

Sunset Dance Academy Curriculum

At the Sunset Dance Academy we aim to progress students by the upper age of the class; however mastery and understanding of the movements and terms are needed in order to progress to the next level. The age range of classes are a helpful guide, but a dancer's ability and development will be the deciding factor on class placement.

PRE PRIMARY/PRIMARY BALLET SYLLABUS

Tiny Toes: 2.5-3.5 years

Pointe and flex feet
Seated grande battement
Seated stretching
Plié- Turned in 1st and 2nd position
Tendu- Turned in- devant and à la seconde
Degagé- Turned in- devant and á la seconde
Piqué- devant and à la seconde
Marching- with high knees
Sauté- on two feet
Port de bras- arms in 1st position, 2nd position, and 5th position.
Relevé
Chassé

Pre-Ballet 3-4 years

Continued from Tiny Toes
Seated

- feet point and flex
- legs turn out and in
- battements
- stretching

Demi Pliés- 1st and 2nd position
Port De Bras- 1st, 2nd and 5th
Tendus- turned out, devant and à la seconde
Degagé- turned out, devant and à la seconde
Piqué- turned out, devant and à la seconde
Sauté- 1st and 2nd positions with hands on hips
Walking with stretched (pointed feet)
Bourré
Chassés- à la seconde, and devant
Swaying movements changing weight

Pre-Ballet 2, 3-4 years

Continued from Pre-Ballet

Demi Pliés- 1st, 2nd, 3rd position

Port De Bras- 1st, 2nd, 3rd, 5th

Bourré turn

Tendus continued.

Degagé continued.

Piqué continued.

Sauté- echappé

Leap (jump from one foot to the other)

Beginning Ballet 4-6 years

Continued from pre-ballet/2

Plié – demi, turned out 1st, 2nd, 3rd,

Relevé

Port de bras- 1st, 2nd, 3rd, 5th

Facing Barre

- demi pliés
- relevé
- tendu, devant, à la seconde, and derrière
- degagé, devant, à la seconde, and derrière

Centre

- pointe and flex feet
- turnout, turn in
- stretching
- seated battements
- beginning coordination of port de bras and positions of the feet
- tendus- à la seconde, hands on hips
- plié, relevé
- sauté – echappé, 1st and 2nd position
- chassé à la seconde and devant

leaps (jump from one foot to the other)

walking with stretched feet and arms in demi seconde (ballet walks)

bouffées

bouffé turns

marching

beginning skipping

Allegro 4-7

All the levels of pre/pre2/beginning ballet taught at a faster pace and introducing multiple styles of dance at a faster pace; by invitation only.

Ballet Basics 5-7 years

Continued from beginning ballet, at a faster pace

Positions- 1st, 2nd, 3rd, 4th, 5th

Port de bras- 1st, 2nd, 3rd, 5th –working on 4th

Barre-facing the barre

- Continued from beginning ballet
- Add rond de jambes
 - Preparing $\frac{1}{4}$ rond de jambes
 - $\frac{1}{2}$ rond de jambes
 - Full rond de jambes
 - Working on comprehension of turnout
 - Pas de cheval
 - En croix – tendu, degage
- Cou de pied
- Retiré (noun)
- Passé (verb)

Walking with stretched feet arms, demi seconde—directional changes

- walking in circle
- walking diagonal
- walking straight

Marching

- Directional changes

Skipping is progressing; and eventually mastered

- Directional changes

Sautés – 1st, 2nd, 3rd, echappé

Leaps

Ballet 1 Syllabus 7+ years

Continued from ballet basics. Terms and movements to be learned and mastered before going into Ballet 2.

