



# SYLLABUS SAMPLER

# KINDER DANCE

---

## KINDER DANCE SYLLABUS - JUNIOR KINDER ACRO SAMPLE

---

### Standing Stretch: "Wilting Flowers"

Preparation	Standing in parallel with arms by sides
1,2	Lower head, tuck chin to chest " <i>flower is wilting</i> "
3,4	Roll shoulders and upper body forward
5,6	Plié
7,8	Crouch to floor
1-4	Bounce 4 times
5,6	Jump to star position " <i>flower blooms again</i> "
7,8	Jump to parallel

---

## KINDER DANCE SYLLABUS - JUNIOR KINDER BALLET SAMPLE

---

### Port De Bras: "Blowing Up Balloons"

Preparation	Standing in parallel 1st position with arms in bras bas
1-4	Arms en avant (to 1st position) - " <i>Start filling up the balloon</i> "
5-8	Arms en haut (to 5th position) - " <i>Balloon is full</i> "
1-4	Rise en demi-pointe - " <i>Hold the balloon</i> "
5-8	Burst arms and return to en bas/bras bas - " <i>Pop the balloon</i> "
1-16	Repeat the exercise

---

## KINDER DANCE SYLLABUS - SENIOR KINDER JAZZ SAMPLE

---

### Floor Work:

#### Stretch: "Sandcastles"

Preparation	Sitting on floor, legs in 2nd position
1-4	Reach to R foot - "Grab a bucket"
5-8	Recover into an erect sitting position
1-4	Reach forward - "Put bucket into the middle"
5-8	Recover into an erect sitting position
1-4	Reach to L foot - "Grab a shovel"
5-8	Recover into an erect sitting position
1-4	Reach forward - "Shovel sand into bucket"
5-8	Recover into an erect sitting position - "Flip bucket to make a sandcastle"
1-32	Repeat - "Decorating sandcastle with seashells and rocks"

*Optional Creative Ending! Close legs in front to squish the sandcastle*

---

## KINDER DANCE SYLLABUS - SENIOR KINDER TAP SAMPLE

---

### Balance: Brushes

1	Brush front R
2	Brush back R
3	Flat step R
4	Hold
5-8	Repeat L
1-4	Repeat R
5	Clap
6	Hold
7	Clap
8	Hold

# ACRO

---

## ACRO SYLLABUS - GRADE ONE LEVEL SAMPLE

---

### Limbering:

### Exercise 2:

- Preparation: Facing wall 6 or 8, begin kneeling parallel with R leg forward in bent position, hands on floor, on either side of front foot
- 1 Extend back leg to lunge position
- 2-6 Slow presses into lunge to stretch hip
- 7-8 Recover to kneeling
- 1-6 Stretch front leg and press forward into parallel split stretch
- 7-8 Recover to kneeling
- 1-8 Repeat lunge stretch
- 1-8 Press forward into split, sit facing front, and pull legs together straight, tuck feet under and prepare to kneeling facing other side
- 1-32 Repeat the other leg.

*Repeat entire exercise until asked to stop by the Examiner.*

### Tricks:

### Compulsory - 2 must be demonstrated

1. Back Bend
2. Cartwheel R & L (Examiner will see both and mark the stronger side)

### Sample of Optional Tricks

1. 1 Handed Cartwheel (one side only)
2. ½ Split with Toes to Head
3. Back Bend and Retiré R & L
4. Bridge Press-Up with 1 arm R & L
5. Circular Bridge (show 4, one side only)
6. Front Straddle Split Roll (use of mat optional)
7. Handstand Walks with wall, feet together (show 8)
8. Headstand (5 seconds) any leg position

---

## ACRO SYLLABUS - ELEMENTARY II SAMPLE

---

### BARRE:

#### Exercise 2 - Set Exercise

Preparation	Begin sitting under barre with back towards the 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 position holding the barre with both hands
1-8	Lower down to sitting position, pull feet together to a parallel 1st
1-8	Pull up to back bend position holding the barre with both hands
1-8	Lower down to sitting position, prepare R foot to either retiré or développé position
1-8	Pull up to back bend position on 1 foot, maintaining lifted leg in retiré or développé, still holding the barre with both hands
1-8	Lower down to sitting position, prepare L foot to either retiré or développé position
1-8	Pull up to back bend position on 1 foot, maintaining lifted leg in retiré or développé
1-8	Lower down to sitting position, prepare feet back to 2nd position

#### Improvisation: Length: (30 seconds)

Examiner will provide 2 choices of music. Student will choose one then listen twice and perform on the 3rd time through. The choreography must include dance elements and tricks.

