

STUDIO DANCE SYLLABUS

Recreational Class Syllabus

Junior 11+

Ballet

Dance Step	How well should the dancer know how to do the step?
Difference between parallel and turnout	Know well
1st, 2nd, 3rd, 4th, 5th positions w/arms	Know well
Demi plie in 1st, 2nd, 3rd, 4th, 5th	Execute well
Grande plie in 1st, 2nd, 5th	Execute well
Bourees w/teacher preferred arms	Execute well
Ballet Courtesy	Execute well
Chaine	Execute well
Relevae vs. Standing Flat Feet	Know well
Tendus in 1st, 2nd, 5th	Execute well
Degegaes in 1st, 2nd, 5th	Execute well
Ron de jambe in 1st, 5th	Execute well
Battements (dancers will only kick legs 90 degrees) *teacher can assess	Execute well
Battements (dancers can extend leg fully)	Execute well
Passe (sliding foot to knee and lowering)	Execute well
Single Pirouette	Execute to best of their personal ability
Difference between pointing and flexing foot	Know well

Arabesque	Execute well
Leaps	Execute well
Chasses	Execute well
Echappe	Execute well
Step Pique (no turn)	Execute well
Glissade	Execute well
Pas de bourree	Execute well
Balance	Execute well
Saute	Execute well
Assemble	Execute well
Pau de chat	Execute well
Soubresaut (straight up, and switching legs)	Execute well
Attitude	Execute well
Attitude turn	Execute to their best personal ability
Coupe	Know well
En l' air	Can execute
Frappe	Can execute
Sur le cou-de-pied	Can execute
brise	Can execute
Cabriole	Can execute
Grand jete	Can execute
Penche	Can execute
Fouette (kick type)	Can execute
Promenade	Can execute
Sisonne	Can execute

Tap

Dance Step	How well should the dancer know how to do the step?
Toe taps	Execute well
Stomp	Execute well
Shuffle	Execute well
Shuffle Hop	Execute well
Shuffle Step	Execute well
Shuffle Ball Change	Execute well
Side Dig	Execute well
Side Heel Dig	Execute well
Heel Stomp	Execute well
Hop Step	Execute well
Kick ball change	Execute well
Falap	Execute well
Falap heel	Execute well
Falap ball change	Execute well
Maxiford	Execute well
Buffalo	Execute well
Double Buffalo	Execute well
Back Essence	Execute well
Time step	Execute well
Cramp Roll (introduce double cramp roll)	Execute well
Pullback	Can execute
Over the top	Can execute

Paradiddle	Execute well
Paddle Turn	Can execute
Travel Step	Can execute
Wing (introduce concept)	General idea (starting to try with barre)

Jazz

Dance Step	How well should the dancer know how to do the step?
Forced arch	Execute well
Difference between Pointed and flexed feet	Know well
Passe (Jazz passe)	Know well
Sharp Arms vs Flowy arms	Know well
Jazz hand	Know well
Jazz Walk	Execute well
Ball Change	Execute well
Chasse	Execute well
Triplettes	Execute well
Jazz pa da bouree	Execute well
Jazz Square	Execute well
Chaine	Execute well
Spotting Concept	Know well
Single Inside turn (both sides)	Execute well
Single Outside turn (both sides)	Execute well
Double Inside turn (both sides)	Can execute

Double Outside turn (both sides)	Can execute
Pivot turn	Execute well
Paddle Turn	Execute well
Pencil Turn	Execute well
Leap	Can execute
Calypso	Can execute
Straddle Leap	Can execute
Kick to front and side	Execute well
Fan kick	Execute well
Roll	Execute well
Fan roll	Execute well