At the barre: facing the barre

- Positions 1st-5th
- Demi pli  1st-5th
- Work up to grande pli  , 1st 2nd 5th
- Battement tendu from 1st
- D  gag   from 1st
- Relev   in all positions
- Rond de jambe    terre (through 1st position)
Sous-sus
- Pas de cheval
- Grande battement (90 degrees or below)
- En Croix (front, side, back, side)
- cou de pied
- retir   pass  
- arabesque (first)
- balance retir   and cou de pied (flat foot)

Center:

Adagio

- Demi pli   centre
- Tendu (changing weight)
- Balance in retir  
- Arabesque (first arabesque)
- Ballet walks (toe heel) **
- Balanc   de c  t   (   la seconde)
- Tendu Double
- Tomb  
- Pas de bourre

Petit Allegro:

- Petit Jet  
- Saut  ' 1st, 2nd, 3rd
-   chapp   saut   (first into second)

Beginning Pirouette en dehors

- Preparation and single (tendu to 4th demi pli   to retir  )
 - o    turn
 - o    turn
 - o full single pirouette
- Glissade from 1st position
- Retir   pass   from 1st & 5th
- Relev   1st 2nd, 5th
- Pas de bourr  e (back, side, front to 5th)

- Temps lié- à la seconde

Basic Directions of the body:

- En face
- Croisé
- À la seconde

Across the floor and from the corner of the room:

- Chainé (step turn) broken down to ½ turn, with spotting
 - Arms open in seconde, find spot, arm close to first, spot.
- Piqué passé
- Chassé
- Chassé passé
- Sauté arabesque
- Saut de chat (leap)

Ballet 2 Syllabus 9+ years

Continued from Ballet 1 all terminology and movements must be mastered before moving to ballet 3.

Barre- facing away from the barre (one hand on the barre)

- Plié- demi and grande 1st 2nd 4th 5th – basic port de bras
- Tendu- from 1st and 5th positions – arms held in seconde, progressing to port de bras
- Degagé- from 1st and 5th – arms held in seconde progressing to full port de bras
- Rond de jambe a terre- from 1st position, eventually introducing rond de jambes from 5th toward end of level.
- Fondu- tendu, 45 degrees
- Frappe- (cou de pied) flex, strike a terre
- Developpé- to 45 and up to 90 degrees
- Stretching at the barre
- Grande battement- en croix from 1st and 5th position with port de bras
- Cambré in all positions
- Attitude
- Balance Retiré en relevé
- Balance Cou De Pied en relevé
- Petit battement
- Grande battement en cloche

Centre-

Adagio:

- Tendu with port de bras
- Temps lié – devant, à la seconde, and derrière with port de bras
- Arabesque – 1st and 2nd arabesque
- Balancé de côté, devant, and derrière with port de bras
- Single Pirouette from 4th, working on double from 4th
- Single pirouette from 5th
- Relevé and élevé in all positions

Petit Allegro

- Sautés in 1st 2nd 4th and 5th
- Changement de pieds
- Echappé from 1st to 2nd and 5th to 2nd
- Temps levé
- Assemblé
- Glissade from 1st
- Soubresaut
- Coupé

Across the floor

- Chané
 - Ballet walks with stretched feet through cou de pied
 - Ballet running with stretched feet through cou de pied
 - Pas de chat
 - Grande jeté (straight leg leap)
 - Saut de chat
 - Sauté arabesque
 - Sauté passé
 - soutenu
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Ballet 3 Syllabus 12+

Continued from ballet 2

Barre

- Facing away from the barre (one hand on the barre)
- Plié- demi and grande 1st 2nd 4th 5th – full port de bras
- Tendu- from 1st and 5th positions – full port de bras
- Degagé- from 1st and 5th – full port de bras
- Rond de jambe a terre- from 1st and 5th position
- Grande Rond de jambe en l'air- 45 degrees working up to 90 degrees
- Fondu- tendu, 45 and 90 degrees
- Frappé- (cou de pied) flex, strike a terre en croix with port de bras, double frappé
- Frappé- en l'aire , double frappé
- Developpé- working at 90 degrees
- Stretching at the barre
- Grande battement- en croix from 1st and 5th position with port de bras
- Detourné
- Cambré
- Relevé fouette (into arabesque etc.)
- Attitude
- Petit battement

Centre

Adagio

- Glissade from 5th and 1st positions
- Tendu with coordination of head positions
- Temps lié devant, à la seconde, and derrière with port de bras
- Tendu double
- 1st 2nd and 3rd arabesque
- Double en dehors pirouettes from 5th and 4th
- Classic ballet walks into arabesque
- Single pirouette en dedans from 4th and 5th