---

## ACRO SYLLABUS - INTERMEDIATE II SAMPLE

---

### LIMBERING:

#### Exercise 1

Preparation	Begin in parallel 2nd, facing wall 5 standing
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 position
1,2	Kick 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 to hold needle
5-8	Lower leg and roll into L crouch
1-8, 1-4	Repeat needle kicks on second side
5-8	Lower R leg and roll to stand up, prepare L leg for overhead leg stretch (standing)
1-8	Extend into overhead leg stretch devant
1-8	Rotate lifted leg to 2nd (turnout supporting leg at the same time)
1-8	Rotate leg into simple back leg stretch, facing wall 8
1-4	Lower leg to pointe tendu
5-8	Face wall 5 in a tendu to 2nd prepare R for overhead leg stretch (standing)
1-16, 1-16	Repeat overhead leg stretch sequence on R leg

---

## ACRO SYLLABUS - ADVANCED LEVEL SAMPLE

---

### Sample of Various Tricks:

Must demonstrate **14** (from list of 31) and **1** bonus trick from any level.

1. 1 Handed Spottovers alternating hands (one side only, 4)
2. 1 Handed Valdez (one side only)
3. ½ Reverse Tinsika (one side only)
4. Aerial Cartwheel from standing (one side only)
5. Ankle Valdez (one side only)
6. Back Handspring
7. Back Walkover from 4th Relevé - R & L
8. Butterfly (one side only)
9. Circular Tinsika (4, one side only)
10. Elbowstand with 1 elbow, 1 hand (10 seconds) R & L
11. Front Walkover holding ankle finishing as prep for Valdez R & L
12. Hand-walk Pirouette - R & L
13. Headstand Nip-up to Handstand walks

## DANCE SECTION:

### Traveling Combination

Teacher to set an arrangement of dance steps from the following components.

#### Dance Components:

1. Switch Split En Avant	2. Double Fan Kick Turn	3. Grand Jeté en Tournant	4. Fouetté Turns
5. Pirouettes (double or triple, inward or outward, parallel or turned out)	6. Double Posé Turns	7. Fouetté Sauté in Arabesque	

# BALLET

---

## BALLET SYLLABUS - PRIMARY LEVEL SAMPLE

---

### BARRE:

#### Pliés

Preparation	Facing barre, natural 1st position
1-4	Demi-plié
5-8	Repeat
1-4	Repeat
5-8	Tendu à la 2nde, lower 2nd
1-16	Repeat in 2nd position, finish 1st position

## **CENTRE:**

### **Sautés**

Preparation	En face, parallel or natural 1st position
1,2	2 Bounces
&3	Sauté
4	Stretch
5-16	Repeat 3 times

---

## **BALLET SYLLABUS - GRADE ONE LEVEL SAMPLE**

---

## **BARRE:**

### **Cou-de-Pied (CDP) - Training Exercise**

Preparation	Facing barre, 1st position
1-4	Tendu R à la 2nde
5-8	Place CDP devant
1-4	Tendu R à la 2nde
5-8	Close 1st
1-16	Repeat L
1-32	Repeat with CDP derrière

## **CENTRE:**

### **Spring Points**

Preparation	En face, 1st position
1,2	Step to R, close 1st position
3,4	Step to R, tendu L, devant en fondu, (passing through 1st position)
5-8	4 Spring points R, L, R, L
1-8	Repeat to other side
1-16	Repeat all



## Teacher's Arrangements:

Walks with stretched feet	Runs	Marches
Skips	Gallops (forward and sideways)	Turning with spotting

---

## BALLET SYLLABUS - ELEMENTARY I | SAMPLE

---

### BARRE:

#### Adage

Preparation	5th position
1-8	Développé devant
1-8	Repeat à la 2nde
1-8	Repeat derrière finish point tendu derrière
1,2	Pass through 1st position to tendu devant
3,4	Fouetté to tendu à la 2nde (facing barre)
5,6	Fouetté to tendu derrière (facing o/s)
7,8	Close 5th derrière

#### Beats

Preparation	Facing barre, 5th position, R devant
1	Plié
2	Échappé sauté to 2nd
&3	Battu R devant in 5th, close R derrière
4	Stretch
5-8	Repeat L
1-4	Repeat R
&5, &6	2 changements
7,8	Stretch
1-16	Repeat o/s

## **CENTRE:**

### **Adage with Temps Lié**

Preparation	Croisé, 5th position, 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 2nde, en face, close 5th devant
5-8	Temps lié R de côté, close L devant
1-4	Développé R derrière, croisé
5-8	Temps lié en arrière, close 5th position
1-8	Small upper back arch and recover
1-32	Repeat o/s

