
GRADE 1

Warm up

Movement	Timing
16 jogs in place	16 count introduction
Step together step tap x2 L then R	1234,5678
4 knee bends parallel, 4 knee bends 2nd position	1234, 5678
Step together step tap x2 L then R	1234, 5678
4 jumps parallel, 4 jumps 2nd position	1234, 5678
Step turn step feet together x 4 , L R L R	Step 12, turn 34, step 56, feet together 78 x4
Step together step tap x2 L then R	1234,5678
4 knee bends parallel, 4 knee bends 2nd position	1234, 5678
Step together step tap x2 L then R	1234, 5678
4 jumps parallel, 4 jumps 2nd position	1234, 5678

Limbering & Mobilising

Movement	Timing
Side stretch L with both arms over head	1234
Hold	56
Back to centre	78
Side stretch R with both arms over head	1234
Hold	56
Back to centre	78
Lift arms overhead	12
Plie	34
Roll down to forward stretch	5678
Bounce arms through legs x 4	1234
Roll up to standing	5678
REPEAT WHOLE THING TO THE RIGHT	

Floor strengthening

Movement	Timing
Control leg lift, down up down x 4 RLRL	Up 1234, down 5, up 6, down 7
Bend leg to chest, extend and control down x 4 RLRL	In1234, extend 5678, hold 1234, lower 5678
Roll onto tummy and swim arms back	12345678
Lift upper back off floor x 4	Up 2, down 2 x4
Push back to Childs pose	4 counts

Isolations

Movement	Timing
Step legs out to second L R	12
Arms up and out to second	34
Rib isolations L R L R	5678, 1234
Head roll to L side	5678
Shoulder/head/knee isolation L R	1234
Hip isolation L R	5678

Step L leg out, cross R leg over, turn	1234,5678
REPEAT WHOLE THING TO THE RIGHT	34

Preparation for pirouette at the barre

Movement	Timing
Prepare L hand on barre	On introduction
Prepare R leg to 4th position	12
R leg up to pirouette position on Demi pointe	34
Hold	56
Feet together	78
Repeat x 4 L side	
Quick turn	
Repeat x 4 R side	

Arm Sequence

Movement	Timing
Kneeling, circle L arm back	123
Circle R arm back	123
Lift both arms, looking up and lifting to high kneel	123
Roll to L side	123
Run to L corner	123
Lift both arms to high V	123
Drop L arm	123
Drop R arm	123

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

Movement	Timing
Step ball change x 2 R L	1234
Step hop x 2 R L	5678
Step ball change x 2 R L	1234
Step hop x 2 R L	5678

Gallop gallop step hop x2 R L	1234, 5678
8 springs to R corner	123
Jumps parallel x 2, second parallel	1234
Jumps parallel x 2, second parallel	5678
Arms to V to finish	1234
Spring off stage	5678

Exam Checklist

Grade 1 JAZZ

Exercise	Remember to...		
WARM UP	Stand up tall and smile throughout	Stretch your arms and spot your head on turns	Point your toes in jumps
LIMBERING AND MOBILISING	Stand up tall and smile throughout	Stretch your arms all the way through to the fingertips	Make a strong diagonal with shoulders down
FLOOR STRENGTHENING	Point your toes	Stretch your knees in leg extensions	Keep your back and head long and stretched out
ISOLATIONS	Make the movements sharp and clean	Stretch your arms and fingertips	Head up and smile
PREPARATION FOR PIROUETTE AT THE BARRE	Keep tall with your head up	Don't make your 4th position too big	Balance with your knee high, toe pointed and attached to the standing knee.
ARM SEQUENCE	Stretch your arms and fingertips	Use lots of expression	Follow your arms with your eyeline
ELEVATION AND TRAVEL: DANCE COMBINATION	Use your spacial awareness	Opposite arm to leg on step ball changes	Perform and smile!
PERFORMANCE PIECE	Use lots of facial expression	Make the movements BIG	Lots of energy!