

GRADE 5

Warm up

Movement	Timing
3 Jogs & 1 hop RLRR, LRLL	12345678
4 Jumps parallel, 4 jumps parallel 2nd	12345678
3 Jogs & 1 hop RLRR, LRLL	12345678
4 Jumps 1st, 4 jumps turned out 2nd	12345678
Deep pile 2nd x 2	12345678, 12345678
High release	12345678
Hold forward stretch	1234
Roll up	5678
High release	12345678
Hold forward stretch	1234
Roll up	5678
Hold 2nd to finish	

Limbering & Mobilising

Movement	Timing
L side stretch, R arm	1234
Flat back	5678
Fold over L leg	1234
Bounce centre x2	56
Roll up	78
R side stretch, L arm	1234
Flat back	5678
Fold over R leg	1234
Bounce centre x2	56
Roll up	78
Flat back	1234
Arms overhead	5678
Plie	1234
Roll up	5678
REPEAT FROM FLAT BACK	12345678, 12345678

Floor strengthening

Movement	Timing
Control up & down x2	12345678, 1234, 5678
Jackknife bent legs up & down x2	Up 12, down 34, up 56, down 78
Jackknife straight legs up & down x2	Up 12, down 34, up 56, down 78
Front kick R L x2	1234
Kick and hold	5678
Controlled lower	1234
Roll onto L side	5678
Side kick R L x2	1234
Kick and hold	5678

Controlled lower	1234
Roll onto back	5678
REPEAT KICKS L LEG	12345678,12345678,12345678,12345678
Roll onto front plank, slowly lower	12345678

Isolations

Movement	Timing
Shoulder/head/knee isolations R L	1234
Rib isolations R L	5678
Pa de bourre LRL	1&2
Arms up above head and open to R side	34
Shift weight over onto L leg popping hip to L	56
Hip isolation R	&8
Step cross step RLR arms in and up	1&2
Arms to 2nd then change body to face L side, arms down	34
Cross R leg behind, R arm behind head	5
Turn to face back 2nd position	6 hold 7
Twist to front, L arm up R arm out	8
Step to 2nd, head roll to L	1234
Shoulder roll R L, jump to parallel	567

Pirouette

Movement	Timing
Pas de bourre RLR	1234
Retire no turn	5678
Pas de bourre RLR	1234
Retire single turn	5678
Pas de bourre RLR	1234
Retire double turn	5678

Pas de bourre RLR	1234
Retire double turn	5678
REPEAT LEFT	12345678,12345678,12345678,12345678
Chassé turn step turn L	1234
Plie, throw R arm over	5678
Chassé turn step turn R	1234
Plie, throw L arm over	5678
REPEAT	12345678,12345678

Leg tilt

Movement	Timing
Prepare R leg	1234
Extend R leg	5678
Hold	1234
Lower	5678
REPEAT	12345678,12345678
REPEAT L LEG X2	12345678,12345678, 12345678,12345678

Kick Sequence

Movement	Timing
Step R front kick L step L front kick R	1234
Pas de bourre RLR side kick	5678
Pas de bourre LRL side kick	1234
Step turn R prep arms to second	5678
Round kick L leg	12
Run round to opposite corner	345678
REPEAT L SIDE	

Elevation and Travel

Movement	Timing
R step turn side cross x2	1234,5678
R step turn x3 slide arms to V	1234,5678
Ronde de jambe L R, pad de bourre LRL	123&4
Pirouette R	5678
Pas de bourre LRL	123 hold 4
Double pirouette R	5678
Step ball change L step R front leap L	1&234
Step R side leap L cross R leg over	567 hold 8
Windmill arms over to run to opposite corner	1234,5678
REPEAT OTHER SIDE	3x8s
Step turn barrel leap into roll finishing standing arms in V	12345678

GRADE 5 JAZZ

Exercise	Remember to...		
WARM UP	Strong posture, particularly on piles	Show clear difference between turn out and parallel	Point toes on jumps and jogs
LIMBERING AND MOBILISING	Shoulders down	Stretch arms right through to fingertips	Make changes sharp
FLOOR STRENGTHENING	Point toes and turn out	Stretch knees on leg extensions and kicks	Show the difference between smooth controlled sit ups and sharp V ups
ISOLATIONS	Make movements sharp, clear, clean and strong	Keep arms and fingertips clean and strong	Perform it!!

Exercise

Remember to...

PIROUETTE PREPARATION FOR LEG TILTS AT THE BARRE KICK SEQUENCE ELEVATION AND TRAVEL: DANCE COMBINATION PERFORMANCE PIECES	Spot your head	Snatch the underneath foot	Keep the knee high, toe pointed and attached to the standing leg.
	Keep body pulled up and line arm up with leg line	Keep leg slightly in front (diagonal, not directly side)	Stretch knees and point toes
	Stretch both kicking leg and underneath leg on kicks	Strong arms and tall posture with eyeline up and out	Use dynamics, energy and swish through the leg
	Perform it!	Keep clearly to the beat of the music	Stretch knees on leaps/kicks
	Use LOADS of facial expression and storytelling, projecting up and out	Use a variety of dynamic qualities and contrast the two pieces	Show clarity, energy and strength