Petit Allegro

- changement de pieds
- soubresaut
- sauté royale
- assemblé
- temps levé
- glissade from 5th (not changing)
- echappé relevé

Across the floor:

- tombé pas de bourré
- pas de chat
- saut de chat
- grande jeté with port de bras
- sauté battement
- piqué arabesque
- sissonne fermé and ouverte
- alternating chassé
- piqué turns
- lame duck
- soutenus
- waltz turn

Cecchetti Body positions

1. Croisé devant
2. Ecarté
3. À la quatrième devant
4. Effacé
5. À la seconde
6. Époulé
7. À la quatrième derrière
8. Croisé derrière

Ballet 4 Syllabus- 14+years

Barre Facing away from the barre (one hand on the barre)

- Plié- demi and grande 1st 2nd 4th 5th – full port de bras
- Tendu- from 1st and 5th positions – full port de bras
- Degagé- from 1st and 5th – full port de bras
- Rond de jambe a terre- from 1st and 5th position
- Grande Rond de jambe en l'air- 45 degrees working up to 90 degrees
- Fondu- tendu, 45, 90 degrees, and above
- Frappé- (cou de pied) flex, strike a terre en croix with port de bras – double frappé
- Frappé en l'aire (cou de pied, en relevé)
- Developpé- working at and above 90 degrees
- Petit battement
- Stretching at the barre
- Petit Rond de jambes en l'aire
- Grande battement- en croix from 1st and 5th position with port de bras
- Detourné

- Cambré
- Relevé fouette (into arabesque etc.)
- Attitude
- Circular port de corps

Centre:

- Promenade in arabesque and attitude
- Positions of the body
- Temps lié
- Pas de basque
- Pirouettes double from 4th and 5th en dehors and en dedans; working on triples en dehors
- Fouetté turns
- Attitude turns
- Piqué Pas de bourré (passé)
- Pas de bourré coupé

Petit Allegro

- Entrechat
- Sauté royale
- Changement
- Glissade changing and not changing
- Assemblé
- Temps levé

Across the Floor

- grand tour jeté en tournant
- Alternating chassé
- saut de basque
- Tombé
- Contretemps
- Fouetté sauté
- Assemblé
- Promenade (arabesque, attitude)
- Balancé en tournant
- Pas de bourrée en tournant
- Sissonne: Landing open on one foot (front, back)
- Sissonne fermée (landing closed in 5th on 2 feet)
- Russian Pas De Chat
- Grande Pas De Chat

BALLET 5 SYLLABUS 15+years

Continued from ballet 4.

Barre Facing away from the barre (one hand on the barre)

- Plié- demi and grande 1st 2nd 4th 5th – full port de bras
- Tendu- from 1st and 5th positions – full port de bras
- Degagé- from 1st and 5th – full port de bras
- Rond de jambe a terre- from 1st and 5th position
- Grande Rond de jambe en l'air- 45 degrees working up to 90 degrees
- Fondu- tendu, 45, 90 degrees, and above
- Fondu en l'aire (relevé)
- Frappé- (cou de pied) flex, strike a terre en croix with port de bras, triple frappé
- Frappé en l'aire (cou de pied, en relevé) , triple frappé
- Developpé- working at and above 90 degrees
- Developpé en l'aire (relevé)
- Petit battement
- Stretching at the barre
- Petit Rond de jambes en l'aire
- Grande battement- en croix from 1st and 5th position with port de bras
- Detourné
- Cambré
- Relevé fouette (into arabesque etc.)
- Attitude
- Circular port de corps

In the center and across the floor:

- Penché
- tour jeté
- double piqué
- Saut de basque
- Fouetté sauté
- Temps levé
- Piqué attitude, tour jeté en tournant
- Cabriole
- Assemblé battue (beaten)
- Entrechat
- Emboîté
- Entrechat cinq
- Ballonné
- Manège
- Balance on one foot without the barré en demi pointe holding the opposite leg in different positions (passé, arabesque, attitude front, side or back)
- Hand and heel stretch

- Fouetté tour to other landing positions (4th, lunge, knee...etc)
 - Grande pirouette à la seconde
 - Brisé
 - Pas faille
 - Tour jeté landing to other positions (4th, lunge, knee...etc)
Reverse'
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Lyrical 1 Syllabus 7+ years

Terms and movements to be learned and mastered before going into Lyrical 2. Student will do a variety of combinations in counts of 8 in the center and across the floor.

