

IDTA

FREESTYLE AMATEUR DANCE SYLLABUS

**ROSETTES
STARDANCE AWARDS
DANCE AWARDS
GRADES**

**Freestyle
Rock 'n' Roll
Street Dance
Belly Dancing
Line Dancing
Cheer Dance**

AMATEUR DANCE SYLLABUS

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Cheer Basic Awards have been withdrawn and replaced by the Cheer Stardance Awards.

AMATEUR DANCE AWARDS

CONDITIONS AND INFORMATION

Candidates must be pupils of current IDTA members.

ASSESSMENTS, REPORTS AND CERTIFICATES

Candidates are assessed individually but perform with a partner where appropriate or in groups where permitted. Candidates are assessed in demonstration only.

Candidates must arrange for their own partners which may be a professional.

Adults and Seniors may choose to dance as a couple and receive one test report.

Freestyle Pairs, Rock 'n' Roll Pairs and Street Dance duos dance as a couple and may be partnered by another candidate, a student or a teacher. Where both performers are candidates, each candidate will be assessed as part of a couple and each will receive a report. Trios must comprise of at least two candidates. The third dancer may be an amateur, student or professional. Each candidate will be assessed as part of the trio and each will receive a report.

Formation Teams, Freestyle Teams and Street Dance crews are examined as a team and the report is duplicated for each team member.

Fees are charged on a per candidate basis irrespective of the form of assessment.

All candidates receive an assessment report except for Rosette Awards, Stardance Awards and Social Dance Awards. All successful candidates receive a certificate.

AGE GROUPS

Junior: Candidates aged under 16 years. Adult: Candidates aged 16 years and over. Senior: Candidates aged 45 years and over.

The Rosette, Stardance, Junior Dance Awards and Social Dance Awards are recommended as a suitable series of awards for persons with special needs.

EXAMINATION LEVEL

Rosette Awards, Stardance Awards, Junior Dance Awards, Social Dance Awards, One Dance, Bronze, Double Bronze*, Silver, Double Silver*, Gold, Gold Bar, 2nd Gold Bar, 3rd Gold Bar, IDTA Stars 1-5, President's Awards 1-4, International Awards 1-4, International Supreme Awards 1-4, International Supreme Certificates.

Candidates may choose to take International Award tests with or without an award (see section titled 'Award'). Where available, candidates may choose to take either International Supreme Awards (with an award), or International Supreme Certificate only.

Candidates who have obtained International Award 4 or International Supreme Award 4 can continue to take International Supreme Certificates for an indefinite period.

*Double Bronze and Double Silver awards are available in all dance disciplines and are noted in each syllabus.

AWARDS

Ballroom, Freestyle and Cheerleading Rosette Awards are rosettes of different colours (one for each test). A Bannerette for the display of the rosettes is available. Stardance Awards comprise a Display Board to which stars can be affixed. One star is issued for each of the twelve tests with a large twelve-pointed star issued with the final test.

Junior Dance Awards and Social Dance Awards are plaques in sizes rising from (1) to (4). They are available with separate decals for each dance style listed in the syllabus. Each level can be taken more than once with plaques available in four different sizes. Teachers may choose any colour but if not indicated, black will be issued. SDA plaques carry the appropriate decal and an engraved plate bearing the name of the candidate and the name of the school.

One-Dance candidates receive a plaque with a suitable decal affixed, and an engraved plate. In some disciplines, five differently coloured decals are available for One Dance tests and these are listed within each syllabus in Freestyle and Rock 'n' Roll. Dance Exercise candidates receive enamel badges.

DANCE AWARDS (including Single-Dance-Series)

Candidates will receive an appropriate award and certificate at all levels.

LIMITATIONS

TIME INTERVALS

Candidates under the age of five shall not be permitted to enter Bronze or above.

There is no restriction in the number of dance awards that can be taken in any one branch in any one session up to and including Silver. Above Silver, any two examinations in the same branch cannot be taken at the same session.

In all branches after 1st Gold Bar a minimum interval of three months must elapse between successive tests.

Candidates who are unsuccessful in a dance award may not enter a test for the same level within three months from the date of the previous test.

ORDER OF AWARDS

Junior Social Dance Awards and Social Dance Awards (1), (2), (3) or (4) may be taken in any order.

It is recommended that candidates take the examinations in strict rotation from Bronze, as listed in the dance award section. There is no limitation on the number of International Supreme Certificates taken.

Candidates transferring from another recognised organisation may continue with the next appropriate examination with IDTA.

GENERAL

Candidates should take time to warm up before taking their test.

In Ballroom, Latin, Sequence and Rock 'n' Roll suitable footwear must be worn when taking tests. Lifts are not permitted in dance awards (formerly medal tests).

It must be clearly understood by candidates that the gaining of an award in no way suggests the recipient's ability to teach and that it may not be used for any subsequent Professional advertising purposes.

Teachers who wish an Examiner to visit their studios at their convenience must provide a minimum total fee for each day in actual entries. Teachers entering their first three examination sessions are entitled to a reduced daily minimum fee, details are obtained from Head Office.

Teachers requiring this type of session are requested to inform head office of the date required six weeks in advance. Application must be made on a "Request Form" (obtainable from head office) and accompanied by professional application forms and professional fees (if any).

No teacher or candidate may nominate his or her own Examiner. The Examiner's decision is final. Teachers organising a medal test session may invite all school members and relatives and friends to the session.