---

## **BALLET SYLLABUS - INTERMEDIATE I SAMPLE**

---

## **BARRE:**

### **Tendus**

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

## **CENTRE:**

### **Pirouettes**

#### **Exercise 1:**

Preparation	En face, 5th position, R devant
1,2	Tendu R à la 2nde, close 5th devant
3,4	Single pirouette en dehors, close 5th derrière
5-8	Repeat o/s
1,2	Tendu R à la 2nde, close 4th derrière
3,4	Single pirouette en dehors, close 5th derrière
5-8	Repeat o/s
1-16	Repeat exercise

## **BOYS' WORK:**

### **Pirouette from 2nd Position**

Preparation	5th position, croisé, R devant
1,2	Tendu devant, close 5th
3	Tendu à la 2nd, en face
4	Plié in 2nd position
5,6	Single pirouette
7	Close 5th position derrière
8	Stretch
1-8	Repeat L
1-16	Repeat all

# BALLET SYLLABUS - INTERMEDIATE II SAMPLE

## CENTRE:

### Centre Practice

Preparation	Croisé, 5th position, 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 5th position
1-8	Repeat derrière
1-4	2 Tendus en arrière en face
5-8	2 Grand battements en arrière, finishing last one en plié
1-4	Chassé pas de bourrée dessous to finish 4th position
5,6	Single pirouette en dehors close 5th devant
7,8	Repeat pirouette closing 5th derrière
1-32	Repeat o/s

### Teacher's Arrangements

- All steps to be combined in arrangements or shown separately. May include steps from the previous levels.
- Arrangements must be minimum of 16 bars/32 counts per side
- Arrangements to be shown maximum 2 dancers at a time
- **NO MORE than 4 arrangements**

Entrechat Trois - devant and derrière	Assemblé - battu, en tournant, en avant, en arrière	Glissade - en avant and en arrière
Pas de Basque Sauté - en avant and en arrière	Faille	

### Suggested Female Variations:

Fairy Doll

La Corsaire

---

## BALLET SYLLABUS - ADVANCED SAMPLE

---

### CENTRE:

#### Adage

Preparation	Croisé, 5th position, 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 5th demi-pointe, développé effacé derrière en fondu
3,4	Repeat with R leg devant
5,6	Demi RDJ en dehors, straightening supporting leg
7,8	Fouetté to 1st 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 5th position
1-32	Repeat o/s

#### Suggested Female Variations:

Don Quixote: Kitri

Satanella: (1st min approx)

## **POINTE:**

### **Relevés and Sissonnes**

Preparation	En face, 5th position, R devant
1-4	2 Relevés passé en arrière
5-8	2 Sissonne dessus
1-4	2 Relevé passé en avant
5-8	2 Sissonne dessous

### **Corner**

Posé turns en dedans - 8 - 12 continuous with an appropriate ending.

### **Suggested Male Variations:**

Swan Lake

Nutcracker Sugar Plum Prince Variation

# **JAZZ**

---

## **JAZZ SYLLABUS - GRADE TWO LEVEL SAMPLE**

---

### **BARRE:**

#### **Plié**

Preparation	Start feet in Ballet 1st position, sideways to the barre
1,2	Demi-plié
3,4	Straighten
5,6	Demi-plié
7,8	Straighten
1,2	Demi-plié

- 3,4 Press up (maintaining demi pointe)
- 5,6 Straighten legs
- 7,8 Lower heels
- 1,2 Press up
- 3,4 Demi-plié (maintaining demi pointe)
- 5,6 Lower heels (maintaining plié)
- 7,8 Straighten legs
- 1-4 Press up
- 5,6 Step to Ballet 2nd en relevé
- 7,8 Lower heels in Ballet 2nd
- 1-32 Repeat in Ballet 2nd position

## **CENTRE:**

### **Turning Combination**

- Preparation Start facing wall 5
- 1,2 Jazz pas de chat R
- 3&4 Chassé to 2nd
- 5 Step forward (prepare)
- 6 Pirouette (outward)
- 7 Step R
- 8 Hold