Warm-up:

- Positions 1st -5 th
- Demi plié 1st -5 th
- Tendue from 1st • Piqué
- Battement tendue from 1st (at the barre)
- Elevé in all positions
- Relevé in all positions
- Port de bras
- Rond de jambe á terre (through 1st position)
- En Croix (front, side, back, side)
- Stretches • Lunges
- Splits Center:
 - Saute' 1st, 2nd 5 th • Échappé sauté (first into second)
 - Balancé (side, back, front)
 - Pirouette en dehores – preps and single (tendue to 4th demi plié to passé)
 - Chassé ball-change
 - Contractions
 - Isolation of head, shoulders, ribcage, waist, hips

Across the floor and from the corner of the room:

- Grande battement (front, side, and back)
- Triplet walks
- Prances turned in first, then out
- Chainé (step turn)
- Pas de bourrée (back, side, front)
- Grande jeté (straight leg leap)
- Saut de chat
- Ballet walks/lyrical (toe heel) through cou de pied
- Chassé

- Chassé chané
- Chané plié
- Sauté arabesque
- Glissade
- Développé
- Cross, ball change
- Step, pivot
- Pas Couru (ballet run)

Lyrical 2 SYLLABUS 9+ years

Dancers MUST be enrolled in a ballet class at GPD. Terms and movements to be learned and mastered before going into Lyrical 3. Student will do a variety of combinations in counts of 8 in the center and across the floor.

Warm-up:

- Positions 1st -5 th
- Demi plié 1st -5 th
- Tendue from 1st • Piqué
- Battement tendue from 1st (at the barre)
- Elevé in all positions
- Relevé in all positions
- Port de bras
- Rond de jambe á terre (through 1st position)
- En Croix (front, side, back, side)
- Stretches • Lunges
- Splits Center:
 - Saute' 1st, 2nd 5 th • Échappé sauté (first into second)
 - Balancé (side, back, front)
 - Pirouette en dehoires – preps and single (tendue to 4th demi plié to passé)
- Chassé ball-change
- Contractions
- Isolation of head, shoulders, ribcage, waist, hips
- Conditioning
 - Pushups
 - Pilates abs – series of five
 - Hip Lifts/Squeeze
- hinges

At the barre:

- Développé

- Passé relevé
- Attitude
- Relevé fouetté
- Fouetté prep and tour
- Arabesque relevé
- Attitude relevé

In the center and across the floor:

- Arch-ups
- Coccyx balances
- Falls to the floor
- Triplet turns
- Soutenu
- Battment tendue from 5th
- Échappé relevé
- Fouetté sauté
- Pirouette en dehoes doubles
- Échappé sauté (Fifth into second)
- Piqué turns
- Piqué arabesque
- Piqué arabesque, grande tour jeté en tournant
- Attitude relevé
- Alternating chasse
- Pas de bourrée turns (½ and whole)
- Pas de bourrée spiraling upper back
- Pilé chainé
- Fan kicks
- Lay-outs
- Saut de chat
- Fish flop

Lyrical 3 SYLLABUS 12+ years

Lyrical 3 Syllabus Dancers MUST also be enrolled in a ballet class at GPD. Continued from Lyrical 2.

Warm-up:

- Positions 1st -5 th
- Demi plié 1st -5 th
- Tendue from 1st • Piqué
- Battement tendue from 1st (at the barre)
- Elevé in all positions
- Relevé in all positions
- Port de bras
- Rond de jambe á terre (through 1st position)

- En Croix (front, side, back, side)
- Stretches • Lunges
- Splits Center:
 - Saute' 1st, 2nd 5 th • Échappé sauté (first into second)
- Balancé (side, back, front)
- Pirouette en dehoes – preps and single (tendue to 4th demi plié to passé)
- Chassé ball-change
- Contractions
- Isolation of head, shoulders, ribcage, waist, hips
- Conditioning
 - Pushups
 - Pilates abs – series of five
 - Hip Lifts/Squeeze
- hinges