HOW THE EXAMINATION SYSTEM WORKS

On receipt of the Request Form we acknowledge and dispatch candidate report forms and timetable/results sheets. The teacher completes the top section of the candidate report form and the timetable/results sheet and hands them to the Examiner on the day.

Teachers are invoiced only for those tests actually conducted. Certificates and awards are dispatched when payment is made. A prompt payment discount is given at the rate as set from time to time by the Board of Directors.

With this system teachers are not required to pay in advance and pay only for the actual tests which take place, eliminating difficulties over late entries and pupils who are unable to attend. A computer programme called 'Masterclass' is available for generating examination report forms etc.

EXAMINATION CODES

Each examination has its own code. Teachers entering candidates for Dance Awards will be issued with a code book which includes a code for every single possible examination. It can also be downloaded from the Members section of the IDTA website. For the password to the Members section please contact Head Office where you will be asked security questions prior to access.

Code examples:

A Bronze Ballroom will have the code: BB, a Bronze Freestyle will have the code: FB.

FROM ROSETTES to SOCIAL DANCE AWARDS

This section of the syllabus is designed for a variety of purposes:

Young children from three to ten years of age have a selection of opportunities to experience the wide forms of dance and rhythm. They are not required to know technique or understand the function of body movement.

ROSETTES AND STARDANCE AWARDS

The Rosettes and Stardance Awards enable the teacher to develop programmes which will inspire young minds, developing their senses of awareness and imagination.

JUNIOR DANCE AWARDS AND SOCIAL DANCE AWARDS

The Junior Dance Awards are for young children and teenagers and Social Dance Awards for older teenagers and adults who are learning the rudiments of dance for the first time and wish to equip themselves with the social ability to join others in all the forms of dance.

The purpose of the award is to give confidence to the candidate in their ability to dance with their friends and colleagues, to experience the diversity of dance, its connection to music of all forms and to encourage them to extend their knowledge and experience.

Junior Dance Awards and Social Dance Awards may be taken in conjunction with any other dance award, in any age group.

REASONABLE ADJUSTMENTS AND SPECIAL CONSIDERATIONS

All of the above are perfectly adaptable for persons with any additional requirement.

A separate document is available which gives examples of the types of assistance and aid which can be given to enable all members of the community to enjoy their dancing and achieve results along with their friends. Please see the Reasonable Adjustment and Special Consideration policy and application form. Contact Head Office for a copy or more information or advice.

FREESTYLE/STREET DANCE ROSETTES AWARDS

Read carefully the conditions and information.

Candidates aged from three to eight may commence this series of awards. Candidates who have reached their eighth birthday may complete, (but not start) this series. Persons with special requirements of any age are permitted to take these awards without restriction.

There are seventeen awards in all. Candidates will perform one or two routines arranged by the teacher. Rosette awards can be taken in any order and the whole series does not have to be completed before moving on to another level. There is no restriction on the number of awards taken in one session.

The examinations are conducted in groups with the teacher / assistant being allowed to count in and dance alongside candidates if necessary.

For medal examinations, a basic understanding of syllabus requirements is all that is necessary, although the development of good technique should be encouraged from the start.

The Rosette awards have become increasingly important in medallist competitions and these young competitors are considered to be the foundation of Nationwide events, as well as dancers of the future. Greater attention should be paid to the quality of posture, movement, rhythmical expression and characterisation. Adjudicators will favour competitors who possess these qualities and show an understanding of etiquette and floorcraft. The technique used should be that described in 'Freestyle Dance' and 'Advanced Freestyle' by Anna Jones available from IDTA Sales.

1. Turquoise
2. Red
3. Yellow
4. Green
5. Orange
6. Pink
7. Beige
8. Blue
9. Mauve
10. Gold
11. Lime
12. Purple
13. Black
14. Aqua Marine
15. Emerald
16. Wine
17. Cream

ROCK 'N' ROLL ROSETTE AWARDS

Candidates aged from three to eight may commence this series of awards. Candidates who have reached their eighth birthday may complete but not start, this series. Persons with special requirements of any age are permitted to take these awards without restriction.

There are seventeen awards in all. Candidates will perform one or two routines arranged by the teacher. Rosette awards can be taken in any order and the whole series does not have to be completed before moving on to another level. There is no restriction on the number of awards taken in one session. The examinations are conducted in groups with the teacher/assistant being allowed to count in or dance alongside candidates if necessary.

For these awards, candidates may dance solo or with a partner using the specified holds. A basic understanding of syllabus requirements is all that is necessary, although the development of good technique should be encouraged from the start.

The Rosette awards have become increasingly important in medallist competitions and these young competitors are considered to be the foundation of Nationwide events, as well as dancers of the future. Greater attention should be paid to the quality of posture as well as an understanding of footwork, action and musicality. Adjudicators will favour those who possess these qualities.

Rock 'n' Roll has a high energy level but control must be maintained

This series of Rosette awards is designed to be flexible and the content and style is determined by the teacher.

Please note, a Rock 'n' Roll routine may be used as a second dance in any Ballroom, Street or Freestyle Rosette award.

Technical information can be found in "Let's Rock 'n' Roll" by Lynda King available from IDTA Sales.

Colours will be as for Freestyle / Street Dance Rosette Awards, 1 to 17.

