arm up from elbow to 90 degrees Eyeline high to L

AMALGAMATION B (3/4 time signature)

♩ =125 Commence centre, R foot extended to side, arms relaxed, head to L, eyeline down

COUNTS	BODY & LEGS	ARMS
1	Step R across L, low body line	Relaxed arms
2 (hold 3)	Facing R side, pose backwards on L, R leg parallel attitude (optional back bend)	Arms Jazz 3 rd
4,5	2 walks R,L crossing L in front	Arms wrap around body to L
6,1,2	Step turn step R, L, R, to RDF, finish straight leg	Arms high V on last step, PD



3	(miss)	
4,5	Drop L then R arm bending knees, eyeline follows arms	
6	Facing RDF, rise on R, L in parallel retire, slight contraction	Arms low parallel PD
1 2&3	Travelling to LDF, running SBC sideways, body turn to LDF on last step	Arms swing down & up to side opp. PD
4,5,6	Draw R foot to L on ball, L leg straight, start to twist body to R (optional rise & back bend)	Arms to oppos PD head over L shoulder
1,2	Travelling to RDB, 2 long walks R, L finish facing RDB knees bent	Arms relaxed
3,4,5,6	Turning to R, join R to L and rise	Sweep arms down & up to grasp shoulders, head to LDF
1 (2,3)	Travelling to LDF, long step fwd R	Lift elbows until Arms are folded overhead, begin to open sideways
4(5)	Long step fwd L	continue to open arms PD
6,1	2 walks to LDF R, L	
2,3	Outward round kick R on fondu, lean away	Arms relaxed
4,5 (6)	Facing R side, step fwd R & dig L to R both knees bent, slight contraction	R arm breathe fwd
1,2,3	Place L foot back in parallel 4 th	Inward circle both arms to parallel
4,5,6	Body into high release or back bend	Outward circle with wrists finishing PU, elbows down into chest
1 (2)	Strong releve on R, L in parallel retire	Breathe R arm fwd, turn shoulders & eyeline to face front



3,4,5	Step fwd L, sit on R hip & roll to L	R hand on floor
6,1,2	Facing RDB, stand up on R	
&3	Ball change, L, R bringing L to low T/O retire	Arms lift to side opp. with high release or back bend
4	Fall fwd on L, relax body	
5,6,1	Turn to R to face LDF, low develop R with RDJ	Arms fwd opp. with body turn L leg on fondu, lay back
2,3	Travelling to LDF, 2 long walks R, L	
4,5,6	Step R sideways and draw L foot into ankle on ball	Circle arms overhead R, then L, finish both arms down to R
1	Step L to L, straight R leg, L leg inverted on ball	Arms Jazz 4 th PF R arm high
2	Change legs	Drop R arm PF
3	Clasp R shoulder with L hand	
4	Turn head low to L	

AMALGAMATION C

♩ =125-135 Commence centre back

COUNTS	BODY & LEGS	ARMS
1 2	2 drag runs fwd, R, L	R arm extends fwd lifting to above shoulder level PD
3 4	Step R to RDF & join feet tog on balls slight contraction	Arms loose shoulder level
5 6	Turn to face back, 1 st 2 steps of PDB L, R	
7	Bend R knee bring L to parallel retire	Throw R arm, shoulder level PF, head inclined to R
8,1	Turning to L, 2 steps L, R	
2	Face RDF, spring onto R cut R leg low extended line	L elbow diagonal high R low to side, Incline head & body



3 4	Step R across, high side kick L on rise, body tilted fwd	Unfold R arm low PF, holding R wrist in L
5 6	2 walks sideways to LDF, L R	
7	Step L to L, turn body to face R side, knees bent	Hold R wrist with L hand in front of face
8	Lift head	
1 (2)	Join R foot to L on rise, facing R side	Extend R arm fwd at shoulder level still holding wrist, head erect
3 4	2 walks fwd L, R finishing knees bent	Bring R fist up in front of face on 2 nd walk L still holding R
5(6)	Turn to face front, feet parallel 2 nd in plie	
7	Incline head to R	Fist still clasped
8	Recover head	
1-7 (1,2&3, 4&5, 6&7) head	Step fwd RLRL on 1,3,5,7	Sideways head Isolations as Isolation sequence with moving in oppos to the arm head to R first
1234	Facing RDF 2x step close RLRL sideways to RDB	Elbows lifted, fists clenched arms out, in, out, in
5	Turning to R, facing LDB, spring onto R bringing L to low T/O retire	
6 7	Step L across R, then R to R side	
8	Turning to face front step L to L	Arms down
1	Turn knees & feet in	Clasp hands in front of chest look down
2		Shoot clasped hands fwd to diagonal high line
3 4	Transfer weight into R foot & sit into R hip both knees bent	Circle clasped hands to R finishing on top of R rib
5	Change legs & repeat	Change hands to L rib
6	Join R foot to L and rise up on both feet	R elbow high, L arm down eyeline high to R
7	Step R to RDF	



- | | | |
|-------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| 8 | Step L on straight knee, R in low T/O retire | R arm to side oppo, PD
throw L arm fwd from high
to low PF with strong
shoulder Isolation fwd |
| 1 | Step R across L | |
| 2 3 4 | Step low turn step LRL to L finish facing L side
R leg behind in Jazz 4 th , L leg straight | Hands clasped into chest |
| 5(6) | Shoot arms downwards | |
| 78 | Clasp hands behind head, chop arms downwards | |
| 1 | Turn to face front, feet parallel 2 nd , knees bent & inverted,
body fwd | Fists into chest, Jazz 1 st line |
| &2 | Turn out legs | Circle wrists, extend arms to
Parallel low, wrists to front |
| 3 | Lift L foot up at behind, foot flexed | Turn head to R |
| 4 | Recover | |
| 5-8 | Repeat on other leg | |
| 1 | Dig R to R, inverted R knee | Hold R wrist with L
hand, arms overhead
eyeline fwd |



JAZZ AWARDS

BPM

These bpm's are guideline speeds

BRONZE

1. Warm Up – bpm - 125-130
2. Combination Steps A - bpm -130-135
3. Combination Steps B - bpm -120-125
4. Teacher's choice of two out of the six amalgamations:
 - A – bpm – 130-135
 - B – bpm - 120-125
 - C – bpm – 130-135
 - D – bpm - 120
 - E – bpm - 136
 - F – bpm - 118-120
- 5 Prepared Jazz Dance - not to exceed 1 min 15secs. No free work will be given.

SILVER

1. Warm Up – bpm -125-130
2. Combination Steps A – bpm – 130-135
3. Combination Steps B – bpm -130-135
4. Teacher's choice of two out of the six amalgamations:
 - A – bpm- 135-140
 - B – bpm – 70-75
 - C – bpm – 190
 - D – bpm - 128
 - E – bpm - 96
 - F – bpm - 116–120
5. Prepared Jazz Dance - not to exceed 1min 15secs. No free work will be given.

GOLD

1. Warm Up – bpm – 130-135
2. Combination Steps A – bpm -115-120
3. Combination Steps B – bpm – 100-110
4. Isolations - 120-125
5. Teacher's choice of two out of the three amalgamations:
 - 1 – bpm – 165-170
 - 2 – bpm – 125 (3/4 time signature)
 - 3 – bpm – 125-135
6. Prepared Jazz Dance - not to exceed 1min 30secs.