In the center and across the floor:

- Lateral and flat backs
 - Coccyx balance turns
 - Falls to the floor
 - Triplet turns with directional change
 - Pirouette en dehors and endedans doubles
 - Échappé sauté (fifth into second)
 - Piqué turns
 - Double piqué turns
 - Piqué arabesque, grande tour jeté en tournant
 - Attitude tour
 - Fan kick to releve'
 - Lame duck
 - Hinge (en demi pointe and over the toes)
 - Pike
 - Illusions
 - C-jumps
 - Turning C jumps
 - Jete' back attitude
 - Tilted grande battement
 - Center leap
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Beginning Jazz SYLLABUS 4-6 years

Warm up:

- Demi pliés
- Jumping Jacks
- Marching
- chassé 2x side, clap on count
- Body isolations
 - Head looking up and down, side to side
 - Shoulders up and down together, separate
 - Hips shaking side to side
 - Hip circles
- Relevé
- Basic Stretches
- Lunges

Across the Floor:

- Forced arch Jazz walks
 - Starting as walking with straight legs on relevé kicking feet behind
 - Walking forward
 - Marching
 - Chassés devant and à la seconde
 - Grande battements (front) brushing through first
 - Grapevine
 - Jazz hands
 - Leaps
 - Jumping from one foot to the other
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Jazz Basics SYLLABUS 5-7 years

Continued from beginning jazz

Warm up:

- Demi pliés
- Jumping Jacks
- Marching
- chassé, ball change
- Body isolations
 - Head looking up and down, side to side
 - Shoulders up and down together, separate
 - Hips shaking side to side
 - Hip circles
- Relevé

- Basic Stretches
- Lunges
- Splits
- Contractions and releases
- Touch turn
- Grapevine
- Counting music
 - Clapping to music

Across the Floor:

- Forced arch Jazz walks
 - Starting as walking with straight legs on relevé kicking feet behind
 - Moving toward bending knees
 - Jazz walks forward.
 - Jazz walks sideways crossing in front
 - Marching
 - Chassés devant and à la seconde
 - Grande battements (front) brushing through first
 - Adding grande battements derrière
 - Half pirouette – turned in
 - Eventually mastery of single pirouette en dehors
 - With spotting
 - Spotting
 - Grapevine
 - Beginning chané turns,
 - Half turns, arms in seconde, find spot, arms move to first, change spot
 - Jazz hands
 - Jazz squares
 - Step pivot
 - Ball change
 - Kick, ball change
 - Cross touch – hands on hips
 - Leaps
 - Jumping from one foot to the other
 - Saut de chat beginning
 - Working toward grande jeté
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Jazz 1 Syllabus

Continued from jazz basics. Student will do a variety of combinations in counts of 8 in the center and across the floor.

Warm up:

- Demi pliés
- chassé, ball change
- Body isolations (head, shoulders, ribs, hips)
- Hip circles
- Contractions and releases
- Elevé
- Relevé
- Stretches
- Lunges
- Splits
- Around the world In the center and across the floor:
- Grande battements (front, side, and back, pointed and flexed)
- Grapevine
- Jazz hands
- Jazz square (box)
- Pivot turn
- Paddle turn

CENTRE

- Forced arch jazz walks (bent knees) (heels up)
 - Add shoulder rolls
 - Add hips
- Cross touch with arms (Jazz combo no arms)
- Pas de bourrée with arms
- Kick ball change

Across the Floor

- Grande jeté (straight leg leap)
 - Saut De Chat
 - Chasse' ball-change
 - Pirouette preparations
 - Single pirouette en dehors
 - Passé
 - Chassé (front and side)
 - Chainé (step turn)
 - Alternating chassés
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Jazz 2 SYLLABUS 9+ years

Continued from jazz 1. Combinations in counts of 8 and 16 in the center and across the floor.

