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# *Syllabus Sampler*

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August 2017

Performing Arts Educators of Canada is an association established in Ontario by a network of dance professionals in 2000. Performing Arts Educators of Canada believes in developing strong programming in all areas of performing arts. As well, P.A.E.C. prides itself on high standards of ethical and professional conduct among its members in the arts community.

## **Aims and Objectives**

- To provide leadership in programming, increase knowledge, enhance skill and facilitate training of members of the Association
- To encourage a high standard of teaching practice
- To provide progressive syllabi to its members and maintain an environment encouraging growth in all performing art forms
- To invest financial resources on behalf of its members to further strengthen P.A.E.C. programming, operations and services
- To encourage ethical and professional conduct of its members

**Performing Arts Educators of Canada  
Éducateurs en Arts du Spectacle du Canada**

# ACRO

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## PAEC Acro Grade 1

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### Tricks:

2 Compulsory and 5 Optional tricks to be demonstrated

#### Compulsory tricks (2)

- |    |   |  |
|----|---|--|
| 1) | Cartwheel R & L (examiner will see both and mark the stronger side) |  |
| 2) | Back Bend   |  |

#### Optional tricks (5 from list below)

- |     |  |  |
|-----|--|--|
| 1)  | Bridge press-up w/ 1 arm R & L                           |  |
| 2)  | Recover from bridge                                      |  |
| 3)  | Head stand (5 seconds held balance) any leg pos          |  |
| 4)  | ½ split w/ toes to head (w/ or without hands supporting) |  |
| 5)  | Front straddle split roll (use of mat optional)          |  |
| 6)  | Back straddle split roll (use of mat optional)           |  |
| 7)  | Back bend and walk (either direction)                    |  |
| 8)  | Back bend and retiré R & L                               |  |
| 9)  | 1 Handed Cartwheel (one side only)                       |  |
| 10) | Tuck up to hand stand w/ wall                            |  |
| 11) | Elbow stand to wall R & L                                |  |
| 12) | Circular bridge (one side only) show 2                   |  |

## PAEC Acro Elementary 2

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### Barre exercise #2

**Begin sitting under barre w/ back flat against wall, legs bent out in front in jazz 2nd (shoulder width apart), hands holding barre shoulder width apart**

- |     |  |  |
|-----|--|--|
| 1-8 | Pull up to back bend pos holding the barre w/ both hands   |  |
| 1-8 | Lower down to sitting pos, pull feet together to a parallel 1 <sup>st</sup>  |  |
| 1-8 | Pull up to back bend pos holding the barre w/ both hands   |  |
| 1-8 | Lower down to sitting pos, prepare R foot to either retiré or développé pos  |  |
| 1-8 | Pull up to back bend pos on 1 foot, maintaining lifted leg in retiré or développé, still holding the barre w/ both hands |  |
| 1-8 | Lower down to sitting pos, prepare L foot to either retiré or développé pos  |  |
| 1-8 | Pull up to back bend pos on 1 foot, maintaining lifted leg in retiré or développé  |  |
| 1-8 | Lower down to sitting pos, prepare feet back to 2 <sup>nd</sup> pos  |  |

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PAEC Acro Intermediate 2

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## Limbering exercise

### Begin facing wall 5 standing in parallel 2<sup>nd</sup>

1-8	Side bend R	
1-8	Circular port de bras from R to L and recover body upright	
1-16	Repeat L	
1-2	Turn and face wall 8, hands on front of hips	
3-8	Controlled back bend and hold (hands stay on hips)	
1-6	Recover	
7-8	Prepare arms overhead	
1-8	Back bend and hold (hands don't touch the floor)	
1-6	Recover from bend	
7-8	Step down into R crouch pos	
1-2	Kick L leg up to needle	
3-4	Pulse leg up	
5-6	Pulse leg again	
7-8	Hold	
1-4	Lift hands off the floor and continue holding needle	
5-8	Lower leg and turn into L crouch	
1-8, 1-4	Repeat needle kicks on second side	
5-8	Lower R leg and stand in parallel 2 <sup>nd</sup> , prepare R leg for overhead leg stretch (standing)	
1-8	Extend into overhead leg stretch devant	
1-8	Rotate lifted leg to 2 <sup>nd</sup> (turnout supporting leg at the same time)	
1-8	Rotate leg into simple back leg stretch, facing wall 6	
1-4	Lower leg to point tendu	
5-8	Face 5 in parallel 2 <sup>nd</sup> and prepare L for overhead leg stretch (standing)	
1-16, 1-16	Repeat overhead leg stretch sequence on L leg	

