

GRADE 2

Warm up	Lay it All on Me - Rudimental
Prepare arms to 5th	Intro 4 x 8s
Side bends arms 3rd R L	2 x 8s
Open high release roll up	2 x 8s
Arms circle, swing, 5th & hold	2 x 8s
Arms circle, swing, 5th & hold	2 x 8s
Grapevine R L R L	2 x 8s
Step turn step R L R L	2 x 8s
Plié stretch rise lower in second x 4	4 x 8s

Limbering and Mobilising	A Thousand Miles - Vanessa Carlton
Side stretch R L butterfly	
Forward stretch hold butterfly	
Bounce and stretch, then reposition	
Side stretch R L legs front	
Forward stretch hold legs front	
Reposition	
Repeat straddle	
Bounce and stretch, then reposition	
Repeat with plié and forward stretch standing	
Bounce and stretch	
Lunges	

Floor Strengthening	Lover - Taylor Swift
Sit up and down x2 Coccyx balance x 2	1234 5678 1234 5678 1234 5678 1234 5678
Right knee in to chest	1234
Extend right leg	5678
Hold right leg	1234
Lower right leg	5678
Left knee in to chest	1234
Extend left leg	5678

<b>Floor Strengthening</b>		<b> Lover - Taylor Swift</b>
Hold left leg		1234
Lower left leg		5678
<b>Rest &amp; turnout</b>		12345678
3x <b>front</b> kicks left leg		123456
Hold		78
3x <b>front</b> kicks left leg		123456
Hold		78
3x <b>front</b> kicks right leg		123456
Hold		78
3x <b>front</b> kicks right leg		123456
Hold		78
REPEAT		
Split stretch to finish		
<b>Isolations</b>		<b>Yes Yes I Can – Rayelle</b>
Ribs left, right, front, back, circle		1234 5678
Slide to left		12
Cross right leg in front		34
Turn		56
Jump to second position		78
Knee, shoulder head isolation x 4 left, right, left, right		1234 5678
Hip left, right		1234
Arms 1st, 5th, 2nd, reset to hips		5678
Repeat second side		56
<b>Pirouette</b>		<b>Birthday - Katy Perry</b>
Extend right leg back and right arm forwards		12
Plié		34
Releve on to tip toes of left leg, bringing right toe to left knee		56
Lower to parallel		76
Repeat		12345678
<b>Prep, single turn right x 2</b>		<b>12345678</b>

<b>Pirouette</b>		<b>Birthday - Katy Perry</b>	
REPEAT WHOLE THING OTHER SIDE		1234 5678 1234 5678 1234 5678 1234 5678	
<b>Preparation for Leg tilt</b>		<b>Rise - Jonas Blue</b>	
Intro in 1st			12345678
Tendu L			12
Toe ankle ankle toe close			345678
Repeat right			12345678
Tendu left leg to the side			12
Lift leg			34
Lower and close to first position			5678
Repeat right, left, right		3 x 8s	
Repeat whole thing arms in 5th			
<b>Arm sequence</b>		<b>You are the reason - Calum Scott</b>	
Left arm circles backwards			1234
Cross left arm across chest and bring feet to face right corner			56
Cross left arm across chest			78
Scoop both arms up and release overhead			123
Head turn left			4
Run in a circle clockwise			5678
Right arm circles backwards			1234
Cross right arm across chest and bring feet to face left corner			56
Cross left arm across chest			78
Scoop both arms up and release overhead			123
Head turn left			4
Run in a circle anticlockwise			5678
Reach L in reach R in			12345678
Step turn reach L R			12345678
Cross then open arms overhead			12345678
Kneel to finish			5678

<b>Elevation and Travel</b>	
Step ball change L, R, run run leap	12345678
Drag R cross L x 2	12345678
Step turn slide R	1234
4 jumps 1st hands hips	5678
4 jumps 2nd hands hips	1234
Hips LRLR	5678
8 springs to centre	12345678
Gallop step hop L, R	12345678
4 step ball changes to 2nd side	12345678
Prepare 2nd side	12345678
Repeat all on the right	

### GRADE 3

<b>Warm up</b>	<b>Lay it All on Me - Rudimental</b>
Prepare arms to 5th	Intro 4 x 8s
Side bends arms 3rd R L	2 x 8s
Open high release roll up	2 x 8s
Arms circle, swing, circle, 5th with rise x 2	2 x 8s
Arms circle, swing, circle, 5th with jump x 2	2 x 8s
Grapevine R L R L	2 x 8s
Step turn step R L R L	2 x 8s
Plié stretch rise lower in second x 4	4 x 8s