Warm up:

- Demi pliés
- chassé, ball change
- Chané, touch
- Body isolations (head, shoulders, ribs, hips)
- Hip circles
- Contractions and releases
- Elevé
- Relevé
- Stretches
- Lunges
- Splits
- Around the world In the center and across the floor:
- Grande battements (front, side, and back, pointed and flexed)
- Grapevine
- Jazz hands
- Jazz square (box)
- Pivot turn
- Paddle turn
- Conditioning
 - Pushups
 - Pilates abs- series of 5
 - Hip raises/squeezes
- Stretching
- Counting music

CENTRE

- Forced arch jazz walks (bent knees) (heels up)
 - Add shoulder rolls
 - Add hips
 - Add arm choreography
 - Walking side (crossing in front)
 - Turning direction walking backward
- Cross touch with arms
- Pas de bourrée with arms
- Kick ball change
- Single and double pirouettes en dehors
 - Turned in
 - (Turned out learned already in ballet)

- jazz splits
- fish flop
- knee turns

Across the Floor

- Grande jeté (straight leg leap)
- Saut De Chat
- Chasse' ball-change
- Pirouette preparations
- Single pirouette en dehors
- Passé
- Chassé (front and side)
- Chainé (step turn)
- Alternating chassés
- Pas de bourrée turns (½ and whole)
- Plié chainé
- Triplet walks
- Piqué
- Cross ball-change with arms
- Saut de chat (developing leap)
- Chassé chané
- Tuck jumps
- Chassé step Grande jeté
- Alternating chasse
- Soutenu
- Piqué turns
- 6 step
 - cross ball change, cross ball change, (turn, etc)
- leaps to the floor
- rolls to the floor

Jazz 3 SYLLABUS 12+years

Syllabus Dancers MUST also be enrolled in a ballet class at GPD. Terms and movements to be learned and mastered before going into Jazz 4. Dancers will continue to execute movements learned in Jazz 1 and 2, and add the following terms and movements in class.

Warm up:

- Demi pliés
- chassé, ball change
- Chané, touch

- Body isolations (head, shoulders, ribs, hips)
- Hip circles
- Contractions and releases
- Elevé
- Relevé
- Stretches
- Lunges
- Splits
- Grande battements (front, side, and back, pointed and flexed)
- Grapevine
- Jazz hands
- Jazz square (box)
- Pivot turn
- Paddle turn
- Conditioning
 - Pushups
 - Pilates abs- series of 5
 - Hip raises/squeezes
- Stretching
- Counting music

In center and across the floor:

- Forced arch jazz walks front, side (crossing in front), back
- Pencil turns
- Fouetté sauté
- Piqué arabesque
- Falls to the floor
- Toe touches
- Á la seconde leaps
- Saut de chat
- Attitude, attitude leap
- Double, triple pirouettes en dehors, single pirouette en dedans
- Leaps to the floor
- Fouetté prep and tour at the barre
- Piqué passé tour
- Layouts
- Pas de bourrée spiraling upper back
- Triplet turns
- Saut de chat (develop leap)
- pas de bourre turns
- développé
- fan kicks
- capezio turns
- turning C jump

Jazz 4 SYLLABUS 14+ years

Syllabus Dancers MUST also be enrolled in a ballet class at GPD. Terms and movements to be learned and mastered before going into Jazz 5.

Warm up:

- Demi pliés
- chassé, ball change
- Chané, touch
- Body isolations (head, shoulders, ribs, hips)
- Hip circles
- Contractions and releases
- Elevé
- Relevé
- Stretches
- Lunges
- Splits
- Grande battements (front, side, and back, pointed and flexed)
- Grapevine
- Jazz hands
- Jazz square (box)
- Pivot turn
- Paddle turn
- Conditioning
 - Pushups
 - Pilates abs- series of 5
 - Hip raises/squeezes
- Stretching
- Counting music

In center and across the floor:

- Attitude turn devant and derrière
- Triple turns en dehors, double turns en dedans
- Axel turns
- Piqué arabesque grand tour jeté en tournant
- Piqué turns
- Double piqué turns
- Fouetté turns
- Tour jeté
- Leaps out of turns
- Turns sur le cou de pied
- Lame duck
- Hitch kick
- Turning C jump

- attitude leaps
 - Capezio turn
 - Fish flop
 - Tilted grande battement
 - Lateral and flat backs
 - Center leap
 - Saut de chat derrière
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Jazz 5 SYLLABUS 15+ years

Syllabus Dancers MUST also be enrolled in a ballet class at GPD. Terms and movements to be learned and mastered in Jazz 5.