*Reverse exercise immediately*

---

# JAZZ SYLLABUS - ELEMENTARY II SAMPLE

---

## CENTRE:

### Standing Stretch

Reference Terms: 32-64 counts

1. Flat back (with  $\frac{1}{4}$  twist)
2. Flat back (with pli )
3. Back circle
4. Body roll

### Sample Exercise

Preparation	Start standing in Jazz 2nd, facing wall 5
1-4	Back circle
5-8	Flat back R with $\frac{1}{4}$ twist to corner 1
1,2	Drop forward to stretch over R leg
3,4	Continue to stretch centre
5-8	Demi-pli� and roll up through the spine to an erect standing position
1-16	Reverse
1-4	Flat back forward
5-8	Demi-pli� (maintaining the flat back)
1-4	Straighten legs (maintaining the flat back)
5-8	Demi-pli� and body roll to erect standing position
1-16	Repeat

### Progression #1

Reference Terms:

1. Pirouette - outward or inward (double)

### Sample Exercise

Preparation	Start in corner 3 or facing wall 5
1,2	Walk forward R, L
3,4	Double pirouette (outward R)



- 5 Step R
- 6 Single pirouette (inward R)
- 7&8 Chassé L

*Repeat entire exercise*

*Exercise executed both Right and Left*

*Must show one double pirouette and one single pirouette within 8 counts*

---

## JAZZ SYLLABUS - INTERMEDIATE II SAMPLE

---

### **BARRE:**

#### **Adage**

- Preparation Start feet in Ballet 5th, facing the barre
- 1-8 Développé R to side layout
- 1-4 ¼ turn to front layout
- 5,6,7 Recover to arabesque position
- 8 Press up
- 1,2 Lower leg to Ballet 5th en relevé
- 3,4 Retiré front foot en relevé
- 5-8 Développé devant plié en relevé to back layout
- 1-4 Retiré en relevé
- 5-8 Extend leg derrière to attitude
- 1-4 Balance
- 5-8 Lower into lunge position derrière and arch back
- 1-4 Front layout en plié
- 5-8 Recover to arabesque AST straighten the supporting leg
- 1-4 Penché
- 5-8 Recover to arabesque
- 1,2 Bring foot into 5th derrière en relevé
- 3,4 Soutenu turn away from barre, finish facing barre in Ballet 5th
- 5,6 Demi-plié
- 7,8 Straighten

*Repeat exercise immediately on the other side*

## **CENTRE:**

### **Progression #4**

#### **Reference Terms:**

1. Layback (full)
2. Sissonne Attitude

#### **Sample Exercise**

Preparation	Start from corner 3
1,2	Sissonne attitude R
3&4	Chassé L
5	Layback (full)
6	Step R forward
7	Step L
8	Rock R

*Can also be done, layback (full) or 2 counts ending with (Ball-change R, L/Rock R)  
Reverse exercise immediately*

### **Progression #5**

#### **Reference Terms:**

1. Grand Jeté (in second)

#### **Sample Exercise**

Preparation	Start from corner 3, travel on a diagonal to corner 1
1&2	Chassé in second R
&	Step L over R
3	Grand jeté in second
4	Step L over R
5-8	Repeat

*Repeat exercise  
Exercise executed on both sides*

---

# JAZZ SYLLABUS - ADVANCED SAMPLE

---

## BARRE:

### Rond de Jambe

- Preparation Start Ballet 1st position, facing corner 1
- 1-4 Rond de jambe en dehors (brushing through 1st to finish tendu devant)
- 5-8 Rond de jambe en dedans (brushing through 1st to finish tendu derriere)
- 1-8 Repeat
- 1-4 Brush through Ballet 1st position to tendu devant en plié and rond de jambe en dehors to derriere (maintain the plié)
- 5-8 Rond de jambe en dedans to devant and close in Ballet 5th (maintain the plié)
- 1-4 Lift the R leg devant at 90 degrees, demi rond de jambe to 2nd AST straightening the supporting leg
- 5,6 Relevé
- 7,8 Close to Ballet 5th derriere en plié
- 1-4 Lift the R leg derriere en plié 90 degrees, demi rond de jambe to 2nd AST straightening the supporting leg
- 5,6 Relevé
- 7,8 Close to Ballet 5th devant en plié
- 1-4 Lift R leg devant AST straightening the supporting leg, demi rond de jambe to second finishing to face wall 5
- 5 Retiré R
- 6,7,8 Développé R derriere en plié (to face corner 1), close to Ballet 1st AST straightening legs
- Repeat entire exercise on the other side*

## **Progression #3**

### **Reference Terms:**

1. Barrel Leap
2. Tour en l'air

### **Sample Exercise**

Preparation	Start from corner 3, travel on diagonal
1&2	Chassé R to second (in flat back)
3,4	Barrel leap
5,6	Barrel leap
7,8	Tour en l'air (finish L foot in front)