CHEER DANCE ROSETTE AWARDS

Candidates may enter the examination room in sets of up to eight children all dancing at the same time. They may be counted in by the teacher and may follow the lead of a teacher or student. Each candidate will be assessed individually and the result placed on a marking sheet as pass or unsuccessful.

There are 17 awards in total Candidates to dance one or two routines. The teacher may use the example routines below or choreograph their own routines to the same standard. The music for both routines will be of the teacher's own choice. Repeats may be performed either to the left or the right.

Candidates will enter the examination room in a suitable manner i.e. march, skip (music optional) and introduce themselves to the examiner. Candidates will then exit the examination room with or without music.

Colours will be as for Freestyle / Street Dance Rosette Awards, 1-12.

1. Turquoise
2. Red
3. Yellow
4. Green
5. Orange
6. Pink
7. Beige
8. Blue
9. Mauve
10. Gold
11. Lime
12. Purple
13. Black
14. Aqua Marine
15. Emerald
16. Wine
17. Cream

FREESTYLE/STREET DANCE STARDANCE AWARDS

Candidates from six to ten years may commence this series of awards. Candidates who have reached their tenth birthday may complete but not start, this series. Persons with special requirements of any age are permitted to take these awards without restriction.

There are fifteen awards in all, teachers will select twelve to complete the display board and the series. Each award is numbered and a different colour.

Candidates will perform one or two routines arranged by the teacher. Stardance awards can be taken in any order and the whole series does not have to be completed before moving on to another level. There is no restriction on the number of tests taken at any one session.

The examinations are conducted in groups with the teacher/ assistant being allowed to count in and dance alongside candidates if necessary.

The Stardance awards have become increasingly important in medallist competitions and these young competitors are considered to be the foundation of Nationwide events as well as dancers of the future. Greater attention should be paid to the quality of posture, movement, rhythmical expression and characterisation. Adjudicators will favour those who possess these qualities and show an understanding of etiquette and floorcraft. The technique used should be that described in 'Freestyle Dance' and 'Advanced Freestyle' by Anna Jones available from IDTA Sales.

Colours for Freestyle/Street Stardance Awards.

1. Turquoise
2. Red
3. Yellow
4. Green
5. Orange
6. Pink
7. Beige
8. Blue
9. Mauve
10. Gold
11. Lime
12. Purple
13. Black
14. Aqua Marine
15. Emerald

ROCK 'N' ROLL STARDANCE AWARDS

Candidates aged from six to ten may commence this series of awards. Candidates who have reached their tenth birthday may complete but not start, this series. Persons with special requirements of any age are permitted to take these awards without restriction.

There are 12 awards in all to complete the display board and the series. Each award is numbered and a different colour.

Candidates will perform one or two routines arranged by the teacher. Stardance awards can be taken in any order and the whole series does not have to be completed before moving on to another level.

There is no restriction on the number of awards taken in one session. The examinations are conducted in groups with the teacher / assistant being allowed to count in or dance alongside candidates if necessary.

For these awards, candidates may dance solo or with a partner using the specified holds. A basic understanding of syllabus requirements is all that is necessary although the development of good technique should be encouraged from the start.

The Stardance awards have become increasingly important in medallist competitions and these young competitors are considered to be the foundation of Nationwide events, as well as dancers of the future. Greater attention should be paid to the quality of posture as well as an understanding of footwork, action and musicality.

Rock 'n' Roll has a high energy level but control must be maintained

This series of Stardance awards is designed to be flexible and the content and style is determined by the teacher.

Please note, a Rock 'n' Roll routine may be used as a second dance in any Ballroom, Street or Freestyle Stardance award.

Technical information can be found in "Let's Rock' n Roll" by Lynda King available from IDTA Sales.

Colours will be as for Freestyle/Street Stardance Awards.

1. Turquoise
2. Red
3. Yellow
4. Green
5. Orange
6. Pink
7. Beige
8. Blue
9. Mauve
10. Gold
11. Lime
12. Purple
15. Emerald

CHEER DANCE STARDANCE AWARDS

Candidates aged from six to ten may commence this series of awards. Candidates who have reached their tenth birthday may complete but not start, this series. Persons with special requirements of any age are permitted to take these awards without restriction.

There are 12 awards in all to complete the display board and the series. Each award is numbered and a different colour.

Stardance awards can be taken in any order and the whole series does not have to be completed before moving on to another level.

There is no restriction on the number of awards taken in one session.

Candidates may enter the examination room in sets of up to eight children all dancing at the same time. They may be counted in by the teacher and may follow the lead of a teacher or student.

Each candidate will be assessed individually and the result placed on a marking sheet as pass or unsuccessful.

Candidates will perform one or two routines arranged by the teacher. Stardance awards can be taken in any order and the whole series does not have to be completed before moving on to another level. There is no restriction on the number of tests taken at any one session. The music for both routines will be of the teacher's own choice. Repeats may be performed either to the left or the right.

Candidates will enter the examination room in a suitable manner i.e. march, skip (music optional) and introduce themselves to the examiner. Candidates will then exit the examination room with or without music.

Colours will be as for Freestyle/Street Stardance Awards.

1. Turquoise
2. Red
3. Yellow
4. Green
5. Orange
6. Pink
7. Beige
8. Blue
9. Mauve
10. Gold
11. Lime
12. Purple

DANCE AWARDS

(formerly medal tests)

Freestyle
Rock 'n' Roll
Street Dance
Line Dancing
Belly Dancing
Cheer Dance

FREESTYLE DANCE AWARDS

FOR FREESTYLE SOLO, PAIRS, TRIOS, TEAMS

Read carefully the conditions and information.