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# BALLET

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## PAEC Ballet Primary

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### Sautés

#### en face, parallel or natural 1<sup>st</sup> pos

1-2	2 bounces	
&3	Sauté	
4	Stretch	
5-16	Repeat 3 times	

## PAEC Ballet Grade 1

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### Spring Points

#### en face, 1<sup>st</sup> pos

1-2	Step to R, close 1 <sup>st</sup>	
3-4	Step to R, tendu L devant en fondu, (passing through 1 <sup>st</sup> )	
5-8	4 spring points R, L, R, L	
1-8	Repeat to o/s	

## PAEC Ballet Elementary 2

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### Adage and temps lié

#### croisé, 5<sup>th</sup> pos, R devant

#### Teacher's method of temps lié (en l'air is optional)

1-4	Développé R devant, croisé	
5-8	Temps lié en avant	
1-4	Développé R à la 2 <sup>nde</sup> en face, close 5 <sup>th</sup> devant	
5-8	Temps lié R de côté, close L devant	
1-4	Développé R derrière, croisé	
5-8	Temps lié en arrière, close 5 <sup>th</sup>	
1-8	Small upper back arch and recover	
1-32	Repeat o/s	

# Performing Arts Educators of Canada Éducateurs en Arts du Spectacle du Canada

## PAEC Ballet Intermediate 1

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### Tendus (barre)

#### Begin in 5<sup>th</sup> pos

1	Tendu devant
&2-&3	2 demi pointe isolations
4	Close
&5	Lift to CDP devant, tendu devant en fondu
6-8	Plié in 4 <sup>th</sup> , point tendu derrière (inside leg), close 5 <sup>th</sup> derrière
1-8	Repeat exercise derrière using the inside leg
1-4	Repeat first 4 counts à la 2 <sup>nde</sup> , closing 5 <sup>th</sup> derrière
&5-6	Lift to CDP derrière, tendu à la 2 <sup>nde</sup> en fondu, close devant on straight legs
&7-8	Lift to CDP devant, tendu à la 2 <sup>nde</sup> en fondu, close derrière on straight legs
1-4	Repeat first 4 counts à la 2 <sup>nde</sup> , closing 5 <sup>th</sup> devant
&5-8	Relevé, demi-détourné, plié, stretch
1-32	Repeat o/s

## PAEC Ballet Intermediate 2

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### Centre Practice

#### Croisé, 5<sup>th</sup> pos, R devant

1-2	Tendu devant
3-4	Grand battement devant
5-6	Dégagé devant finishing CDP devant en fondu
&7-8	Extend leg devant, step forward to tendu derrière, close 5 <sup>th</sup>
1-8	Repeat derrière
1-4	2 tendus en arrière en face
5-8	2 grand battements en arrière, finishing last one on plié
1-4	Chassé, pas de bourrée dessous to finish 4 <sup>th</sup>
5-6	Single pirouette en dehors close 5 <sup>th</sup> devant
7-8	Repeat pirouette closing 5 <sup>th</sup> derrière
	Repeat o/s

# Performing Arts Educators of Canada Éducateurs en Arts du Spectacle du Canada

PAEC Ballet Advanced

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## Centre Adage

### Croisé, 5<sup>th</sup> pos, L devant

1-2	Chassé en avant, lifting R leg to arabesque	
3-4	Change leg to attitude	
5-6	Allongé en fondu	
7-8	Retiré, straightening supporting leg, développé devant en fondu	
1-2	Gather 5 <sup>th</sup> demi pointe, développé effacé derrière en fondu	
3-4	Repeat w/ R leg devant	
5-6	Demi RDJ en dehors, straightening supporting leg	
7-8	Fouetté to 1 <sup>st</sup> arabesque	
1-6	Penché and recover	
7-8	Rise and tombé to arabesque	
1-4	Fouetté en dehors en l'air to croisé devant	
5-6	Retiré en face, extend arabesque en fondu croisé	
7-8	Close 5 <sup>th</sup>	
1-32	Repeat o/s	

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# JAZZ

## PAEC Jazz Grade 2

### Turning Combination

#### Start facing wall 5

1-2	Jazz pas de chat R	
3&4	Chassé R to second	
5	Step fwd (prepare)	
6	Pirouette (en dehors)	
7	Step R	
8	Hold	
1-8	Reverse exercise immediately	

## PAEC Jazz Elementary 2

### Centre:

- All stretch exercises and progressions are samples.
- If you choose not to use the samples provided, you may create your own exercises provided that they include the required reference terms or elements and total counts.