*Repeat the exercise*

*Exercise executed on both sides*

## **Progression #4**

### **Reference Terms:**

1. Switch split (en avant)

### **Sample Exercise**

Preparation	Start corner 3, travel on diagonal
1&2	Chassé devant L
3	Step R
&4	Switch split
5&6	Chassé devant L
7	Step R
&8	Switch split

*Repeat immediately (using the same leg on both switch splits)*

*Exercise executed on both sides*

# MODERN

---

## MODERN SYLLABUS - GRADE ONE LEVEL SAMPLE

---

### Plié Exercise

Preparation	Standing in parallel 2nd position, arms down by sides (with breath)
1,2	Demi-plié, with use of breath - both arms
3,4	Straighten, arms recover
5-8	Repeat
1-4	Both arms forward to 5th position
5,6	R arm drops
7,8	L arm drops
1,2	Demi-plié, with use of breath - both arms
3,4	Straighten, arms recover
5-8	Repeat
1,2	R arm forward up to 5th position
3,4	L arm forward up to 5th position
5,6	Both arms drop to side
7,8	Change position to turned out 2nd position
1-32	Repeat in turned out 2nd position, change to turned out 1st position
1-32	Repeat in turned out 1st position, change to parallel 1st position
1-32	Repeat exercise in parallel 1st position, plié and stretch

### Movement to Words (no music)

- Students show a prepared movement combination to the following words (may be combined with the teacher's choice). Student must announce words to the examiner:

BIG	SHOOT	FLASH	JAB
SHARP	SMALL	WIND	LEAP

---

# MODERN SYLLABUS - ELEMENTARY I SAMPLE

---

## Side Hip Push

Preparation	Facing en face, feet in parallel 1st
1,2	Side hip push - stepping out with Rt ft
3	1 walk - Lt ft crosses over Rt - arms come down to sides
4	Rt ft steps to side turning ½ turn to face back wall (wall 7)
5-8	Repeat facing back wall on L - finishing facing en face (wall 5), tucking Rt ft in behind Lt ankle
1-4	Descend to floor, followed by modern roll
5,6	Standing
7,8	Hold and prepare for Lt side.

## Combination #2 (Allegro Tempo)

Teacher's own directions. One side only.

### Required Elements:

Step Hop with Spiral	Modern Sissonne	Coupé Rond de Jambe
----------------------	-----------------	---------------------

### Sample Exercise:

Preparation	Begin at corner 3, to travel along diagonal, facing corner 1
1-2	Step hop R, L foot cou-de-pied turned out - Arms in V with slight spiral over supporting leg
3,4	2 runs
5-8	Repeat on L
1,2	Step R ft forward
3,4	Swing L leg through turned out 1st position to attitude devant en fondu - use of arms
5,6	Step L to parallel 2nd
7	Plié in 2nd
&8	Jump in 2nd with using breath in arms

- 1-3 Lift L leg into modern side attitude en fondu - use of arms
- 4 Close to parallel 1st position
- 5-8 2 Modern sissonnes traveling sideways to R
- 1-4 Coupé RDJ to the R (step R, left leg RDJ) w/ full turn to finish parallel 1st
- 5-8 Teacher's own ending

---

## MODERN SYLLABUS - INTERMEDIATE II SAMPLE

### Rond De Jambe and Tilt

- Preparation Standing turned out 5th position, R foot front - Teacher's own prep 4 count intro - music suggestion slow 3/4
- 1,2 2 Rond de jambe en dehors
- 3 Pass through 1st, lifting leg to 45° en fondu with contraction
- 4 Demi rond de jambe stretching supporting leg recovering body
- 5 Cou-de-pied en fondu
- 6 Développé to tilt
- 7,8 Transfer through grand plié in turned out 2nd position, finishing tendu side with L foot
- 1-8 Repeat other side
- 1-16 Reverse en dedans with use of high lift on count 3

### Turning Combination - Across Floor

- Preparation Prepare on diagonal at corner 3, Rt ft behind
- 1,2 Piqué onto Rt ft in attitude devant with spiral over Rt leg, lower en fondu with ¼ turn
- 3,4 Step Lt, Step Rt
- 5-8 Repeat Lt
- 1,2 1 1/2 turn en relevé in attitude devant with spiral to face corner 3
- 3 Step Lt ft forward
- 4&5 Chassée backwards (en arrière) with Rt ft - arms circling forwards
- 6 Preparation lunge to 4th ft front - facing corner 1
- 7,8 Attitude turn en dedans to the Rt - arms in open 5th ("V")