Every care should be taken to use only those steps and movements which suit the candidate and can be performed with ease.

ONE DANCE AWARD: The standard should be slightly lower than that required for Bronze. Candidates should show reasonable style and timing. See 'Awards' at the beginning of the section for details of the One-Dance awards available for Freestyle Solos, Pairs and Teams.

BRONZE AWARD: A sound presentation of Freestyle dance which is within the capability of the candidate is required. Results will be based on the candidate's ability to show correct foot action, poise and timing. Please note that a second 'Double' Bronze test is available for Freestyle Solos, Pairs and Team tests only. Enter DB on the report form.

SILVER AWARD: A higher standard is expected with the emphasis on good actions and style. Please note that a second 'Double' Silver test is available for Solo, Pairs and Team tests only. Enter DS on the report form.

GOLD AWARD: Movements may be more advanced but should always be selected to show the character of each dance, and should never be above the ability of the candidate to dance them easily with flair and style.

GOLD BARS, IDTA STARS, PERSISTENT'S AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARD AND INTERNATIONAL CERTIFICATES: As for Gold but to a higher standard.

DANCE STYLE: In all solo, pairs, trios and team awards the teacher and candidate shall be encouraged to include some steps and movements from the Freestyle Professional Syllabus.

Candidates are recommended to utilise a variety of styles and tempi

Dance to be choreographed by the teacher to their own choice of music.

FREESTYLE SOLO

ONE DANCE AWARD: A minimum of four actions and/or movements should be used.

BRONZE AWARD: Two dances with a minimum of five actions and/or movements in each dance.

SILVER AWARD: Three dances with a minimum of six actions and/or movements in each dance.

GOLD AWARD: Four dances with a minimum of seven actions and/or movements in each dance.

1ST, 2ND, AND 3RD GOLD BARS AND IDTA STARS: Four dances with a minimum of eight actions and/or movements in each dance.

PRESIDENT'S AWARD: Four dances with a minimum of ten actions and/or movements in each dance.

INTERNATIONAL AWARD, INTERNATIONAL SUPREME AWARD AND INTERNATIONAL SUPREME CERTIFICATE: Syllabus as for President's Award.

FREESTYLE PAIRS

Freestyle Pairs candidates dance as a couple and may be partnered by another candidate, a student or a teacher. Each candidate receives a report. Each successful candidate receives a certificate and an award. Each candidate will be required to pay the appropriate fee as if entering as an individual.

ONE DANCE AWARD: One dance with a minimum of four actions and/or movements.

BRONZE AWARD: One dance with a minimum of five actions and/or movements.

SILVER AWARD: One dance with a minimum of six actions and/or movements.

GOLD AWARD: One or two dances each with a minimum of seven actions and/or movements.

GOLD BARS AND IDTA STARS: One or two dances each with a minimum of eight actions and/or movements.

PRESIDENT'S AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARDS AND INTERNATIONAL SUPREME CERTIFICATES: One or two dance each with a minimum of ten actions and/or movements.

FREESTYLE TRIOS

Freestyle Trios must comprise of at least two candidates and may be accompanied by a student or a teacher. Each candidate receives a report. A Trio report is completed by the Examiner and duplicated at Head Office. Each successful candidate receives a certificate and an award. Each candidate will be required to pay the appropriate fee as if entering as an individual.

ONE DANCE AWARD: One dance with a minimum of four actions and/or movements.

BRONZE AWARD: One dance with a minimum of five actions and/or movements.

SILVER AWARD: One dance with a minimum of six actions and/or movements.

GOLD AWARD: One or two dances each with a minimum of seven actions and/or movements.

GOLD BARS AND IDTA STARS: One or two dances each with a minimum of eight actions and/or movements.

PRESIDENT'S AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARDS AND INTERNATIONAL SUPREME CERTIFICATES: One or two dances each with a minimum of ten actions and/or movements.

FREESTYLE TEAMS

Pupils, students and teachers may make up the team to replace absentees without being tested. All candidates are assessed at the same level. A team comprises of a minimum of four and a maximum of 16 members.

A Team Report is completed by the Examiner and duplicated at head office for each Team member. Each successful candidate receives a certificate and an award. Each candidate will be required to pay the appropriate fee as if entering as an individual.

ONE DANCE AWARD: One dance with a minimum of four actions and/or movements. Maximum time of five minutes to include entrances and exits.

BRONZE AWARD: One dance with a minimum of five actions and/or movements. Maximum time of five minutes to include entrances and exits.

SILVER AWARD: One dance with a minimum of six actions and/or movements. Maximum time of five minutes to include entrances and exits.

GOLD AWARD: One dance with a minimum of seven actions and/or movements. Maximum time of five minutes to include entrances and exits.

GOLD BARS AND IDTA STARS: One dance with a minimum of eight actions and/or movements. Maximum time of five minutes to include entrances and exits.

PRESIDENT'S AWARD, INTERNATIONAL AWARD, INTERNATIONAL SUPREME AWARDS AND INTERNATIONAL SUPREME CERTIFICATES: One dance with a minimum of ten actions and/or movements. Maximum time of five minutes to include entrances and exits.

Note: Social Dance Awards are available in Solo, Pairs, Trios and Team performance.

