

Level 1

A-

Pirouettes

- Center floor -Placement center floor, passé placement(right and left)
- Across the Floor-step passé (12,34) flat foot HOH, working on placement for passé

Chaine Turn

- Across the floor-releve walks arms in L (legs are stilts, no bouncing in feet stay high releve)shoulders square/try moving arms soft while in releve.
- rotation front to back HOH (chest square to front, square to back)
- walking(sliding feet) turned out through first in plié HOH, adding down up up(tail bone under, push hips not chest)

Chasse

- Across the floor-facing hips toward the mirror, arms at T

Jete

- Skipping HOH, lifting bum up JUMP
- Battement, Across the floor-starting in first HOH, brushing through first to tendu pull heel forward when lowering, draw smily face on ankle..

Combo Elements – Walking, Pivot turn, Center floor-HOH pivot turn Ball change chasse side ball change back HOH

B-

Pirouettes

- Center Floor-Tendu side prepare back passé releve hold close parallel feet arms stay in first (flat foot)(right and left)
Right arm, right leg, line up of feet (no tight rope legs, they are on at track, back knee down), tail bone under
Partner arm exercise: bending from elbow and working on using back (do not bend from elbow)
COMPRESS-pop up onto a locked leg, dig down as they come up, shoulders go down, go up to come down, 50/50 push pull, spot
- Across the floor-step passé flat foot on step, releve onto a straight leg, add arms hold T after legs

Chaine Turn

- Across the floor-releve walks adding turn on 7 rotate 8
- rotation front to back HOH (chest square to front, square to back)Adding arms open close
- 4 walks forward in plié going through first feet turns out HOH, tail bone under, push with hips not chest, toes connected down up up

Chasse

- Across the floor-right together right, left together left HOH, alternating leading leg

Jete

- Repeat skipping(really work pointed feet) and battement(lift leg table top, add T arms) exercises from A
- Start weight change, rocking horse. Slide right left through first brush up weight change onto front leg(straight legs)

Combo Elements- Walking, Ball change kick, center floor (T arms, table top high) Pivot turn, ball change, whole counts

C

Pirouettes

- Repeat B, if they know direction introduce Box center floor

Chaine Turn Repeat B

- Adding releve to open front back and spotting

Chasse

- Repeat B, turn out feet, sliding pointing toes

Jete

- Repeat B, keep chest lifted, pointed feet sliding through first across the floor with one leg at a time (weight change)

Combo Elements- Walking, Ball change Kick, Pivot turn, ball change add grape vine across the floor, whole counts

Level 2

A-

Pirouettes

- Center floor – working on prep and passé placement -Tendu side prepare back passé releve hold close parallel feet arms stay in first (flat foot) Right arm, right leg, line up of feet (no tight rope legs, they are on at track, back knee down), tail bone under Partner arm exercise: bending from elbow and working on using back (do not bend from elbow) COMPRESS-pop up onto a locked leg, dig down as they come up, shoulders go down, go up to come down
- box, hold 4 corners, ½ turns whole turn (right and left)
- Across the Floor-step passé (12,34) step flat plié, passé releve, arms are at a T
- Introduce step prepare center and walking in forced arch 1,2,3 prep 4(front foot flat, back foot up) hold, then add turn (hold, single, hold)

Chaine Turn

- Across the floor- Jay Chaine, releve walks turn 7,8 then 5 turn 6 7turn 8
- rotation front to back HOH (chest square to front, square to back)arms, releve, spotting side REVIEW (once across is all)
- 4 walks forward in plié going through first feet turns out HOH down up up all the way and add travel backwards back across the floor
- Sliding into second hips to mirror 1, 2,3 turn 4(one chaine) really working second position, knee's back bum under arms in second.

