SANTA BARBARA DANCE ARTS

SYLLABUS

1 JAZZ 1 - ARABESQUE

chassé, ballet positions, plié, tendu, jazz walks, kick ball change, grapevine, 3 step turn, passé balance, grand jeté, passé jump, basic understanding of rhythm and counts.
Tween/Teen: all the above plus: pivot, piqué passé balance, jazz square, intro to 6 step, chaîné, battement front, pas de bourrée, alternating chassé, floor fan kicks, single pirouette, basic understanding of posture.

2A JAZZ 2A - DOUBLE PIROUETTE

Mastery of the above elements and: chainé (2), piqué turn, intro to double pirouette, soutenu turns, pas de bourrée turn, work in 5th position, intro to floor work, attitude placement, define and demonstrate the difference between saut de chat and grand jeté, intro to chassé tour, passé tuck jump, battement all directions, more complicated sequencing, weight shifts, basic understanding of turnout and alignment, and increased flexibility.

2B JAZZ 2B - CENTER LEAP

Refining all the above elements and: chaîné (3), introduce triple pirouette, piqué box, intro attitude turn and inside pirouettes, combinations of chaîné and piqué turns, intro to center leaps leaps, fouetté leaps, double stag leaps, surprise leaps, jeté to floor, intro to improvisation techniques, increased work on flexibility, proper placement for extensions and intricate sequences while maintaining turnout and alignment.

3 JAZZ 3 - ATTITUDE TURN

Refining all of the above elements and: chaîné (4+), turned out pirouettes, refine and work on double attitude turns/inside pirouettes, mastery of doubles on both sides and working on triples, higher extension, barrel jumps, tour jeté, layouts, intro fouetté turn, chaîné stag, chainé jeté, more complex floorwork, shoulder rolls, strong performance and deeper understanding of core, splits on 2 sides.

4 JAZZ 4 - CALYPSO

Refining all of the above elements and: Strong balance in passé, Triple pirouette (parallel and turned out), double inside turns, pirouette with balance, à la seconde turns and fouetté turns (4), lame duck turns, compass turns, turning C jump, reverse leap, working on sustained extension above 90 degrees, leg hold, penché at 180, barrel roll, intro switch leaps, and deeper exploration into improvisation. Anatomical understanding of psoas, pelvis, hamstring, and core, splits on 3 sides, strong dynamics, diverse performance quality.

5 JAZZ ADVANCED - FOUETTÉ

Mastery of all of the above elements and: Working on more than 3 revolutions in pirouettes, à la seconde turns and fouetté turns (8), complex turning sequences, spot changes, leg hold turn, switch leap to 2nd, tilt, pirouette into jump, advanced floor work, safely rolling through feet (toe rise), reverse surprise leap, illusions, 180 surprise leap, advanced floor work.

6 JAZZ ADVANCED PRO - ARTISTRY

Execution of all elements on the syllabus proficiently and consistently with a commitment to performance and mature behavior, ability to execute highly stylized choreography in a fast-paced environment with strong stamina, and detailed attention to alignment and body awareness. 5+ pirouettes, pirouettes with level changes, sustained positions out of turns, floats, reverse firebird leaps, switch to firebird, and advanced floor work.