

Year 4 Jazz Syllabus Breakdown

<u>Exercise Category</u>	<u>Number of Exercises</u>
Warm Up with Moving Isolations	10
Spinal Articulation with Stationary Isolations	10
Forward Progressions (jazz walks, runs, step tap, battement, leaps etc)	8
Backward Progressions (jazz walks, step tap etc)	6
Sideways Progressions (Step taps, hops, turns, etc)	6
Pas de Bourrée (pas de bourrée and chassé)	7
Center Combinations (jazz square, turns, kick ball change etc)	7
Conditioning Series	9
Strength and Length Series	9
Choreography Exploration	16

Lesson 14 – 30 Minute Class

Exercise	Directions
Warm Up 5	Verbally cue and execute the full exercise with the students. Music tempo – 112 beats per minute
Spinal Articulation 5	Verbally cue and execute the full exercise with the students. Music tempo – 96 beats per minute
Forward Progressions 5	Verbally cue the full exercise for every group. Execute the first set of the combination with each group as needed. Group size – 4 at a time or divide the class into 4 even groups. Music tempo – 112 beats per minute
Backward Progressions 4	Help the students count in to when they are supposed to start if needed. Have the students go 1 at a time, starting 8 counts off from each other. Music tempo – 112 beats per minute
Sideways Progressions 4	Verbally cue every group. Group size – 5 at a time or divide the class into 4 even groups. Music tempo – 128 beats per minute
Pas de Bourrée 3	Verbalize and demonstrate 2 repetitions of pas de bourrée in relevé as the students watch. Verbalize the combination for every group. Execute the first set of the combination with each group as needed. Group size – 3 at a time or divide the class into 5 even groups. Music tempo – 128 beats per minute
Center Combination 3	Verbally cue the full exercise for the students. Music tempo – 128 beats per minute
Performance Dance	Continue to add onto the performance dance.

Hand Out Activity Sheet # 7

Lesson 14 – 45 Minute Class

Exercise	Directions
Warm Up 5	Verbally cue and execute the full exercise with the students. Music tempo – 112 beats per minute
Spinal Articulation 5	Verbally cue and execute the full exercise with the students. Music tempo – 96 beats per minute
Conditioning Series 5	Verbalize and demonstrate the exercise as the students watch. Verbally cue and execute the full exercise with the students. Music tempo – slow
Strength / Length Series 5	Verbalize and demonstrate the exercise as the students watch. Verbally cue and execute the full exercise with the students. Music tempo – slow
Forward Progressions 5	Verbally cue the full exercise for every group. Execute the first set of the combination with each group as needed. Group size – 4 at a time or divide the class into 4 even groups. Music tempo – 112 beats per minute
Backward Progressions 4	Help the students count in to when they are supposed to start if needed. Have the students go 1 at a time, starting 8 counts off from each other. Music tempo – 112 beats per minute
Sideways Progressions 4	Verbally cue every group. Group size – 5 at a time or divide the class into 4 even groups. Music tempo – 128 beats per minute
Pas de Bourrée 3	Verbalize and demonstrate 2 repetitions of pas de bourrée in relevé as the students watch. Verbalize the combination for every group. Execute the first set of the combination with each group as needed. Group size – 3 at a time or divide the class into 5 even groups. Music tempo – 128 beats per minute
Center Combination 3	Verbally cue the full exercise for the students. Music tempo – 128 beats per minute
Choreography Exploration 11	Change the composition of the groups from the last class and follow the instructions on the exercise card.
Performance Dance	Continue to add onto the performance dance.

Hand Out Activity Sheet # 7

Warm Up with Isolations 5

Music – 4/4

Total Counts – 576

Starting Position – Standing in the center of the room, preferably facing a mirror

Counts

1-4 x 16
1-4 x 16
1-4 x 16
1-4 x 16
1-4 x 16
1-4 x 16
1-4 x 16
1-4 x 16
1-4 x 16

Movement

Step the right foot to the right, tap the left foot to the right and reverse. Repeat 15 more times.
Continue the feet and add 8 sets of head isolations side and 8 sets up / down.
Continue with just the feet for 16 sets.
Continue the feet and add 8 sets of shoulder isolations front /back and 8 sets up / down
Continue the feet and add 8 shoulder squares in each direction
Continue with just the feet for 16 sets.
Continue the feet and add 8 sets of arm isolations I in both directions.
Continue the feet and add 8 sets of arm isolations II in both directions
Continue with just the feet for 16 sets.