<b>Limbering and Mobilising</b>	<b>A Thousand Miles - Vanessa Carlton</b>
Side stretch R L butterfly	2 x 8s
Forward stretch hold butterfly	2 x 8s
Bounce and stretch, then reposition	2 x 8s
Side stretch R L legs front	2 x 8s
Forward stretch hold legs front	2 x 8s
Reposition	1 x 8
Repeat 2-3 in second	4 x 8s
Bounce and stretch, then reposition	2 x 8s

<b>Limbering and Mobilising</b>	<b>A Thousand Miles - Vanessa Carlton</b>
Repeat 2-3 in standing parallel	4 x 8s
Bounce and stretch	2 x 8s
Lunges R/L	4 x 8s
<b>Floor Strengthening</b>	<b>Love - Taylor Swift</b>
V sit up and down x4	4 x 8s
Right knee in to chest	1234
Extend right leg	5678
Hold right leg	1234
Lower right leg	5678
Left knee in to chest	1234
Extend left leg	5678
Hold left leg	1234
Lower left leg	5678
Roll onto right side	78
3x side kicks left leg	123456
Roll onto back	78
3x front kicks left leg	123456
Roll onto left side	12345678
3x side kicks right leg	123456
Roll onto back	78
3x front kicks right leg	123456
REPEAT	
Split stretch to finish	
<b>Isolations</b>	<b>Rise - Jonas Blue</b>
Ribs left, right, front, back, circle	1234 5678
Slide to left	12
Cross right leg in front	34
Turn	56
Jump to second position	78
Knee, shoulder head isolation x 4 left, right, left, right	1234 5678
Hip left, right	1234

<b>Isolations</b>		<b>Rise - Jonas Blue</b>
Arms 1st, 5th, 2nd, reset to hips		5678
Repeat second side		56
<b>Pirouette</b>		<b>Birthday - Katy Perry</b>
Extend right leg back and right arm forwards		12
Plié		34
Releve on to tip toes of left leg, bringing right toe to left knee		56
Lower to parallel		76
Prep, single turn right		12345678
Prep, single turn right		12345678
Pas de bourré LRL, single turn right	1234 5678	
REPEAT WHOLE THING OTHER SIDE	1234 5678 1234 5678 1234 5678 1234 5678	
<b>Preparation for Leg tilt</b>		<b>Yes Yes I Can – Rayelle</b>
Intro in 1st		12345678
Tendu L		12
Toe ankle ankle toe close		345678
Repeat right		12345678
Tendu left leg to the side		1
Lift and lower right leg x3		234567
Close to first position		8
Repeat right		12345678
Tendu right leg to the side		1
Bring right foot to knee retire position		2
Extend leg straight		34
Hold & lengthen		56
Close to first position		78
Repeat right		12345678
Repeat whole thing arms in 5th		
<b>Arm sequence</b>		<b>You are the reason - Calum Scott</b>
Left arm circles backwards		1234

<b>Arm sequence</b>	<b>You are the reason - Calum Scott</b>
Cross left arm across chest and bring feet to face right corner	56
Cross left arm across chest	78
Scoop both arms up and release overhead	123
Head turn left	4
Run in a circle clockwise	5678
Right arm circles backwards	1234
Cross right arm across chest and bring feet to face left corner	56
Cross left arm across chest	78
Scoop both arms up and release overhead	123
Head turn left	4
Run in a circle anticlockwise	5678
Step left reach right, step right reach left	1234 5678
Step turn step with arm reach left then right	1234 5678
Cross arms over body	1234
Scoop both arms up and release overhead	5678
Tuck L leg to roll and finish in a reach	12345678

<b>Elevation and Travel</b>	
L Step ball change step leap, st leap, st leap	12345678
Drag R cross L x 2	12345678
Step turn slide R	1234
Pas de bourré LRL	5678
Single pirouette land 2nd	1234
Hips LRLR	5678
8 springs to centre	12345678
Gallop step hop L, R	12345678
4 step ball changes	12345678
Prepare 2nd side	12345678
Repeat all on the right	