---

## MODERN SYLLABUS - ADVANCED SAMPLE

---

### History

Students are to give a brief history on one of the following modern dancers:  
(no more than 1 minute)

JUDITH JAMISON	DANNY GROSSMAN	JAMES KUDELKA
PEGGY BAKER	TWYLA THARPE	DAVID EARLE
CHRISTOPHER HOUSE	CRYSTAL PITE	MARGIE GILLIS

### Standing Adage and Lateral Bends (slow 4/4)

Preparation	Standing in turned out 1st position
1,2	Slowly lift R leg to attitude devant
3,4	Straighten R leg, at the same time fondu supporting leg
5,6	Brush R leg back through 1st position into R attitude derrière, straighten supporting leg
7,8	Slowly lengthen R leg into arabesque, and fondu supporting leg
1	Straighten supporting leg, brush R leg into attitude devant
2	Brush R leg into attitude derrière
3,4	Brush R leg devant in attitude, torso contracted over leg, supporting leg in demi-plié
5,6	Slowly extend R leg into side tilt, straighten supporting leg
7	Drop R leg into 1st position plié, upper torso relaxed
8	Straighten legs and roll up upper torso
1-16	Repeat on L
1,2	R lateral bend (stepping to turned out 2nd)
3,4	Turn into flat back over R leg
5,6	Maintaining flat back move through centre to L leg
7,8	Back to R leg
1-4	Release swing R to L into side tilt (with battement quality)
5-8	Lower into turned out 2nd position with fall and rebound
1-16	Repeat on L



## Contemporary Floor:

Preparation	Begin seated on heels, knees together
1-4	Lean to Lt side with hand on floor, développ� Rt leg � la 2nde
5,6	Compass turn L en dehors, leg bent around ankle
7,8	Recover leaning over Rt knee in side lunge - arms across body
1-4	Back shoulder roll - legs coming over Rt shoulder
5-8	Step out on Rt ft - compass turn L en dehors with leg extended in attitude in full revolution - Finish with gathering knees together, sitting on heels as beginning position

# TAP

---

## TAP SYLLABUS - GRADE TWO LEVEL SAMPLE

---

**Combinations:** *Students must be able to count and perform with the music.*

### Rhythm

&1	&	2	&	3	4	&5&6&7 8	&1&2&3 4
Shuffle R	Hop L	Step R	Stamp L	Clap	Clap	Repeat	Repeat
&5	&6	&7	&8				
Flap R	Flap L	Flap R	Ball-Change R-L	Reverse			

**Turning: Must travel and turn.**

&1	&2	&3	&	4		&5&6& 7&8
Flap R	Ball-Change L-R	Shuffle L	Hop R	Step L (making one full turn R)		Repeat
&1	&	2	&	3	&	4
*Flap R	Heel Drop L	Heel Drop R	Brush Back L	Heel Drop R	Toe Tap L	Heel Drop R

&5	&	6	&	7	&	8
Flap L	Heel Drop R	Heel Drop L	Brush Back R	Heel Drop L	Toe Tap R (crossed in front)	Heel Drop L*

---

## TAP SYLLABUS - ELEMENTARY II SAMPLE

---

### History Requirements:

*Students must be able to count, give explanations, and perform with music. Historically accurate music must be used. ALL points of history must be recited.*

### **Shim Sham Shimmy**

Students are required to perform the *Shim Sham, Break and Crossbreak*.

### **Ruby Keeler Timestep**

8-7& 8-7& 8-7&                      8-7

Three Ruby Keeler Timesteps      One Ruby Keeler Break      Reverse      Repeat

*Variation: May be demonstrated with hops and/or with bucks.*

**Combinations:** *Students must be able to count and perform with the music.*

### **Pick-Up And Wing**

&1	&2	&3	&4	5-8
Single *Pick-Up R	Single *Pick-Up R	Single *Pick-Up R	Alternating *Pick-Up L	Reverse

&1&a2	&3&a4	&	5
Shuffle alternating Pick-Up Step (crossing in front or behind)	Repeat	Heel Dig L	Ball Drop L

&6&a7	8
Double Change Over Cramroll R	Step L

---

# TAP SYLLABUS - INTERMEDIATE I SAMPLE

---

## History Requirements:

*Students must be able to count, give explanations, and perform with music. Historically accurate music must be used. ALL points of history must be recited.*

### Bojangles Timestep

8-7 8-7 8-7

8-7

Three Bojangles Timesteps    One Bojangles Timestep Break    Repeat. (*Does not reverse.*)