STREET DANCE AWARDS

Read carefully the conditions and information.

Every care should be taken to use only those steps and movements which suit the candidate and can be performed with ease.

ONE DANCE AWARD: The standard should be slightly lower than that required for Bronze. Candidates should show reasonable style and timing. See 'Awards' at the beginning of the section for details of the One-Dance awards available for Street Dance Solos, Duos, Quads and Crews.

BRONZE AWARD: A sound presentation of Freestyle dance which is within the capabilities of the candidate is required. Results will be based on the candidate's ability to show correct foot action, poise and timing. Please note that a second 'Double' Bronze test is available for Street Dance Solos, Duos, Quads and Crews only. Enter DB on the report form.

SILVER AWARD: A higher standard is expected with the emphasis on good actions and style. Please note that a second 'Double' Silver test is available for Street Dance Solos, Duos, Quads and Crews only. Enter DB on the report form.

GOLD AWARD: Movements may be more advanced but should always be selected to show the character of each dance, and should never be above the ability of the candidate to dance them easily with flair and style.

GOLD BARS, IDTA STARS, PERSIDENT'S AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARD AND INTERNATIONAL CERTIFICATES: As for Gold but to a higher standard.

DANCE STYLE: In all Solo Duo, Quad and Crew awards the teacher and candidate shall be encouraged to include some steps and movements from the Street Dance Guide.

Candidates are recommended to utilise a variety of styles and tempi

Dance to be choreographed by the teacher to their own choice of music.

STREET DANCE SOLO

ONE DANCE AWARDS: A minimum of four actions and/or movements should be used.

BRONZE AWARD: Two dances with a minimum of five actions and/or movements in each dance.

SILVER AWARD: Three dances with a minimum of six actions and/or movements in each dance.

GOLD AWARD: Four dances with a minimum of seven actions and/or movements in each dance.

1ST, 2ND, AND 3RD GOLD BARS AND IDTA STARS: Four dances with a minimum of eight actions and/or movements in each dance.

PRESIDENT'S AWARD: Four dances with a minimum of ten actions and/or movements in each dance.

INTERNATIONAL AWARD, INTERNATIONAL SUPREME AWARD AND INTERNATIONAL SUPREME CERTIFICATE: Syllabus as for President's Award.

STREET DANCE DUOS

Street Dance Duo candidates dance as a couple and may be partnered by another candidate, a student or a teacher. Each candidate receives a report. Each successful candidate receives a certificate and an award. Each candidate will be required to pay the appropriate fee as if entering as an individual.

ONE DANCE AWARD: One dance with a minimum of four actions and/or movements.

BRONZE AWARD: One dance with a minimum of five actions and/or movements.

SILVER AWARD: One dance with a minimum of six actions and/or movements.

GOLD AWARD: One or two dances each with a minimum of seven actions and/or movements.

GOLD BARS AND IDTA STARS: One or two dances each with a minimum of eight actions and/or movements.

PRESIDENT'S AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARDS AND INTERNATIONAL SUPREME CERTIFICATES: One or two dance each with a minimum of ten actions and/or movements.

STREET DANCE QUADS

Street dance Quads must comprise of at least three candidates and may be accompanied by a student or a teacher. Each candidate receives a report. A Quad report is completed by the Examiner and duplicated at Head Office. Each successful candidate receives a certificate and an award. Each candidate will be required to pay the appropriate fee as if entering as an individual.

ONE DANCE AWARD: One dance with a minimum of four actions and/or movements.

BRONZE AWARD: One dance with a minimum of five actions and/or movements.

SILVER AWARD: One dance with a minimum of six actions and/or movements.

GOLD AWARD: One or two dances each with a minimum of seven actions and/or movements.

GOLD BARS AND IDTA STARS: One or two dances each with a minimum of eight actions and/or movements.

PRESIDENT'S AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARDS AND INTERNATIONAL SUPREME CERTIFICATES: One or two dances each with a minimum of ten actions and/or movements.

STREET DANCE CREWS

Pupils, students and teachers may make up the crew to replace absentees without being tested. All candidates are assessed at the same level.

A crew comprises of a minimum of four and a maximum of sixteen members.

A Crew Report is completed by the Examiner and duplicated at head office for each Crew member. Each successful candidate receives a certificate and an award. Each candidate will be required to pay the appropriate fee as if entering as an individual.

ONE DANCE AWARD: One dance with a minimum of four actions and/or movements. Maximum time of five minutes to include entrances and exits.

BRONZE AWARD: One dance with a minimum of five actions and/or movements. Maximum time of five minutes to include entrances and exits.

SILVER AWARD: One dance with a minimum of six actions and/or movements. Maximum time of five minutes to include entrances and exits.

GOLD AWARD: One dance with a minimum of seven actions and/or movements. Maximum time of five minutes to include entrances and exits.

GOLD BARS AND IDTA STARS: One dance with a minimum of eight actions and/or movements. Maximum time of five minutes to include entrances and exits.

PRESIDENT'S AWARD, INTERNATIONAL AWARD, INTERNATIONAL SUPREME AWARDS AND INTERNATIONAL SUPREME CERTIFICATES: One dance with a minimum of ten actions and/or movements. Maximum time of five minutes to include entrances and exits.

Note: Social Dance Awards are available in Solo, Duos, Quads and Crews performance.