Chasse

- Across the floor-right together right, left together left HOH, alternating leading leg (adding swinging opp. Arm as leg after they have feet really well)

Jete

- Repeat skipping(really work pointed feet) , adding straight leg skip, chest up HOH (2 skip, 2 straight leg, or straight leg toward the mirror or across)
- Battement(lift leg table top, add T arms) adding a side kick (2 front 2 side)
- 2 slides through first position brush right, weight change brush left behind (chest up, straight legs), slide through first 2x brush repeat arms hips or low 5th
- **Combo Elements-** Walking, Ball change Kick, Pivot turn, ball change, grape vine across the floor, Jazz square, passé sauté, illusion, whole count, incorporating salsa, mambo, sugars

B-

Pirouettes

- Center floor, finding balance on all 10 toes, partner contest holding
- Across the floor Repeat all of A , could add double pirouettes for older level 2 dancers, step prepare center floor

Chaine Turn

- Across the floor Jay Chaine-releve walks adding 5 turn 6,7 turn 8
- Sliding into second hips to mirror 1, 2 chaine 3, 4(one chaine) really working second position, knee's back bum under arms in second. Front to back
- 4 walks forward in plié going through first feet turns out HOH adding 4 front,4 back, tail bone under, push with hips not chest, toes connected

Chasse repeat A

Soutenu turn

- Step cross &1 turn 2

Jete

- Repeat straight leg skipping, brushing, upper body still, adding opp. Arm as leg
- Battement adding back kick
- Repeat slow one leg at a time jete exercises, brushing, feet position and weight transfer (landing in plié back leg straight, no dumping in chest)

Pas de Chat

- HOH across the floor (start behind landing second leg in front always) adding T arms in the air when ready floating arms

Pique preps

- Across the floor stepping onto a straight leg, plié "cowboy" both legs turned out, weight on standing leg

Combo Elements- adding half counts, prancing feet, using parallel from warm up in the combo's

C

Repeat B (adding rotation on pique every other if ready, can do pique towards mirror, 50/50, arms follow legs)

- **Glissade**

Facing mirror, one leg at a time feet turned out and legs brushing and straight. Start behind land in front

Combo Elements-Walking adding intro to fan, fan into illusion for momentum

Level 3

A- Pirouettes and coupe turns

- Center floor – working on prep, passé and coupe(starting in 5th for coupe, feet turned out) placement -Tondue side prepare back passé releve hold close parallel feet arms stay in first (flat foot) Right arm, right leg, line up of feet (no tight rope legs, they are on at track, back knee down), tail bone under Partner arm exercise: bending from elbow and working on using back (do not bend from elbow)
COMPRESS-pop up onto a locked leg, dig down as they come up, shoulders go down, go up to come down
- Finding balance on all 10 toes, partner balance contest, releve plié while in passé going from coupe P up to passé and hold, pressing down(no roll to baby)
- box, hold 4 corners, ½ turns whole turn (right and left)Pirouettes and or coupe
- Review 1,2,3 prep 4 pirouette, adding doubles and introducing 6 step hold, single, double

Chaîne Turn

- Across the floor- Jay Chaîne, releve walks turn 34, 56, 78(50/50, spotting)
- Sliding into second hips to mirror 1, 2,3 turn 4(one chaîne) really working second position, knee's back bum under arms in second.
adding another rotation on the front only rep. and reviewing the direction change front to back slow 1,2 up 3,4 for direction change front to back
- 4 walks forward in plié going through first feet turns out HOH down up up all the way and add rotation HOH to begin traveling hips shoulders stage R
- **Chasse** Across the floor-right together right, left together left HOH, alternating leading leg with arms, no monster claw, feet turned out, adding height

Jete

- Repeat skipping(really work pointed feet) skipping for height once, travel down stage straight leg skip, upper body still
- Battement, brushing feet, front, side back, hold etc. combo of this holding technique, also continue coupe fan across the floor
- 2 slides through first position brush right, weight change brush left (chest stays up, straight legs), slide through first 2x brush repeat arms hips or low 5th

Adding a chasse on the beginning and speeding it up, allowing to use some power going into the jete while holding technique, opp arm as leg

