***JAZZ I-III and IV-VI***

***Course Mission***

***Students will be able to recognize, identify,and demonstrate the technique and movement elements fundamental to Jazz Dance.***

* ***Body Placement***
* ***Strength***
* ***Coordination***
* ***Flexibility***
* ***Rhythm***
* ***Sequencing***
* ***Style***

***They will be able to develop and understand a working vocabulary and movement repetoirè in Jazz technique through warm ups, across the floors and learned combinations.***

***JAZZ I-III***

* ***Introduction and understanding of basic Jazz steps.***

***Examples but not limited to:***

* ***Pas de bourrées***
* ***Chassé***
* ***Pivots***
* ***Jazz square***
* ***Isolations-focusing on head, shoulders, chest and hips with a strong emphasis on contractions***
* ***Jazz walks, Jazz runs and Jazz hands-focusing on not having a break in the wrist***
* ***Ball changes***
* ***Shimmy***
* ***Layouts-keeping the leg in passé, and releasing the legs in a full extension***
* ***Releases***
* ***Battement combinations.***
* ***Introduction to turns in parallel- Learning to prep the feet turned in keeping the hip closed while executing pirouettes in Passé.***

***Turns do not need to be perfected in this level, just need a good understanding of how to execute.***

***Examples but not limited to:***

* ***Pirouettes***
* ***Knee turns***
* ***Paddle turns***
* ***Pencil turns***
* ***Arabesque turns***
* ***Attitude turns***
* ***Compass turns***
* ***Flamingo turns.***
* ***Introduction to beginner/intermediate jumps & tricks***

***Jumps do not need to be perfected in this level, just need a good understanding of how to execute.***

***Examples but not limited to:***

* ***Jeté variations***
* ***Barrel Jump***
* ***C-Jump***
* ***Sauté***
* ***Sissonne***
* ***Star Jump***
* ***Tuck Jump variations***
* ***Tour***
* ***Fish Jump***
* ***Stag Jump***
* ***Double Stag***
* ***Toe Fall***
* ***Fan kicks-in relevé and plié.***

***Jazz IV-VI***

* ***Intermediate/Advanced combinations of all basic Jazz steps***

***Having a complete understanding/clean execution of basic steps from Jazz I-III.***

* ***Introduction to Advanced Jumps and tricks***

***Having a complete understanding/clean execution of beginner/intermediate jumps and tricks from Jazz I-III.***

***Examples but not limited to:***

* ***Surprise leap***
* ***Switch Sauté***
* ***Switch leaps***
* ***Dive Rolls***
* ***Forward Penché Rolls***
* ***Turning Attitude jumps***
* ***Illusions***
* ***Axel variations***
* ***Turning a la Seconde Leap***
* ***Butterfly Jump***
* ***Waffle flip***
* ***Inversions.***
* ***Fast footwork/direction change***

***Ex: Pas de bourrées will be mixed with pivot turns and ball changes in different directions and variations to master the art of coordination and sequencing.***

* ***Advanced jazz dance combinations***

***Style and Technique***

***Jazz dance is its own entity but is heavily influenced by many different styles and techniques. Some of the styles associated with Jazz are Funk, Hip Hop, African and Tap. The techniques most associated with Jazz are Ballet and Modern. Students will train in these above styles and techniques as well to be able to encompass the persona that Jazz dance requires.***

***Ex1: Fondus in ballet are done in turned out positions of the feet and the body/arms in proper lifted positions. In Jazz, fondus are executed in parallel with the hip/legs staying turned in and the body/arms fully contracting and releasing.***

***Ex2: In Tap you would do moves such as Apple Jacks, Shorty George and the Charleston. These are executed in Jazz with the same technique but with no shoes and a heavy jazz flare.***

***Jazz Trainimg***

* ***Students in all levels will learn various styles of Jazz (i.e. Street Jazz, Musical Theater Jazz, and Old School Jazz) in the styles of many great choreographers such as Bob Fosse, Jerome Robbins, Lynn Simonson, Gene Kelly, and Michael Jackson.***
* ***Students will cross train to become fit and strong enough to execute difficult moves safely and correctly. Abs, squats, flat backs, yoga, planks and cardio will be done in each class, and should be done outside of class as well, to maintain the stamina Jazz dance demands.***
* ***All training will be geared towards helping the students build strength, flexibility, increase technical skills, encourage individual expression and HAVE FUN!***