ROCK 'N' ROLL DANCE AWARD

Rock 'n' Roll candidates dance as a couple and may be partnered by another candidate, a student or a teacher. Each candidate receives a report. Each successful candidate receives a certificate and an award.

Every care should be taken to employ only those figures which suit the candidate and can be performed with ease.

ONE DANCE AWARD: The standard should be slightly lower than that required for Bronze. Candidates should show reasonable style and timing. See 'Awards' at the beginning of this section for details of four One-Dance plaques with differently coloured decals.

BRONZE AWARD: It is not necessary to show a great variety of figures. What is required is a sound presentation of the dance which is within the capabilities of the candidate. Results will be based on the candidate's ability to show correct foot action, poise and timing. Please note that a second 'Double' Bronze test is available. Enter DB on the report form.

SILVER AWARD: A higher standard is expected with the emphasis on good actions and style. Please note that a second 'Double' Silver test is available. Enter DS on the report form.

GOLD AWARD: Figures may be more advanced but should always be selected to show the character of each dance, and should never be above the ability of the candidate to dance them easily with good taste and style.

GOLD BARS, IDTA STARS, PRESIDENT'S AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARD AND INTERNATIONAL CERTIFICATES: As for Gold but to a higher standard.

Rock 'n' Roll routines should vary in speed, style and rhythm.
Recommended reading for Rock 'n' Roll: Let's Rock 'n' Roll by Lynda King.

LEVELS

ONE DANCE: One routine comprising a minimum of four actions and/or figures.

BRONZE AWARD: One routine at the choice of the teacher, comprising a minimum of five actions and/or figures.

SILVER AWARD: One routine at the choice of the teacher, comprising a minimum of six actions and/or figures.

GOLD AWARD: One or two routines at the choice of the teacher, comprising a minimum of seven actions and/or figures.

GOLD BARS AND IDTA STARS: One or two routines at the choice of the teacher, each comprising a minimum of eight actions and/or figures.

PRESIDENT'S AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARDS AND INTERNATIONAL SUPREME CERTIFICATE: One or two routines at the choice of the teacher, each comprising a minimum of ten actions and/or figures.

LINE DANCING AWARDS

Read carefully the conditions and information.

DANCE STYLES: In all tests the teacher has a choice of style drawn from line routines, together/partner dancing, cowboy, Latin, funky or any dance with an authentic flavor.

Candidates will be assessed on rhythmic interpretation, presentation, co-ordination and use of feet. Dress optional. Candidates may be assessed one at a time but it is suggested that lines would be a better format with up to eight candidates dancing at one time for more enjoyment.

LEVELS

ONE DANCE AWARD: A minimum of four actions and/or movements should be used.

BRONZE AWARD: Two dances with a minimum of four actions and/or movements in each dance.

SILVER AWARD: Three dances with a minimum of four actions and/or movements in each dance.

GOLD AWARD: Four dances with a minimum of four actions and/or movements in each dance.

1st, 2nd, AND 3rd GOLD BARS AND IDTA STARS. Four dances with a minimum of eight actions and/or movements in each dance.

PRESIDENTS AWARD, INTERNATIONAL AWARD, INTERNATIONAL SUPREME AWARD AND INTERNATIONAL SUPREME CERTIFICATE: Syllabus as for Gold Bars and Stars.

BELLY DANCING AWARDS

Although there are many styles of Belly Dancing all of which are acceptable for IDTA medal examinations we strongly recommend the syllabus and technique book published by IDTA and written by Elena Shakalli. This is also available on DVD. Both are available from International Sales.

LEVELS

ONE ROUTINE TEST: A minimum of four actions and/or movements should be used.

BRONZE AWARD: One or two dances with a minimum of five actions and/or movements in each dance.

SILVER AWARD: One or three dances with a minimum of six actions and/or movements in each dance.

GOLD AWARD: One or four dances with a minimum of seven actions and/or movements in each dance.

1st, 2nd AND 3rd GOLD BARS AND IDTA STARS: Four dances choice with a minimum of eight actions and/or movements in each dance.

PRESIDENT'S AWARD. Four dances with a minimum of ten actions and/or movements in each dance.

INTERNATIONAL AWARD, INTERNATIONAL SUPREME AWARD, INTERNATIONAL SUPREME CERTIFICATE, INTERNATIONAL SUPREME AWARD, INTERNATIONAL SUPREME CERTIFICATE:
Syllabus as for President's Award

CHEER DANCE DANCE AWARDS - SOLO

The examinations are based on imaginative entrances, routines and exits. Good style and rhythmic interpretation, co-ordination of feet, body and use of arms with or without Poms. Presentation and visual appeal and choreography of all required sections will be assessed. As the candidate progresses through the dance awards, the routines should reflect the development of a higher standard.

The new Cheer Dance Awards are now examined in the same format as Freestyle and Street Awards. Cheers and chants are no longer required for the amateur dance awards.

Dances to be choreographed by the teacher to their own choice of music.

ONE DANCE AWARD: Entrance and introduction. One routine with a minimum of four actions and movements. Exit.

BRONZE AWARD: 2 dances

Entrance and introduction. Two dances with a minimum of five actions and movements in each dance. Exit.

SILVER AWARD: 3 dances

Entrance and introduction. Three dances with a minimum of six actions and movements in each dance. Exit.

GOLD AWARD: 4 dances

Entrance and introduction. Four dances with a minimum of seven actions and movements in each dance. Exit.