<b>G4 Warm up</b>	<b>Sorry Justin Bieber</b>
Grapevine RLRL	1234 5678 1234 5678
Step turn step RLRL	1234 5678 1234 5678
Jump to second, pile and straighten x 2	1234 5678 1234 5678
Turn feet parallel, reach forwards stretching over	1234 5678
Hold forward stretch	1234
Roll up	5678
Jump to second, pile and straighten x 2	1234 5678 1234 5678
Turn feet parallel, reach forwards stretching over	1234 5678
Hold forward stretch	1234
Roll up	5678
Long lunge to R, R leg forward, hands rest on leg	1234 5678
Lift arms to 5th position	1234 5678
Long lunge to L, L leg forward, hands rest on leg Lift arms to 5th position	1234 5678 1234 5678

#### LIMBERING AND MOBILISING

<b>G4 L&amp;M</b>	<b>In My Blood – Shawn Mendes</b>
Plie in 2nd x2, with arms going 2nd to 5th	1234 5678 1234 5678
Side bend right arms overhead R L R L	1234 5678
Flat back over L leg round to centre	1234
Plie roll up	5678
REPEAT WHOLE THING LEFT SIDE	1234 5678 1234 5678 1234 5678 1234 5678

<b>G4 Floor Strengthening</b>	<b>Brave - Sarah Barielles</b>
Slow roll down and up to seated x3	1234 5678 1234 5678 12345678
Slow roll down and up to V sit x2	1234 5678 1234 5678
Roll down	12345678
Kick right leg, left leg	1234
Kick R leg and hold	5678
Hold	1234
Lower leg	5678
Repeat L	1234 5678 1234 5678
Repeat R side	1234 5678 1234 5678
Repeat L side	1234 5678 1234 5678
Forward fold	1234 5678
Roll onto knees into back bend end position	1234 5678

<b>G4 Isolations</b>	<b>Mad Love - Mabel</b>
Roll shoulder and turn head right & left with knee bend between	1234
Heartbeat in out in	567
Join right foot to left	8
Step right leg forward and back with hip x2	1234
Body roll to right corner	5678
Jump feet parallel and second	12
Ribs right left	34
Rib circle clockwise	5678
Shoulder head knee right left	1234
Hips right left	56
Jump feet together, right arm up to finish	78

## PIROUETTE

<b>G4 Pirouette</b>	<b>I need you - Jon Batiste</b>
Behind side front (right left right), left arm forwards	1234
Releve onto right leg, left leg lifted, no turn	56
Close parallel	78
Behind side front (right left right), left arm forwards	1234
Single pirouette towards the left	56
Close parallel	78
Behind side front (right left right), left arm forwards	1234
Double pirouette towards the left	56
Close parallel	78
Plie and prepare	1234 5678
REPEAT WHOLE THING OTHER SIDE	1234 5678 1234 5678 1234 5678 1234 5678

## LEG TILT AT THE BARRE

<b>G4 Leg tilt</b>	<b>Let me go - Hail Steinfeld</b>
Tendu R leg side	12
Kick up down up	3 & 4
Lower leg	56
Close first position	78
Tendu L leg side	12
Kick up down up	3 & 4
Lower leg	56
Close first position	78
Tendu R leg side	1
Retire to knee	2
Tilt body	3
Extend leg	456
Close first position	78
Tendu L leg side	1
Retire to knee	2

<b>G4 Leg tilt</b>	<b>Let me go - Hail Steinfeld</b>
Tilt body	3
Extend leg	456
Close first position	78

#### ARM SEQUENCE

<b>G4 Arm Sequence</b>	<b>Tomorrow Jack Curley</b>
R arm travels round head and across body	123
Snap back to straight	4
Reach R arm forwards	567
Snap back to straight	8
Full port de bras both arms	1234
Step onto R leg lifting L leg to retire, arms circle right to left	56
Step turn step right	7&8
Run to R corner	1234
R arm swishes up left arm, across body and down to side	5678
L arm circles backwards opening body up	1234
Step back lifting arm to V, right then left	5678
Run back to centre to finish	1234 5678

<b>G4 Elevation and Travel</b>	<b>Kiss the stars Pixie Lott</b>
Step ball change right leg, step left leap right x 3	1234 5678
Step turn step left	1234
Arms cross over chest and prepare second	5678
Step R side kick L, Step L side kick R	1234 5678
Drag runs back to corner x 8	1234 5678
PDB Behind side front (right left right), left arm forwards	1234
Single pirouette towards left	5678
PDB RLRL	1234
Double pirouette towards left	5678
dig R, Slide R	1234
Cross L behind to turn	5678

<b>G4 Elevation and Travel</b>	<b>Kiss the stars Pixie Lott</b>
Spring/drag to 2nd side	12345678

