

GRADE 2/3

Warm up

Movement	Timing
Arm swings round, down, up, hold x 4	8 counts each
High release	1234
Roll down	5678
Hold forward stretch	1234
Roll up to standing	5678
High release	1234
Roll down	5678
Hold forward stretch	1234
Roll up to standing	5678
Grapevines with clap x2 L R	1234, 5678
8 springs in a circle to the L	1234,5678
Step turn step jump with clap x2 L R	1234, 5678
8 springs in a circle to the L	1234,5678
Finish in second position	

Limbering & Mobilising

Movement	Timing
Stretch over butterfly legs through straight back x 2	7 counts stretch, up on 8
Stretch over straight legs through straight back x 2	7 counts stretch, up on 8
Feet to parallel, roll up to standing then jump feet to turned out second position	Roll up for 7 counts, jump to second on 8
2 x plies in second position, then turn feet to parallel	4 counts per pile, change feet on count 8
Swim arms up and over	12
Flat back	34
Plie legs	56
Roll up to standing	78
Swim arms up and over	12
Flat back	34
Plie legs	56
Roll up to standing	78
Shake out hands to finish x4	Final 4 counts

Floor strengthening

Movement	Timing
Hold lengthened, turned out position for introduction	16 counts
2 x body lifts with bent legs	Up 1234, down 5678
2 x body lifts with straight legs	Up 1234, down 5678
4 kicks R leg to front	1234,5678
Kick and hold R leg to front, then lower with control	4 counts to hold, 4 counts to lower
4 kicks L leg to front	1234,5678
Kick and hold L leg to front, then lower with control	4 counts to hold, 4 counts to lower
4 kicks R leg to side	1234,5678
Kick and hold R leg to side, then lower with control	4 counts to hold, 4 counts to lower
4 kicks L leg to side	1234,5678

Kick and hold L leg to side, then lower with control	4 counts to hold, 4 counts to lower
Finish on back	

Isolations (right side)

Movement	Timing
Hold second position for intro	8 counts
Shoulder/head/knee isolations R L	1234
Hip isolations R L	5678
Slide R, cross, turn, jump to second with hands to hips	Slide 12, cross 34, turn 56, jump 78
Rib isolations R L front back	1234
Rib circle to R	5678
Arm up and out to second R then left	1234
Head isolation R L	5678

Pirouette (G2 at the barre, G3 centre)

Movement	Timing
Prepare L hand on barre	16 count introduction
1 pirouette preparation with no turn	Prep 12, bend 34, up 56, feet together 78
2 pirouettes turning	Prep 12, bend 34, turn 56, feet together 78
Turn away from the barre to place R hand on barre	1234, 5678
REPEAT R SIDE	78

Leg tilt preparation (G3 only)

Movement	Timing
Prepare 1st position both hands on barre	16 count intro
Extend R leg, 3 leg lifts R leg	2 counts to extend, 2 counts lift, 2 counts lower, 2 counts close
Extend R leg, 3 leg lifts L leg	2 counts to extend, 2 counts lift, 2 counts lower, 2 counts close
Extend R leg on floor	12

Bend R leg to knee	34
Extend R leg in the air	5678
Hold	1234
Lower with control	5678
Extend L leg on floor	12
Bend L leg to knee	34
Extend L leg in the air	5678
Hold	1234
Lower with control	5678

Arm Sequence Right side

Movement	Timing
Standing in parallel, circle R arm back	1234
Cross R arm across body to face L corner	5678
Circle both arms to open high release	1234
Run round over L shoulder	5678
Standing in parallel, circle L arm back	1234
Cross R arm across body to face R corner	5678
Circle both arms to open high release	1234
Run round over R shoulder	5678
Step on R leg, extend L leg to side and L arm to front	1234
Step on L leg, extend R leg to side and R arm to front	1234
Step turn reach R	1234
Step turn reach L	5678
Run to front right corner	1234
Cross arms over body, R then L	5678
Push arms open	1234

Elevation and Travel Right Side (start in top left corner)

Movement	Timing
Start in back L corner. Step ball change step ball change step step leap R	1234 5678
4 jumps parallel, 4 jumps second	1234 5678
Step turn slide cross to L	1234 5678
Slide cross and drag run back to corner to prepare for kicks	1234 5678
Step kick R L R L	1234, 5678 1234 5678
Jump feet together	12
Prepare R leg pirouette	34
Pirouette	5678
2x drag cross	1234 5678
Lift arms to V	1234

GRADE 2/3 JAZZ

Exercise	Remember to...		
WARM UP	Feet hip distance, knees over toes	Stretch arms on turns	Strong posture
LIMBERING AND MOBILISING	Sharp changes on count 8	Straight back on plies	Lengthen straight spine with head in line on flat back
FLOOR STRENGTHENING	Point toes and turn out	Stretch knees on leg extensions and kicks	Keep timing accurate
ISOLATIONS	Make movements sharp, clear and clean	Stretch arms through to fingertips where appropriate	Keep torso strong and still.
PIROUETTE	Spot your head on turns	Use the arm/leg furthest from the barre and turn away from the barre	Keep the knee parallel, toe pointed and attached to the standing leg.
PREPARATION FOR LEG TILTS AT THE BARRE	Keep body pulled up	Keep leg slightly in front (diagonal, not directly side)	Stretch knees and point toes
ARM SEQUENCE	Use lots of expression	Stretch arms through to fingertips where appropriate	Follow arms with the head
ELEVATION AND TRAVEL: DANCE COMBINATION	Smile and perform!	Don't rush	Stretch arms on turns and stretch knees on leaps/jumps
PERFORMANCE PIECE	Use LOADS of facial expression	Use a variety of dynamic qualities	Eyeline up and out