GOLD BARS and IDTA STARS: 4 dances

Entrance and introduction. Entrance and introduction. Four dances with a minimum of eight actions and movements in each dance. Exit.

PRESIDENTS AWARDS: Syllabus as for Bars and Stars but to a higher standard, with a minimum of 10 actions and movements.

INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARDS AND INTERNATIONAL SUPREME CERTIFICATES: Syllabus as for Presidents Awards but to a higher standard.

CHEER DANCE DANCE AWARDS - PAIRS

Cheer Dance Pairs candidates dance as a couple and may be partnered by another candidate, a student or a teacher. Each candidate receives a report. Each successful candidate receives a certificate and an award. Each candidate will be required to pay the appropriate fee as if entering as an individual.

Dance(s) to be choreographed by the teacher to their own choice of music.

ONE DANCE AWARD: Entrance and introduction. One dance with a minimum of four actions and movements. Exit.

BRONZE AWARD: Entrance and introduction. One dance with a minimum of five actions and movements. Exit.

SILVER AWARD: Entrance and introduction. One dance with a minimum of six actions and movements. Exit.

GOLD AWARD: Entrance and introduction One or two dances, each with a minimum of seven actions and movements. Exit.

GOLD BARS AND IDTA STARS: Entrance and introduction One or two dances each with a minimum of eight actions and movements. Exit.

PRESIDENT'S AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARDS AND INTERNATIONAL SUPREME CERTIFICATES: Entrance and introduction One or two dances each with a minimum of ten actions and movements. Exit.

CHEER DANCE DANCE AWARDS - TRIOS

Cheer Dance Trios must comprise at least two candidates and may be accompanied by a student or a teacher. Each candidate receives a report. A Trio report is completed by the Examiner and duplicated at Head Office. Each successful candidate receives a certificate and an award. Each candidate will be required to pay the appropriate fee as if entering as an individual.

Dance(s) to be choreographed by the teacher to their own choice of music.

ONE DANCE AWARD: Entrance and introduction. One dance with a minimum of four actions and movements. Exit.

BRONZE AWARD: Entrance and introduction. One dance with a minimum of five actions and movements. Exit.

SILVER AWARD: Entrance and introduction. One dance with a minimum of six actions and movements. Exit

GOLD AWARD: Entrance and introduction One or two dances, each with a minimum of seven actions and movements. Exit

GOLD BARS AND IDTA STARS: Entrance and introduction One or two dances each with a minimum of eight actions and movements. Exit.

PRESIDENT'S AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARDS AND INTERNATIONAL SUPREME CERTIFICATES: Entrance and introduction One or two dances each with a minimum of ten actions and movements. Exit.

CHEER DANCE TEAMS GROUND BOUND

Pupils, students and teachers may make up the team to replace absentees without being tested. All candidates are assessed at the same level. A team comprises of a minimum of four and a maximum of 16 members.

A Team Report is completed by the Examiner and duplicated at head office for each Team member. Each successful candidate receives a certificate and an award. Each candidate will be required to pay the appropriate fee as if entering as an individual.

Dance to be choreographed by the teacher to their own choice of music.

Maximum time of five minutes to include entrances and exits.

ONE DANCE AWARD: Entrance and introduction. One dance with a minimum of four actions and movements. Exit.

BRONZE AWARD: Entrance and introduction. One dance with a minimum of five actions and movements. Exit.

SILVER AWARD: Entrance and introduction. One dance with a minimum of six actions and movements. Exit

GOLD AWARD: Entrance and introduction One dance with a minimum of seven actions and movements. Exit

GOLD BARS AND IDTA STARS: Entrance and introduction One dance with a minimum of eight actions and movements. Exit.

PRESIDENT'S AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARDS AND INTERNATIONAL SUPREME CERTIFICATES: Entrance and introduction One dance with a minimum of ten actions and movements. Exit.

GRADES

**Freestyle
Prepartory, Primary,
Grades 1 - 5**

**Intermediate Performer Award
Freestyle**

BALLROOM, LATIN, CLASSICAL SEQUENCE & FREESTYLE GRADED EXAMINATIONS

EXAMINATION PROCEDURES

1. The teacher will ensure that the candidate is suitably dressed with appropriate footwear. Candidates may wear an identifying coloured ribbon, number or badge which is noted on the report form to assist the Examiner.
2. Prior to the examination the teacher will ensure that the examination report form is filled in correctly and will verify the details with the candidate and the Examiner.
3. The teacher will be responsible for the music, taking instructions from the Examiner.
4. Candidates will perform all units of the grade being taken. Percentage contributions for each unit are indicated below. Final marking will be based upon the total of marks awarded. (Pass mark 65%).
5. Candidates may be partnered by a Professional, Pre-Associate or Amateur dancer.

ALL GRADES

Entry

Each candidate will greet the Examiner and hand the examination report to him/her.

Preparation for Dance

Candidates will perform the set routine together as in the syllabus.

Dance Demonstration

Candidates will perform the set dances individually with a partner as in the syllabus.

Knowledge and Understanding

On instruction from the Examiner the candidates will perform the set work required for the Grade being taken. All work should be performed individually, one after another, unless otherwise stated. The music can continue to play or be restarted if necessary. During the solo demonstrations a slower than standard tempo may be used.