### Standing Stretch

#### Reference Terms: 32-64 cts

1. Flat back	(w/ ¼ twist)
2. Flat back	(w/ plié)
3. Back circle	
4. Body roll	

### Standing Stretch – Sample exercise

#### Start standing in jazz 2<sup>nd</sup>, facing wall 5

1-4	Back circle	
5-8	Flat back R w/ ¼ twist to corner 1	
1-2	Drop fwd to stretch over R leg	
3-4	Continue to stretch centre	
5-8	Demi-plié & roll up through the spine to an erect standing pos	
1-16	Reverse	
1-4	Flat back forward	
5-8	Demi-plié (maintaining the flat back)	
1-4	Straighten legs (maintaining the flat back)	
5-8	Demi-plié & body roll to erect standing pos	
1-16	Repeat	
1-64	Repeat entire exercise	

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PAEC Jazz Intermediate 2

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## Progression #2

### Reference Terms

1. Grand Jeté (single or double attitude)
2. Hop Renversé

## Progression #2 – Sample exercise

### Start from corner 3, travel on a diagonal to corner 1

1	Chaîné en plié R	
3&4	Hop renversé	
5&6	Hop renversé	
7	Step R	
8	Step L cross over R (as in prep)	
1-2	Chaîné en plié R	
3-4	Grand jeté turn (single or double attitude)	
5-6	Grand jeté turn (single or double attitude)	
7-8	Grand jeté turn (single or double attitude)	

## Progression #3

### Reference Terms

1. Attitude Turn
2. Pirouette (turned out, double, en dedans or en dehors)
3. Posé Arabesque

## Progression #3 – Sample exercise

### Start from corner 3, travel on a diagonal to corner 1

1	Posé arabesque R	
2	Step L	
3-4	Step R into attitude turn	
5&6	Chassé devant L	
7-8	Pirouette R (turned out, double, en dehors)	
1-16	Repeat exercise	



# Performing Arts Educators of Canada Éducateurs en Arts du Spectacle du Canada

PAEC Jazz Advanced

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## Stretch

### Start in ballet 5<sup>th</sup> effacé, facing corner 2

1-4	Développé L devant en plié & close in 5 <sup>th</sup> (straighten legs)	
5-8	Développé R derrière en plié & close in 5 <sup>th</sup>	
1-4	Développé L in second	
5	Relevé	
6	Step L	
7&8	Pas de bourrée R under finishing in 5 <sup>th</sup> devant	
1-8	Développé R devant & rond de jambe en dehors to derrière	
1-4	Penché	
5-6	Recover	
7-8	Press up	
1	Step R to corner 2	
2-4	Pas de bourrée L en dehors to face corner 1	
5-6	Step R to ballet 4 <sup>th</sup> pos en relevé w/a high release	
7-8	Step R back into ballet 2 <sup>nd</sup> en plié facing corner 4 (AST sweeping the torso fwd from L to R)	
1-2	Battement L en relevé w/ a pitch (making a ½ turn en dedans finishing to face corner 1)	
3	Step L across R (to corner 1)	
4	Step R in place	
5-6	Brush L foot through ballet 1 <sup>st</sup> pos to arabesque, en relevé w/ a high release	
7	Step L fwd to corner 1	
8	Step R into ballet 5 <sup>th</sup> devant	
1-48	Repeat starting w/ R leg on the o/s	