Additional Points to Watch

Encourage the students to work as a group and use their peripheral vision to stay together

*Foci—addition of arm isolation II and increased endurance for a longer series

Spinal Articulations and Isolations - 5

Music - 4/4

Total Counts – 480

Starting Position – Center floor, preferably facing the mirrors, parallel first position, arms relaxed by sides

Counts

1-4 x 16
1-4 x 4
1-4 x 8
1-4 x 4
1-4 x 8
1-4 x 4
1-4 x 16
1-4 x 4
1-4 x 16
1-4 x 4
1-4 x 16
1-4 x 4
1-4 x 16

Movement

8 Demi plié and stretch in parallel first and second positions (2 counts down and 2 up)
Roll down for 8 counts and roll back up.
Complete 4 head circles in each direction
Repeat the roll down and up, at the end place the arms in jazz 2nd position
Complete 8 hand isolations
Repeat the roll down and up, place hands on hips after standing up and bend knees into demi plié
Complete 8 torso squares—front, side, back, side in each direction
Repeat the roll down and up, place hands on hips after standing up and bend knees into demi plié
Complete 8 pelvis squares in each direction
Repeat the roll down and up, place hands on hips after standing up and bend knees into demi plié
Complete 8 knee isolations on each leg (2 counts up and 2 counts down)
Repeat the roll down and up section.
Complete 8 ankle circles in each direction (2 counts each) on both legs

Additional Points to Watch

When doing the torso square, keep the movements soft to maintain style appropriate to age

*Foci—introduction of pelvis squares

Forward Progressions – 5

Music – 2/4 or 4/4

Total Counts – 64 counts per combination per side

Starting Position – Point 4 traveling to point 8, parallel first position, arms relaxed by the sides

Counts

1-4 x 4

1-4 x 4

1-4 x 4

1-4 x 3, 1,2

3-4

Repeat the combination to cross the floor

After all groups have gone repeat from point 6 to 2

Movement

Execute 8 low jazz walks (2 counts per walk), hand over bent knee, starting with the right leg first

Execute 8 step sits (2 counts per side)

Execute 8 step kicks (2 counts per side)

Execute 14 stretched jazz runs (1 count per run)

Leap with the right leg and step through with the left

Additional Points to Watch

Explain that the position of the jazz run is the same as the jazz walk, you just arrive there faster

Encourage the students not to “skate” but to push off of the back leg and land onto the front foot

Look for the students understanding the concept of the step—not being able to execute it perfectly

*Foci—introduction of jazz runs and review of leaps from **Year 3 Jazz**

Backward Progressions – 4

Music – 2/4 or 4/4

Total Counts – 48 counts per combination per side

Starting Position – Point 2 traveling to point 6, parallel first position, arms relaxed by the sides

Counts

1-4 x 4

1-4 x 4

1

2

3-4

1-4 x 3

Repeat the combination to cross the floor

After all groups have gone repeat from point 8 to 4 beginning with the right leg

Movement

8 step, tap, claps traveling backwards beginning with the left foot

8 backward walks with arms

Step on the left foot backwards, taking the arms to jazz second position at the same time

Demi plié the left leg as the right knee bends and foot raises to a parallel passé

Repeat on the second leg

Repeat 3 additional sets

Additional Points to Watch

Encourage the students to control their movements as the step sit is done more quickly

When they begin 8 counts off of each other:

This is the first time students are beginning on a different step as the person before them—doing it backwards helps because they are not looking at the person who went before them.