## Combinations:    Students must be able to count and perform with music.

### Dexterity

&a1&2

3

&

4

5-8

&a1&2

&a3&4

5 Beat Riff R

Hold

Heel Drop L

Heel Drop R

Reverse

5 Beat Riff R

5 Beat Riff L

5-8

Teacher's Break Ending

*Reverse Immediately*

### Turning

&1

&a

2

3

e&a4

Flap R

Shuffle L

Step L (1 turn R)

Stamp R

Alternating Military Cramroll (1 turn R)

5

&a

6

&7

&

8

Step R

Shuffle L

Step L (1 turn R)

Single Pick-Up L

Step R

Step L (Optional Turn)

*Must also be performed Left.*

# TAP SYLLABUS - INTERMEDIATE II SAMPLE

## Reference Terms:

*Demonstrated at the discretion of the Examiner. Must know all previous grade reference terms plus:*

1. Flying Shuffle	2. Pirouette: Double Inward, Double Outward	3. Flam	4. Barrel Turn	5. Flap - Double
6. Paradiddle - Traveling	7. Riff - 6, 7 Beat	8. Scrape	9. Paddle and Roll	

## History Requirements:

*Students must be able to count, give explanations, and perform with music. Historically accurate music must be used. ALL points of history must be recited.*

### Maxie Ford:

1e&a2

Leap Maxie Ford with No Pick-Up

&3e&aa4

Flap Maxie Ford with a Pick-Up

5e&aa6

Shot Beat Maxie Ford with Pick-Up and Heel Drop

7&a

Bombarshay starting with Step

8

Step R Reverse.

## Style Combination:

Teacher's combination with **required elements**. Genre, style, and time signature at teacher's discretion. Upper body and connecting steps must also reflect genre. **Students are responsible to explain the style, the terms, and counts** at the discretion of the examiner. 32 counts for one side. *Must be seen on both sides.*

**Required elements: Must use ALL elements in the style combination.**

1. Single or Double Pirouette	2. Two different Pick-Up variations	3. Toe stand - Single
4. Crawl: Incorporating Ball Dig / Heel Drop / Heel Dig / Ball Drop		5. Flying Shuffle

## Sample Exercise:

e& a 1 & a 2 e& a  
Riff R Heel Dig R Ball Drop R Brush Back L Step L Heel Drop L Riff R Heel Dig R

3 & a 4 5 a &a  
Ball Drop R Brush Forward L Toe Stand R Step L Stamp R Toe Tap L Single Pick-Up R

6 7 8  
Step L Step R into Drag Turn R

&1 e& a2 & 3 a  
Ball-Change L-R Shuffle L Alternating Pick-Up to L Heel Dig R Ball Drop R Ball Dig L

& a 4 5 6 7 8  
Heel Drop L Ball Dig R Heel Drop R Double Pirouette Outward R Small Kick R Step R

e& a1 e& a2 3 e&  
Shuffle L Alternating Pick-Up to L Shuffle R Alternating Pick-Up to R Hop R Shuffle L

aa 4 & a 5 & a 6  
Single Pick-Up R Step L Brush R across Heel Drop L Step R Toe Tap L Heel Drop R Step L

& a 7 8 1 &2 3 &  
Brush Back R Step R Step L Hinge Turn on R Ball-Change L-R Toe Stand L Brush Back R

a 4 & a 5 e& a 6  
Step R Toe Stand L Brush Back R Step R Heel Stand L Shuffle R Ball Drop L Stamp R

7 e&a8  
Flat Step L Flying Shuffle *Must also be performed on the Left.*

---

# URBAN SYLLABUS - GRADE ONE SAMPLE

---

## Stepping Combination:

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

**Length of Exercise:** Maximum 32 counts

- Teacher's choice of vocalization and arms
- Start center in Natural 2nd

### **PART A:**

1&	2&	3&	4	5&	6	&7	&	8&
Stamps RL	2 claps	Stamps RL	Clap	An-step RL	Step R	An-step LR	Step L	2 claps

### **PART B:**

1&	2&	3&	4	5	&	6	&	7&	8
Stamps RL	2 claps	Stamps RL	Clap	Stamp R	Clap	Stamp L	Clap	Stamp RL	Clap

### **PART A:**

1&	2&	3&	4	5&	6	&7	&	8&
Stamps RL	2 claps	Stamps RL	Clap	An-step RL	Step R	An-step LR	Step L	2 claps

### **PART C:**

1&2&3&	4	5	&	6	&	7&	8
Stamps RLRLRL	Clap	Stamp R	Clap	Stamp L	Clap	Stamp RL	Vocalization