<b>G5 Warm Up</b>	<b>Love Again - Dua Lipa</b>
Spring RLR hop, LRL hop in parallel	1234 5678
4 jumps parallel, 4 jumps 2nd	1234 5678
Spring RLR hop, LRL hop in turnout	1234 5678
4 jumps 1st, 4 jumps 2nd	1234 5678
Repeat 2-5	
Jump to second, pile and straighten x 2	1234 5678
Turn feet parallel, high release stretching over, hold, roll up	1234 5678
Rise	1234 5678
4x grapevines	1234 5678 1234 5678
4x step turn steps	1234 5678 1234 5678

<b>G5 Limbering and Mobilising</b>	<b>Hideaway - Kiesza</b>
Side stretch	1234 5678
Flat back R	1234 5678
Flat back centre, roll up	1234 5678 1234 5678
Repeat 2-4 L	4x8s
Swim to flat back	1234
Plie, extend x 2	56781234
Roll up	5678
Repeat 6-8	1234 5678 1234 5678

<b>G5 Floor Strengthening</b>	<b>Camera - Ed Sheeran</b>
Slow roll down and up to seated	Down 1234 Up 5678
Slow roll down and up to seated	Down 1234 Up 5678
Fold to forward stretch, roll up x 2	2 x 8s
High release x 2	2 x 8s

<b>G5 Floor Strengthening</b>	<b>Camera - Ed Sheeran</b>
Roll forward to plank and lower down flat	1234
Push up to downward dog	5678
R leg threads through to turn the body into seated 2nd	12345678
Circle arms and body R C L C	12345678
Circle arms and body L C R C	12345678
Turn onto R side kick L leg x 2	1234 kick 5678
Turn onto L side kick R leg x2	1234 kick 5678
Finish seated	

## ISOLATIONS

<b>Movement</b>	<b>Goosebumps Meghan Trainor</b>
Shoulder/head/knee R L	1234
Rib R L circle	5678
Pas de bourre LRL	1&2
R leg dig in lunge front with arms to 5th and pushing out over R leg	34
Push arms down	5
Pencil turn jump to 2nd	678
Hip rolls R L	1234
Jazz change of weight R L R L arms to v 5th	5678
Step R cross behind L, L arm up R arm 2nd via 1st	12
Cross turn swap arms	34
Step R leg out arm down splayed	56
Head front and reset	7 hold 8
REPEAT LEFT SIDE	

<b>Pirouette</b>	<b>Smooth - Santana</b>
Behind side front (right left right), left arm forwards	1234
Releve onto right leg, left leg lifted, no turn	56
Close parallel	78
Behind side front (right left right), left arm forwards	1234
Single pirouette towards the left	56
Close parallel	78

<b>Pirouette</b>	<b>Smooth - Santana</b>
Behind side front (right left right), left arm forwards	1234
Double pirouette towards the left	56
Close parallel	78
Plie and prepare	1234 5678
REPEAT WHOLE THING OTHER SIDE	1234 5678 1234 5678 1234 5678 1234 5678
Step turn step turn chassé, lean R L RL	1234 5678 1234 5678 1234 5678 1234 5678

<b>G5 Leg Tilt</b>	<b>Every Second - Mina Okabe</b>
Retire R leg and tilt body	1234
Develop R leg	5678
Hold	1234
Lower and close	5678
Repeat and turn to other side	12345678 12345678
Repeat left side	12345678 12345678 12345678 12345678

<b>G5 Kicks</b>	<b>True Love - Pink/Lilly Allen</b>
Pas de bourre RLR kick L front	1234
Pas de bourre LRL kick R front	5678
Pas de bourre RLR kick L side	1234
Pas de bourre LRL kick R side	5678
Step R, step ball change L to DLR corner	&1&2
Step turn R	34
Step R, round kick L	5678
8 springs to centre	12345678
Repeat other side	12345678 12345678 12345678

<b>G5 Elevation and Travel</b>	<b>Suddenly I See - KT Tunstall</b>
Fold over and open L leg over R	1234 5678
Open legs to 2nd and step R L	1234 5678
2 circular springs into roll tucking L leg	1234 5678
Spring R L, Step step relevé R lifted	12 & 3 4
Step ball change R step L side leap R	5&6 7 8
Pas de bourre pirouette	1&2 3 4
step R L out RL contract in RL out with arms pushing out in out	&5&6&7
Springs RLRLRLR'/ up to SR corner	1234 5678
Step turn L step ball ch L step stag step leap	12, 3&4, 5 6 7 8
Feet together roll up	1234
Spring RLRL	1234
Step ball change step leap step leap circular spring	56781234
Step turn L slide	5678
Pas de bourre single pirouette land 2nd	123, turn56 land 78
Drag runs to 2nd side	12345678