Warm up:

- Demi pliés
- chassé, ball change
 - Chané, touch
- Body isolations (head, shoulders, ribs, hips)
 - Hip circles
- Contractions and releases
 - Elevé
 - Relevé
- Stretches
- Lunges
- Splits
- Grande battements (front, side, and back, pointed and flexed)
 - Grapevine
- Pivot turn
- Paddle turn
- Conditioning
 - Pushups
 - Pilates abs- series of 5
 - Hip raises/squeezes
- Stretching
- Counting music

In center and across the floor:

- Axel turn lay out to the floor
- 1 and a half piqué arabesque tour
- 1 and a half piqué attitude tour
- Fouetté turns
- Triple turns en dehors and en dedans
 - Cou de pied

- Retiré
 - Attitude
 - Grande pirouette à la seconde
 - Turning Disk (Chainé that leads into a toe touch)
 - Switch-center leap
 - Illusions
 - switch leaps
 - Toe touch
 - Jete´ back attitude
 - Turning C jump
-

TAP COMBO SYLLABUS 3+ years,

Vocabulary and Movements:

- flap – brush toe
 - shuffle- brush spank
 - spank- toe goes back
 - brush- toe goes forward
 - tip – tip of toe hits into floor
 - jab/dig – tip of heel hits into floor
 - toe- toe hits into ground
 - heel- heel hits into floor
 - stomp- foot hits into ground and stays there
-

Beginning Tap SYLLABUS 4+ years

Continued from combo

Vocabulary and Movements

- stamp—foot hits into ground and come back up
 - leap – jump from one foot to the other
 - hop- jump on one foot
 - chug- two feet jump (moving forward)
 - paradiddle- jab, spank, toe, heel
 - rhythm clapping – (i.e. 3 shuffles clap 4, 3 stomps, clap 4)
 - flap walking (brush toe)
-

Basic Tap SYLLABUS 5+ years

Continued from beginning tap

- irish step

- shuffle, leap, step
 - shuffle, stomp
 - flap, ball change (Lindy)
 - cramp roll (slowly)
 - toe toe, heel heel
 - flap running (brush toe)
 - flap, heel
 - skuff – jab (heel) forward
 - spank, toe
-

Tap 1 SYLLABUS 7+years

Terms and steps to be learned and mastered before going into Tap 2.

Warm up:

- Ankle rolls
- Toe tap combination

Center Floor:

- Shuffle – (brush forward, spank back)
- Flap – (brush forward, toe down)
- Shuffle ball-change (brush, spank, step back step front)
- Paradiddles (jab/dig, spank, toe, heel)
- Hustle (toe, heel, toe, heel, toe, heel, dig or toe tap)
- Single military time step
 - Shuffle hop step ball change
 - Shuffle hop step ball change
 - Shuffle hop step, shuffle hop step
 - Shuffle hop step, ball change
- Lindy (flap with chasse ball change)
- Chug
- Dig/Jab
- Tip (point of the tap shoe hitting the tip of the toe into the ground)
- Spank (back)
 - Brush (forward)

Across the floor and from the corner:

- Traveling flaps
- Flap-heel
- Flap-heel-heel
- Cramp rolls (forward and backward)
- Buffalo

- Drawbacks (toe, spank, heel)
 - Shuffle stomp
 - Irish (forward and backward)
 - Double irish (shuffle ball-change, irish) (forward and backward)
-

Tap 2 SYLLABUS 9+ years

Syllabus Terms and steps to be learned and mastered before going into Tap 3.