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# MODERN

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## PAEC Modern Grade 1

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### Plié

#### Standing in parallel 2<sup>nd</sup> pos, arms down by sides (w/ breath)

1-2	Demi-plié, breath forward w/ both arms (palms down)
3-4	Straighten, arms back (palms up)
5-8	Repeat
1-4	Both arms forward up to over head
5-6	R arm drops
7-8	L arm drops
1-2	Demi-plié, breath forward w/ both arms (palms down)
3-4	Straighten, arms back (palms up)
5-8	Repeat
1-2	R arm forward up to over head
3-4	L arm forward up to over head
5-6	Both arms drop to side
7-8	Change pos to turned out 2 <sup>nd</sup> pos
1-32	Repeat in turned out 2 <sup>nd</sup> pos, change to turned out 1 <sup>st</sup> pos
1-32	Repeat in turned out 1 <sup>st</sup> pos, change to parallel 1 <sup>st</sup> pos
1-32	Repeat exercise in parallel 1 <sup>st</sup> pos, plié and stretch

## PAEC Modern Elementary 1

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### Arm & Head Drops

#### Standing turned out 1<sup>st</sup>, arms at side (w/ breath)

1-4	R arm lifts (elbow leads) in front of body overhead until arm is fully stretched
5-8	Head to follow arm, bring R arm open to side palm up, w/ use of breath lower the arm & head
1-8	Repeat L
1-16	Repeat using both arms 2x's
1-2	Head drops forward
3-4	Head back to centre
5-6	Head & shoulders drop forward
7-8	Back to centre
1-8	Head, shoulders & upper body drop forward (hair pin pos)
1-8	Slight bend in knees, roll up through the spine to standing, arms circle overhead and down to side
1-8	Both arms up, bend forward to floor, while doing demi-plié, roll up through spine w/ arms at side

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## PAEC Modern Elementary 2

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### Fall & Rebound

#### Standing in parallel 2<sup>nd</sup> pos

1-2	Head drops forward	
3-4	Head back to centre	
5-6	Head & shoulders drop forward	
7-8	Back to centre	
1-4	Roll down through spine initiated from head	
5	Bend knees	
6-8	Scoop arms & recover	
1-16	Repeat to R	
1-16	Repeat to L	
1-8	Full body drop and recover 2x's	
1-8	Full body drop w/ jump and recover 2x's (w/ arm swings) (fall & rebound action)	
1-12	Rise to demi pointe w/ high release and hold	
13-16	Lower	

## PAEC Modern Intermediate 2

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### Extension & Battement

#### Standing turned 5<sup>th</sup> pos, R foot front

1-2	Retiré R leg	
3-4	Développé en fondu w/ contraction	
5	Gather to 5 <sup>th</sup> on demi pointe	
6	Melt over in demi-plié	
7	Recover upper body AST grand battement devant	
8	Close 5 <sup>th</sup>	
1-8	Repeat to side, side bend over raised leg	
1-8	Repeat back, w/ high lift	
1-8	Teacher's own transition	
1-32	Repeat o/s	

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# TAP

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## PAEC Tap Grade 2

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### Combination

Students must be able to count and perform w/ music

&1&2&3	Flap R,L,R	
&4-&5	Shuffle L   Hop R   Step L	
&	Stamp R	
6-7	Hold	
&8	Ball-change L R	
1-8	Reverse	

## PAEC Tap Elementary 2

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### Rhythm Combination

&1-&2	Heel drop L   Stamp R   Brush back L   Step L	
&3	Scuffle R	
&4	Step R   Stud L	
&5&6&7&8	Reverse	
&1&2&3&4	Repeat	
5-8	4 count teacher's break	
1-48	Repeat combination 3 more times (each w/ a different teacher's break)	

# Performing Arts Educators of Canada Éducateurs en Arts du Spectacle du Canada

## PAEC Tap Intermediate 1

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Style Combination	
Genre of music and style must coordinate	
1-&2	Leap R   Shuffle L
&a3	Alternating pick-up to L   Toe tap R (Maxie Ford)
4-5	Chaîné turn R
6&7&a8	Repeat Maxie Ford R
&1-2	Stamp R   Stamp L   Hold
a&a3	4 count double pick-up R
4-5	Stamp R   Step L crossed in front
6-7	Step R into drag   Inward turn R
&8	Stamp L   Stamp R
&1-&2	Toe drop R L   Heel drop R L
3-4&	Clap   Toe drop R L
5-6	Heel drop R   Clap
&7-&8	Heel drop L R   Toe drop L R
&1-&2	Flap R   Heel drop R   Heel drop L
&3-&4	Brush back R   Step R   Ball-change L R
5-&6	Toe drag L   Step L at same time toe drag R   Step R
7-8	Stamp L   Hold
	Must also be seen L