Pas De cha 2B adding height

Center Leap intro

Glissade 2B adding height, combining with pas de cha, alternating or 1-1-1-2 or 1-2-2-1 etc. , trying front leg developpe back leg swing break down, landing in front into chasse or 2 steps (watching that the cross step is turned out, second leg turned out, landing in front corrects this)

Pique preps and turns with rotation every other and then every (can travel down stage)

- **Combo Elements-** Walking, Ball change Kick, Pivot turn, ball change, grape vine across the floor, Jazz square, passé sauté, illusion, 6 step, pas de borre(back side front) , traveling backwards, using parallel positions, rolling through feet and spine, combinations of technique, adding movement into the combination with technique

B- Pirouettes

- Repeat A adding 6 step, rotate on 4,5,6 prepare pirouette, back side front pirouette
- En dedans(inward), En dehor (outward)

Chaîne Turn Repeat A

Chasse repeat A

Jete

- Repeat straight leg skipping, brushing, upper body still, adding opp. Arm as leg
- Battement adding back kick
- Repeat Jete with chasse working on the fine-tuned details

Pas de Cha repeat

- Adding Grande pas de cha, reverse grade pas de cha

Center Leap

- Glissade repeat if feet are not in correct position, then doing 1 center leap, 3 in a row

Pique turns repeat A, adding a double on the 4th

Tor preparation, and a

- adding rotation when ready, sliding feet turned out meeting in the middle, sliding from first pos. no tag

Combo Elements- Walking, adding half counts, prancing feet, using parallel from warm up in the combo's, Pirouette combo's Marci, "Jump" combo for foot work and direction change, weight change, incorporating salsa, mambo, sugars

Level 4/5

A-

Walking Adding arms, down stage diff looks

Pirouette

- Center work, finding true balance, using arms and core, partner contest, box coming from 2nd (warm up)
- Across the floor combo's using timing, weight change, direction change, movement
- Forced arch turns
- Pirouette and Coupe turns En dedans, En dehor

Pencil turn

Arabesque turn

Soutnue

Chaine turn

- Jay chaine exercises, single with re setting body square each rotation, spotting, not whipping in arms
- Adding chaine box, backwards chaine box
- Staying second for 2 counts pulling up to releve

Chasse

Jete

Tour

Back leap

Back attitude

Ronverse

Soute

Fouette introduction at bar (pirouettes must be solid before attempting this)

- Abs strength is required to execute properly, start with a few songs of abs work
- Begin with strengthening exercises center, holding leg front and side
- Exercising each position at the bar with releve and locked legs, pocket of cheerios
- Beginning slow stages center floor

Level 5

Dancers should now be working on putting the above technique in combinations

Fouette combinations, using doubles, jumps, attitude etc. (across the floor from pique to fouette)

L2D 2014-2015 Expectations and Focus

Focus

AT THE END OF THE DAY IT IS THE WAY THE DANCERS FEEL WHEN THEY ARE HERE AND WHEN THEY LEAVE

Train the kids not comp mind set, working quality of movement, moving towards a new and improved look. **Quality over Quantity** (allowing experimentation). Dissect the kids, not about the teacher, talking most of the time, about the kids mature as a teacher. Taking classes, ongoing education, Dance with the kids

● Alignment

- T body (tape the kids)
- Power and accent, passion
- Who you are (their own style an look, individual) walking, tip walk, heel walk, down stage to see self
- Education incorporating the person of the month, the hip hop move of the month
- Being ready to go across and finishing, hold when done.
Preparing them for an audition setting. Confidence, presence, being ready and finishing
- On music, every 8 or 2, 8 counts, all the way across and around back, watching the mirror, stagger kids
Send them back if they are not on count. This needs to be a consistent expectation.
- Listening to music