Center floor:

- Riff
 - Toe heel toe heel
- Single maxi-ford
 - Stomp shuffle leap tip
- Single buck time step
 - Stomp hop step flap step stomp
- Double buck time step
 - Stomp hop, flap flap step stomp
- single shuffle time step
 - Shuffle hop step flap step
- Pirouette preps and single pirouettes en dehors
- Shirley temple

Across the floor and from the corner:

- Buffalo combination (3 buffalos, flap, stomp, stomp)
 - Double buffalo step
 - Flap ball-change
 - Flap-heel ball-change
 - Flap-heel turns
 - Flap-heel-heel turns
 - Flap ball-change turns
 - Crossover drawbacks
 - Drawbacks to the side
 - Double cramp roll
-

TAP 3 SYLLABUS – 12+years

Continued from tap 2

Center floor:

- Double maxi-ford
- Triple buck time step

- Double-triple buck time step
 - Five-point riff
 - Double pirouettes en dehores
 - Back essence
 - Bell jump
 - Double maxi-ford
 - Trenches
 - Paddle turn Across the floor and from the corner:
 - Triple buffalo
 - Maxi-ford turns (tip in back)
 - Double-toe buffalo
 - Click buffalo
 - Irish turn
 - Triple cramp roll (shuffle cramp roll) At the barre and center floor:
 - Pullbacks
 - Wings
 - Syncopated toe stands
 - Single toe turns
-

TAP 4 SYLLABUS – 14+ years

Continued from tap 3

In the center and across the floor:

- “Nick” step
- Syncopated wings
- Syncopated pullbacks
- Triple pirouettes en dehors
 - Double toe turns
- Single leg toe stands
- Single leg pullbacks
- Single leg wings
- Traveling time steps
- Crossover pullbacks
- Maxi-ford turns (tip in front)
- Double back essence
- Bombershay
 - Backward traveling flaps
- Cincinnati
- Scissor
- Over the top

Tap 5 SYLLABUS 15+

Continued from tap 4

In the center and across the floor:

- Single pullback tip
- Irish pullback tip
- Switching wings
- Switching pullbacks
- Reverse cramp roll
- Wing tip
- Crossover wing
- Shuffle pullback
- Toe-tip dig bombershay

Hip Hop 1 SYLLABUS 7+ years

Warm up:

- Body isolations (head, shoulders, hips, ribs)
- Squats
- Stationary slides (scoop arms)
- Stretches
- Lunges

Across the floor:

- Flexed foot grande battement
- Walks with swagger (or attitude)
- Pas de bourrée (end in lunge)
- Slide touch
- Cross touch
- Kick, cross, touch (forward and backward)

In the center and across the floor:

- Tuck jump
- Pivot turns
- Which a ways
- Grapevine
- C-Walks
 - Heel toe, heel toe
- Hip Hop Walks
 - Directional changes- around shoulder, forward, backward

Center floor:

- Donkey kicks
- Knee slides
- Paddle turns
- Knee turns
- Cross turn
 - Jump out, cross feet, turn

Hip Hop 2 SYLLABUS 9+ years

Continued from hip hop 1

Warm up:

- Stationary slides (using upper body and shoulders, switching heels)
- Isolations
- Throw back
- Popping
- Locking
- Hip circles
- Shoulder/ribcage pops
- conditioning

Across the floor:

- Kick ball-change (emphasize level changes, flex foot on the kick)
- Kick cross touch
- Floats (feet, toes in, out)
- Kick step out
- Pas de bourrée turn (end in lunge, level changes)
- Chainé

Center floor:

- Donkey flips
 - Body rolls
 - Tuck jump (landing down, leg out)
 - Coffee grinders
 - Turtle backs (spin on back)
 - Single pirouettes en dehores (landing in grand plié 2nd & lunge forward)
 - Shoulder rolls
 - Jazz splits
-

Hip Hop 3 SYLLABUS 12+ years

Syllabus Dancers MUST also take a jazz class at GPD. Continued from hip hop 2

Warm Up:

- Stationary slides (using upper body and shoulders, switching heels)
- Lean back
- Conditioning
 - Abs Pilates- series of 5
 - Pushups
 - Hip raises/squeezes

Across Floor:

- Catch & throw
- Mike – N- lkes
- Pas de bourrée turn (end in lunge, level changes)
- Kick, step, out (add arms)

Center Floor:

- Body rolls using heels in all directions
- Rotating coffee grinders (both legs)
- Double pirouettes en dehores (landing in grand plié 2nd & lunge forward)
- 6-step
- Kip-up to back bend (legs kick up in the air)
- Freeze (on shoulder)