## Traveling Combination:

**Required Elements:** Stylized walks, Touch, Glide, Double bounce

**Length of Exercise:** 16-32 counts

- 1,2,3 Stylized walks RLR
- 4 Touch L with clap
- 5-8 Repeat L
- 1,2 Glide R sideways ending in 1st
- 3&4 Double bounce
- 5-8 Repeat L

---

## URBAN SYLLABUS - GRADE TWO SAMPLE

---

### Floor Combination

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

**Length of Exercise:** Maximum 48 counts

- Preparation Start center in 1st w R knee
- 1 Glide R, head turn R
- 2 Touch L to 1st with clap
- 3 Step L to 2nd AST punch L arm High V
- & Switch to punch L High V
- 4 Rock L, drop R arm
- 5 Step R to 4th facing C1
- 6 L hand to floor
- 7 Double knee slide to C1
- 8 Folded arms AST head nod
- 1-4 Seat roll to L face W6, end upright on R knee with L foot flat
- 5,6,7 Inward knee spin with weight transfer
- 8 End kneeling upright on L knee with R foot flat
- 1 Arms high box
- & Low box
- 2 Throw arms to folded
- 3-8 Seat roll to L end in squat in 1st, facing W5

- 1 Kick-out to R, extend R arm
- 2 Squat
- 3,4 Repeat L
- 5,6 Seat-slide upstage
- 7,8 Crab position
- 1-8 Around the World to L ending back in crab position
- 1 Sit
- 2,3 Tuck legs under to left to end kneeling on both knees
- 4-7 Stand up R L
- 8 Pose

---

## URBAN SYLLABUS - ELEMENTARY I SAMPLE

---

### History Combinations: Introduction to Boogaloo & Cambelocking

**Required History Components:** Boogaloo Walk-out, Oldman, Leo Walk, Lock Position  
**Required Reference Terms:** Wrist twirls  
**Required Elements:** Heel-slip, Slide, Heel Touch  
**Length of Exercise:** Maximum 32 counts

- Preparation Start center, L foot prepared
- 1,2 Heel slip L to C1
  - 3,4 Slide R facing W5
  - 5-8 Repeat

#### **Boogaloo Walk-out:**

- 1 L heel touch front to C1
- 2 L ball touch back
- 3&4 Oldman L facing W5
- 5 R Heel-slip to C2
- 6 Step L
- 7 Repeat R heel-slip
- 8 L step to 1st
- 1& Wrist twirl inwards
- 2 Arms high box, fists
- 3& Wrist twirl outwards
- 4 Lock position



- 5-8& Repeat with double lock
- 1-8 4 Leo walks RLRL

*Repeat exercise immediately on the other side*

---

## URBAN SYLLABUS - INTERMEDIATE I SAMPLE

---

### Travel Combination #1: Oldschool Funk

**Required Elements:** Scooby-walk, Scoobox, Scuba, Which-a-way, Stop'n'Go, Uncle Sam Points  
**Length of Exercise:** Maximum 64 counts

Preparation Start upstage, exercise travels downstage

- 1&2& Scooby-walks R
- 3&4& Repeat L
- 5&6& Repeat R
- 7&8& Repeat L
- 1&2& Scooby-walk R
- 3&4 Scooby-doo R
- 5-8 Repeat L
- 1-4 Stop'n'go R
- 5-8 Scuba R to L
- 9-16 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)

## 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 counts

- Preparation Start center or facing barre in T. Position
- 1 R knee lift
  - 2 L ft single crawl (in): ball
  - 3 Heel
  - 4 Recover R ft to T-pos
  - 5-8 Repeat R
  - 1,2 R knee lift AST L ft single crawl (in): ball
  - 3,4 Recover R ft to T-pos AST L ft 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 ft
  - 1 Slide R out
  - 2 Shift weight to R Bobo in 2nd
  - & Twist L leg in on heel
  - 3 Slide heel forward
  - & Turn out L
  - 4 Dig L ft in T-pos.
  - 5-8 Repeat side-glide R
  - 1-8 Repeat side-glide R (4x) (Double Time)

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

---

# URBAN SYLLABUS - ADVANCED SAMPLE

---

## Exercises:

### 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 counts

*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.*

### **Example Phrase:**

- 1 Prayer Position
- 2 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
- 6,7,8 Push hands down AST body ripple down
- 1-4 Twist-o-flex with arms (Reverse Short 2nd, Egyptian, Short 2nd w. palms down
- 5 Torso twist to W5
- 6 Wrist twist R in
- & Wrist twist L in
- 7 Wrist twirl out
- & Return wrist to original position
- 8 Prayer Position