Teacher Expectations

- A few minutes early, music on, take roll, transfer into the book for our attendance records
- Using absences wisely, we need consistency to reach our progression goals as a studio(no more than 2 per class)
If you get a sub we need to know in advance and reminded the day of, who it is and what they will be doing, they have your music and plan for each class, a video or your routine if needed, letting the assistant know
Finding a sub is the teacher's responsibility!
- Dress (hip hop pants, shoes), technique routines no tennis shoes
- Knowledge of stretch and hip hop warm ups
- Posting combinations you like or have prepared (YouTube) being a team player, sharing
- Supporting the Owner Directors and other teachers, putting forth effort to get to know each other, this translated onto the kids. Use other teachers as an example, never under cut or talk down to or about. Every teacher has strengths and weaknesses. Diffuse any issues or negative comments or assumptions.
- Having a class plan, form filled out for the week, filling in charts(will be assets mid-year by a director)
- Having a focus for the day, or month (depending on your kids)
- Shaundee (bracelet, banana split party for splits, hand out with what they need to work on) chart and reward
Sticker, treat etc. High five on the way out say good bye by name as they give you five.
- Making a special effort to say every name every week out loud at least once. Give praise to different kids. It is our job to help every dancer improve not just watch the natural ones progress. Make a different
- Communication
We need to know if there is ever an issue in class with a dancer, a radio, a parent, levels not being reached etc.
- Filling out time card and education points for the month
- Extra practices(paid)unless exceeding allotted allowance, dress rehearsal(un paid), competitions(compensation)

Point System for Continued education-Every teacher and Director will receive points for ongoing education

This will be taken into accountability when evaluating the classes you teach and the amount we budget for you. We are asking for 1 point per month and will be looked at in December along with evaluation as a teacher, level and knowledge of the classes you teach.

Observing a 1 hour class (.5 points only 2 of 9), attending and participating in a 1 hour class (1point) =9 POINTS PER YEAR

Techniques set up and focus

- Education Sept-Martha Graham, Oct-James Brown, Nov-Mikhail Baryshnikov, Dec-Bob Fosse
- T body (tape the kids)
- Power and accent, passion
- Who you are (their own style an look, individual)
- Being ready to go across and finishing, hold when done.
Preparing them for an audition setting. Confidence, presence, being ready and finishing
- On music, every 8 or 2, 8 counts, all the way across and around back, watching the mirror, stagger kids
Send them back if they are not on count. This needs to be a consistent expectation.
- Listening to music
- Always using UPSTAGE, DOWNSTAGE, STAGE RIGHT, STAGE LEFT
- Going across the floor 3 times on one side before switching

Using in combinations

Improve

- 1 dancer does 8 counts 2x, the next in line adds in doing the first persons improve adding every 8
- Choose a theme Cheer, then having them change it to smooth movement with same shapes
- Choosing 3 poses, across of center or on the ground with these 3 poses
- Partner improve, following one person or using each other, foot moving, leading with elbow, knee, head, one arm only,
- Conversation improve , pick a count to stop on

Listening to music

- Paying attention to the way it makes you feel, using different sounds, tempo's etc.

Jump Jazz combos (Sue)

Pirouette combos (Marci)

Prancing, swinging, spoking (Marci)

Hip Hop warm up ideas

- Bounce
- step knee (contracting center)
- Jumping up and down
- Slow swoop around bending legs
- Step clap
- Grape vine add turn every other
- Walk it out
- Jump side to side, front to back
- Heads accenting inn, heads out, around ½ way
- Isolations , chest, hips
- Shoulders rolling, up and down(one at a time, forward back)

Across the floor ideas

- Step back side (Michael Jackson dance)
- Jump out and punch cross (Rock your body)
- Slide clap, slide clap jump right 2x hop hop scotch R,L,R (Janet Jackson, Alright with Me)
- Doing footwork, pivot turns, out in, getting into the legs
- One dancer 8 counts out 8 counts freestyle 8 counts off

Music ideas

Jay Lo Going In, Mariah Carey Emotions, Michael Jackson Wanna be Staring something, Bruno mars , Chris Brown Turn up the Music, Bobby Brown Every Little Step, Justin Beiber Somebody to Love, New kids, James Brown,