Encourage the students to look over the head of the person starting after them to avoid confusion

*Foci—faster step sit

Sideways Progressions - 4

Music – 4/4

Total Counts – 32 counts per combination per side

Starting Position – Traveling from points 7 to 3, parallel first position, arms relaxed by the sides

Counts

1-4 x 2

1-4 x 2

1-2

3-4

1-4 x 3

Repeat the combination to cross the floor

Once every group has gone repeat from point 3 to 7

Movement

2 sets of simple grapevine

1 sets of grapevine with taps finishing with a close of the foot instead of a tap

Turning side push to the left

Turning side push to the right

Repeat 3 more sets of turning side pushes

Additional Points To Watch:

Remind students to control the movement as the turning side pushes are done more quickly

*Foci—quicker execution of the turning side push

Pas De Bourrée - 3

Music – 4/4

Total Counts – 64 counts

Starting Position – Traveling from points 5 to 1, parallel first position, arms in jazz second position

Counts

1-4 x 8

1

and

2

3 and 4

1-4 x 7

Movement

16 pas de bourrée in plié using the arms beginning with the right foot. On the last one place the hands on the hips

Cross the right foot behind the left foot, stepping onto the foot in relevé

Step the left foot open to the left side on relevé

Step the right foot to the front on the open diagonal, rolling from relevé through the ball of the foot and finishing on a flat foot in demi plié

Repeat with the left leg

Repeat 7 additional sets

Additional Points To Watch:

Remind the students to time the arms with the pas de bourrée in plié so that they are not “stabbing” into the air

Placing the hands on the hips for the pas de bourrée in relevé will help the students concentrate on their balance and timing

*Foci—introducing syncopation in the pas de bourrée in relevé

Center Combination - 3

Music – 4/4

Total Counts – 64 counts

Starting Position – Center, preferably facing the mirror, feet in parallel first position and arms long by sides

Counts

1-4 x 2

1-4 x 2

1-4 x 2

1-4

1

2

3-4

1-4 x 8

Movement

4 walks and 2 pivots starting right

2 Jazz squares (right then left) - should end with right foot in a tap

Turn jump clap to the right and left—replace the tap with a jump together and clap

2 Kick ball changes with the right leg kicking

Jump open to parallel second position

Jump crossing the right leg over the left

Turn 1 revolution to the left to unwind the legs

Repeat the combination starting with the left foot

Additional Points To Watch:

Explain that while the kick comes from the knee, the knee should not snap

Explain that the first step of the ball change is done on the ball of the foot

Remind students to spot their turn taps

Remind students to point their feet during the kick

*Foci—reviewing turn tap taught in **Year 3 Jazz** and introducing kick ball change

Conditioning Series—5

Music – 4/4

Total Counts – 128 counts - slow tempo

Starting Position – Sitting in center, facing the mirror, legs opened in a straddle wider than shoulders, arms in jazz second position

Counts

1-4

front

1-4

1-4

1-4

1-4 x 4

1-4 x 8

1-4 x 16

Movement

Side bend to the right, lifting the left hand overhead (palm facing the head) and right arm lowered in of the body, rounded to stay out of the way

Rotate to face the leg allowing one hand to move to both sides of the leg

Lengthen the torso out to the flat back position bringing both arms overhead, palms facing each other

Return to sitting up straight and center the body

Repeat series to the center

Repeat the series to the left and again to the center

Repeat the entire series 3 more times

Additional Points To Watch:

Explain to the students that when they are moving from the side bend or round position, they will need to lift and grow taller into their flat back position

*Foci—training the abdominals and back muscles to go from a rounded to a straight position

Strength and Length Series—5

Music – 4/4

Total Counts – 128 counts - slow tempo

Starting Position – Lying on stomach, arms in front of shoulders, legs open sits bones width apart

Counts

1-4

1-4

1-4 x 14

1-4 x 16

Movement

Lift and lower the right leg as previously described.

Lift and lower the left arm as previously described

Repeat 7 more sets

Repeat 8 sets with the left leg and right arm moving

At the conclusion of both sides, have the students roll onto their sides and pull their knees into their chests to relax the muscles of the back and shoulders

Additional Points To Watch:

Encourage the students to reach away from their bodies with both their arms and legs during the lifting movement.

*Foci—Alternating between arms and legs provides more challenge for body to control the movements

Choreography Exploration—11

Music – 4/4 - moderate tempo

Starting Position – In one corner preparing to go across the floor

Divide the students up into 3 groups

Have each group choreograph a combination that travels forward, backward and sideways to go across the floor.

Give the students 3-4 minutes to create their combinations and teach the combination to the others in their group

Have each group perform their combinations for the other groups

Grand Battement

Grand battement is a brush to a high kick. Across the floor we add a step after the kick so that the movement travels. When we stay in place we don't do the step.

Draw a face and costume on the picture of the dancer below



Practice your grand battement across the floor. Remember to keep your posture tall.