

BRONZE

1. Warm Up
2. Combination Steps A and B
3. Teacher's choice of two out of the six amalgamations: A,B,
4. Prepared Jazz Dance - not to exceed 1 min 15secs.

GOLD

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

GRADE 2

Candidates should be prepared to demonstrate any exercise individually.

- 1.1 Warm-up – set exercise
- 2.2 Side stretch – set exercise
- 2.3 Forward stretch – set exercise
- 2.4 Foot exercise – set exercise
- 2.5 Abdominal exercise – set exercise
- 2.6 Front kicks – set exercise
- 2.7 Tendus – set exercise
- 3.1 Females' arm exercise - set exercise

4 Rhythm

- 4.1 Clap and mark a 2 or 4 bar phrase of whole bars of whole, half, quarter and accented eighth notes, as given by the examiner, each phrase will be clapped twice then marked twice
- 4.2 Set rhythm - 1 & 2 3 & 4 5 6 7_ Rhythm to be clapped **without music**

- 5.1 Females' walks - set exercise
- 5.2 Step ball change - set exercise
- 5.3 Females' bounces - set exercise
- 5.4 Split runs - set exercise
- 5.6 Turns - set exercise
- 5.7 Combination steps A B C (teachers choice) - candidates must show 2 out of 3 combination steps, danced consecutively on one side only

6 Set Amalgamations -

- 6.1 Jazz
- 6.2 Lyrical

7 Dance - To be performed as a solo

Teacher's arrangement - 16 bars or not more than 45 seconds of music

8 Bow

GRADE 5 FEMALE

Candidates should be prepared to demonstrate any exercise individually.

1 Preparatory

- 1.1 Warm up - set exercise
- 2.1 Sequence of stretches - set exercise
- 2.2 Floor limbering – females' set exercise
- 2.3 Tendus - set exercise
- 3.1 Females' arm exercise - set exercise
- 4.1 Isolations - Set exercise -Teachers may use free or set music for this exercise in the examination

5 Improvisation

- 6.1 Sequence of walks - set exercise
- 6.2 Turns - set exercise
- 6.3 Kicks - set exercise
- 6.4 Foot warm up - set exercise
- 6.5 An unset sequence as given by the examiner
 - a. Drag runs forwards and sideways
 - b. Step and sideways split run
 - c. Step and forward split run
 - d. Circular spring, no body line
 - e. Accented hop
 - f. Step and coupe turn with extended leg

7 Set Amalgamations - To be performed as a solo

- 7.1 Jazz
- 7.2 Lyrical - It is recommended that teachers use Anastasia 'Freak of Nature', or 'Goodbye' but teachers may use original or set music

8 Dance arrangement - To be performed as a solo

Teachers own arrangement - not to exceed 1 minute 30 seconds.

9 Bow