# Performing Arts Educators of Canada Éducateurs en Arts du Spectacle du Canada

## PAEC Tap Intermediate 2

Rhythm Combination	
&1-&2	Heel drop L   Stamp R   Brush back L   Step L
&3	Scuffle R
&4	Leap R   Ball hit L
&5&6&7&8	Reverse
&1-&2	Heel drop L   Heel dig R   Brush back R   Heel drop L
&3-4	Toe tap R   Heel drop L   Hold
&5-&6	Heel click (in air)   Land L   Heel click (in air)   Land L
&7-8	Step R   Stomp L   Hold
&1-&2	Brush back L   Heel drop R   Shuffle L
&3-4	Heel drop R   Step L   Hold
&5-&6	Scuff R   Heel dig R   Step L   Scuff R
&7-8	Heel dig R   Step L   Hold
1-&2	Heel dig R   Step L   Step R
&3-&4&	Heel dig L   Step R   Step L   Shuffle R
5-&6	Ball dig R   Heel drop R   Toe tap L
&7-&a8	Toe stand R   Step L   Riff R   Heel drop L
&1-&2	Brush back R   Ball dig R   Heel drop R   Heel dig L
&3-&4	Brush back L   Ball dig L   Heel drop L   Stomp R
&5	Brush back R   Step R
&6	Scuffle L
&7-&8	Heel drop R   Step L   Heel drop L   Flam R
&1&2	Double shuffle R
&3	Ball-change R L
4-&5	Step R   Shuffle L
&a6	Alt pick-up to L   Step R
7-8	Step L   Heel drop L
1	Hold
&	Double heel stand
2&	Ball-change R L
3-4	Heel drop L   Heel drop L
5-6	Double outward drag turn
&7	Jump to 2 <sup>nd</sup> pos   Buck R (L foot to retiré)
a&a8	Double flap L R
	Does not reverse

**Performing Arts Educators of Canada  
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# URBAN

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PAEC Urban Grade 1

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## Stepping Combination

**Required Elements:** An-step, Stamp, Clap

**Length of Exercise:** Maximum 32 cts

## Stepping Combination – Sample exercise

**Start center in Natural 2<sup>nd</sup>**

**Teacher’s choice of vocalizations & arms**

	<u>PHRASE A</u>	
1&-2&	Stamps R L   2 claps	
3&-4	Stamps R L   Clap	
5&-6	An-step R L   Step R	
&7-&-8&	An-step L R   Step L   2 claps	
	<u>PHRASE B</u>	
1&-2&	Stamps R L   2 claps	
3&-4	Stamps R L   Clap	
5-&-6	Stamp R   Clap   Stamp L	
&-7&-8	Clap   Stamp R L   Clap	
	<u>PHRASE A</u>	
1-8	Repeat phrase A as above	
	<u>PHRASE C</u>	
1&2&3&-4	Stamps R L R L R L   Clap	
5-&-6-&	Stamp R   Clap   Stamp L   Clap	
7&-8	Stamp R L   Vocalization	

# Performing Arts Educators of Canada Éducateurs en Arts du Spectacle du Canada

PAEC Urban Grade 2

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## Floor Combination

**Required Elements:** Double knee slide, Knee spin, Kick-out, Seat roll, Around the World

**Length of Exercise:** Maximum 48 cts

## Floor Combination – Sample exercise

**Start center in 1<sup>st</sup> w/ R kheel\***

1-2	Glide R, head turn R   Touch L to 1 <sup>st</sup> w/ clap	
3	Step L to 2 <sup>nd</sup> AST Punch L arm high V	
&4	Switch to punch L high V   Rock L, drop R arm	
5-6	Step R to 4 <sup>th</sup> facing corner 1   L hand to floor	
7-8	Double knee slide to corner 1   Folded arms AST head nod	
1-4	Seat roll to L to face wall 6, end upright on R knee w/ L foot flat	
5,6,7	Inward knee spin w/ weight transfer	
8	End kneeling upright on L knee w/ R foot flat	
1-&-2	Arms high box   Low box   Throw arms to folded	
3-8	Seat roll to L end in squat in 1 <sup>st</sup> , facing wall 5	
1-2	Kick-out to R, extend R arm   Squat	
3-4	Repeat L	
5-6	Seat-slide upstage	
7-8	Crab pos	
1-8	Around the World to L ending back in crab pos	
1	Sit	
2-3	Tuck legs under to L to end kneeling on both knees	
4-7	Stand up R L	
8	Pose	

\* Kheel: is an amalgamation of knee and heel pop.