GRADE 7

<b>Elevation and Travel</b>	
Chassé turn step turn R	1234
Step ball change step leap R	5678
Circular spring L x 2	1234
Step back L prep	56
Chassé Turn calypso roll	781234
Windmill arm	5678
Pas de bourre LRL	1234
Double pirouette	5678
Pas de bourre LRL kickR	1234
Pas de bourre RLR kick L	5678
Pas de bourre turning kick front	1234
Step R round kick L	5678
Step ball change L, step side leap	1&234
Cross R windmill	5678
Run to prep 2nd side	12345678
REPEAT OTHER SIDE	

GRADE 8

<b>Warm up</b>	
Arms to 5th, rise, high release, roll down & up x2 (Floor version)	
Roll head	12345678
Roll shoulder	12345678
Circle ribs	12345678
Circle hips	12345678
Jog in place	
Plie 2nd to leg lift 2nd R L	

<b>Warm up</b>	
Plié 2nd to side bend retiré	
Plie 2nd to leg lift 2nd R L	
Plié 2nd to side bend retiré	
REPEAT standing	

<b>Floor Strengthening</b>	
Walk out to plank hold and lower slowly	
Back lift, arms overhead, arms back down, lower x4	
Roll onto back	
Sit up to V sit, arms overhead, arms back down, lower x4	
To 2nd seated	
Flatback forward, arms overhead, arms back down, lower x4	
Roll onto back	
4 controlled kicks each leg	
Sit up and forward fold	

<b>Plié</b>	
Parallel Plié stretch rise x 2	
Parallell full plié	
Repeat 1st	
Repeat 2nd	
Roll through parallel, 1st, 2nd	

<b>Kicks</b>	
Step L kick R, step R, Kick L	12345678
Step L, pas de bourré RLR	1234
Side kick L	56
Lunge L to land	78
Round kick R	1234
Pas de bourré LRL	5&6

<b>Kicks</b>	
Relevé R leg to retiré, step R	78
Step turn step L	1234
Cross R, low flick kick L, cross L	567
Pas de bourré RLR kick L	1234
Pas de bourré LRL kick R	5678
Step back R, slide L	1234
Developpé kick in out	56
Push arms down stepping on R leg	78
Prep L, Round kick R	1234
Run and prep to other side	5678
REPEAT 2ND SIDE	
<b>Pirouette</b>	<b>Just Dance - Gaga</b>
Chasse turn step turn step turn step R	1234567
Chasse turn step turn step turn step L	1234567
Spring ball change x 2 RL	1&2, 3&4
Double pirouette, spring ball change	56 7 & 8
Spring ball change x 2 LR	1&2, 3&4
Double pirouette, spring ball change	56 7 & 8
Chasse turn chassé coupé turn	1234
Prep R leg forward L arm down R arm up	56
Stylised pirouette, L arm up	78
Step turn slide L	123
Pas de bourre RLR	4&5
Single pirouette land 2nd	67 hold 8
REPEAT 4-13 other side	
<b>Elevation and Travel</b>	
Step L kick R open and step R	1234
Pas de bourré turning LRL	5&6
Double pirouette landing 2nd	78
Arms reach to 5th and pull down	12
Spring ball change L, turning pdb R	3&4, 5&6
Tilt hop R, L leg to high tilted 2nd	78&

<b>Elevation and Travel</b>	
Step ball change step side leap R	1&234
Step L, hop on L with R to retiré, turning over R shoulder to change direction	56
Step R prep L facing USL	78
Calypso roll step up on L to USL	12345678
Circular spring, step turn step ball change, step split leap R to DSR	12345678
Circular spring, step turn step ball change, step split leap L to USL	12345678
Step R Jazz ch L to prep L leg facing DSR	1234
Step L kick R, Step R kick L	5678
Spring to C	1234
Bounces into box jump	5678
Recover to 2nd, arms 5th, pull down, prep 2nd	12345678
Step R, round kick L, step turn L, drag cross	12345678
Step L, round kick R, step turn R, drag cross	12345678
Drag runs to prep 2nd side	
REPEAT 2ND SIDE	