# Performing Arts Educators of Canada Éducateurs en Arts du Spectacle du Canada

PAEC Urban Elementary 1

## History Combination: Introduction to Boogaloo & Cambelocking

**Required History Components:** Boogaloo Walk-out, Oldman, Leo Walk, Lock Pos

**Required Reference Terms:** Wrist twirls

**Required Elements:** Heel-slip, Slide, Heel Touch

**Length of Exercise:** Maximum 32 cts

### Start center, L foot prep

1-2 Heel slip L to corner 1

3-4 Slide R facing wall 5

5-8 Repeat

**Boogaloo Walk-out (next 8 cts):**

1-2 L heel touch front to corner 1 | L ball touch back

3&4 Oldman L facing wall 5

5-6 R Heel-slip to corner 2 | Step L

7-8 Repeat R heel-slip and L step to 1<sup>st</sup>

1&-2 Wrist twirl inwards | Arms high box, fists

3&-4 Wrist twirl outwards | Lock pos

5-8& Repeat w/ double lock

1-8 4 Leo walks R L R L

1-32 Repeat exercise immediately o/s

PAEC Urban Intermediate 1

## Travel Combination #1: Oldschool Funk

**Required Elements:** Scooby-walks, Scoobox, Scuba, Which-a-Way, Stop'n'Go, Uncle Sam Points

**Length of Exercise:** Maximum 64 cts

### Start upstage, exercise travels downstage

1&2& Scooby-walks R

3-8 Repeat L R L

1&2& Scooby-walk R

3&4 Scooby-doo R

5-8 Repeat L

1-4 Stop'n'go

5-8 Scuba R to L

1-8 Repeat Stop'n'go on L and Scuba L to R

1-8 Scoobox (2x)

1-3 3 Uncle Sam Points

4 Hold

5-7 Repeat

8 Prep

1-8 Which a Way (8x)

# Performing Arts Educators of Canada Éducateurs en Arts du Spectacle du Canada

## Travel Combination #2: Footwork – T-step & Side-Glide

**Required Elements:** Single crawl, T-Step, Toe touch, Heel touch, V-Crawl, Side-glide

**Length of Exercise:** Maximum 48 cts

### Start center or facing barre in T.Pos

1-2 R knee lift | L foot single crawl (in): ball

3-4 Heel | Recover R foot to T-pos

5-8 Repeat R

1-2 R knee lift AST L foot single crawl (in) ball

3-4 Recover R foot to T-pos AST L foot single crawl (in): heel

5-8 Repeat T-Step

1-8 Repeat T-Step 4 more times (Double Time)

1-2 R heel touch front

3-4 R toe touch back

5-6 Slide into Left T pos

7-8 Kheel L foot

1-2 Slide R out | Shift weight to R Bobo in 2nd

&3 Twist L leg in on heel | Slide heel forward

&4 Turn out L | Dig L foot in T pos

5-8 Repeat side-glide R

1-8 Repeat side-glide R (4x) (Double Time)

\* Show traveling L as well Exercise travels continuously across floor or along barre

PAEC Urban Advanced

## Isolation Exercise: Tutting

**Required Isolations:** Torso twist, Wrist breaks, Wrist twirls, Head isolations

**Required Arms:** Short 2nd, Reverse Short 2nd, Short 5th, Prayer Pos, Egyptian, Box arms

**Length of Exercise:** Maximum 64 cts

**Teacher will set an exercise in the style of Tutting that demonstrates advanced coordination of the feet, hands, head and body as well as a clear understanding of isolation technique and musicality. The exercise may also include finger-tutting**

1-2 Prayer pos | Bring elbows together

3 Wrist breaks RL AST to L

4 Maintain wrist breaks and slide R arm away from L arm into Parallel Vertical

5 Flip L hand on top of R hand

6-8 Push hands down AST body ripple down

1-4 Twist-o-flex w/ arms (Reverse Short 2<sup>nd</sup>, Egyptian, Short 2<sup>nd</sup> w/ palms down

5-6 Torso Twist to wall 5 | Wrist twist R in

&7 Wrist twist L in | Wrist twirl out

&8 Return wrist to original position | Prayer pos