Skill

Candidates will demonstrate the practical aspects of the Grade as instructed by the Examiner. All work should be performed individually, one after another, unless otherwise stated. The music can continue to play or be restarted if necessary. During the solo demonstrations a slower than standard tempo may be used.

Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room.

Length of Examinations

Preparatory	15 minutes per three candidates, 20 minutes per four candidates.
Primary & Grade 1	15 minutes per three candidates.
Grade 2	20 minutes per three candidates.
Grade 3	25 minutes per three candidates.
Grade 4 & 5	30 minutes per three candidates

FREESTYLE GRADES

PREPARATORY GRADE

(Minimum age 4 years)

Throughout this grade where arm lines have not been stipulated, teachers may use arm lines of their own choice.

1. Entry

Each candidate will greet the Examiner and hand the examination report to him/her.

2. Warm up

16 Bar repeatable routine to be performed twice through to mid tempo music of teacher's choice, to include the following:-

Jogging on spot (Non Locomotive) Arm Swings
Hand Shakes

EXAMPLE (Teachers may use the example given or use an alternative of their own choice of a 1 similar standard)

Jogging on the spot for 16 counts **4 Bars**
Arm Swings forward and back with gentle
knee bounces for 16 counts **4 Bars**
Jogging on the spot for 16 counts **4 Bars**
Hand Shakes for 16 counts **4 Bars**

Repeat All

3. Knowledge and Understanding of Rhythm

To be performed individually to mid tempo music of teacher's choice.

Clap 8 crotchets **2 Bars**
Marches on the spot for 8 crotchet **2 Bars**
Repeat

Candidates may follow on from each other to music, or music may be stopped and restarted from the beginning.

4. Skill

Stretch and Release

Breathe in taking arms out to horizontal line **1234**
Breathe out relaxing arms by sides **2234**
Breathe in taking arms up to high parallel
line **3234**
Breathe out relaxing arms by sides **4234**

5. Dance Demonstration

All routines to be danced twice through to suitable music of the teacher's choice.

a) 8 Bar repeatable set routine commencing with either foot:-

4 Walks forward **1234**
4 Walks backward **2234**
Side - Close - Side – Tap **3234**
Repeat in opposite direction **4234**
Plié and recover x 2 **5234 6234**
Hip Swings **7234 8234**

b) 8 Bar repeatable set routine commencing on either foot:-

4 Shoulder Walks forward 1234
4 Walks backward pushing arms forward **2234**
Repeat above **3234 4234**
Spring into Plié, hands on hips, then clap
hands twice above Head **5234 6234**
Hip Circles **7234 82**
2 Jumps on the spot bringing feet together **34**

c) 8 Bar repeatable routine of similar standard and content prepared by teacher

6. Cool Down

Breathing exercise number 1 from 'Freestyle Dance' by Anna Jones, combined with simple rhythmical cool down actions. Maximum of 8 Bars, to be repeated.

7. Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room.

PRIMARY GRADE (Minimum age 5 years)

Throughout this grade where arm lines have not been stipulated, teachers may use arm lines of their own choice.

1. Entry

Each candidate will greet the Examiner and hand the examination report to him/her.

2. Warm Up

16 Bar repeatable routine to be performed twice through to mid tempo music of teacher's choice to include the following:-

Jogging (Non Locomotive and Locomotive)
Jumping Jacks, Shoulder Movements, Hip Swings

EXAMPLE

(Teachers may use the example given or use an alternative of their own of a similar standard).

8 Jogs on spot, (Non Locomotive), 8 Jogs travelling forward, (Locomotive)	4 Bars
Repeat all Jogs	4 Bars
4 Jumping Jacks	2 Bars
4 Shoulder Rolls backward with little knee bounces	2 Bars
4 Jumping Jacks	2 Bars
8 Hip Swings	2 Bars
Repeat all	

This routine may be performed in a circle or choreographed by the teacher to suit the studio space.

3. Knowledge and Understanding of Rhythm

To be performed individually to mid tempo music of teacher's choice.

Clap 8 crotchets	2 Bars
Commencing with either foot:-Side - Close - Side – Tap, (with clap on count 4),repeat in opposite direction, 8 counts	2 Bars
Repeat all	

Candidates may follow on from each other to music, or music may be stopped and restarted from the beginning.

4. Skill

Stretch and release

Breathe in taking arms up to horizontal line	1234
Breathe out releasing R then L arm	2234
Breathe in taking arms up to high parallel line	3234
Breathe out releasing R then L arm down	4234
Repeat all	

5. Dance Demonstration

All routines to be danced twice through to suitable music of the teacher's choice.

a) 8 Bar repeatable set routine

4 Runs forward with opposition arms	1234
Jump to Plié and Hip Swing side to side	2234
Side - Close - Side - Tap circling arm out from elbow twice	3234
Repeat Bar 3 in opposite direction	4234
Open Turn, arms to High V on step 3, Tap, arms down to side on step	45234
Repeat Open Turn and Tap in opposite	

direction	6234
4 Shoulder Walks backward	7234
Plié and close to each side	8234

b) 4 Shoulder Walks forward	1234
2 Switch Turns	2234
Chasse forward	3&2
Chasse forward on opposite foot	3&4
Spring into Plié, striking one arm strongly to side	42
Straighten legs – hip rocks from side to side	34

Circular Walks using varying arm movements	5234 6234
Syncopated backward runs	7&2&3&4
Full Cross Turn	8234

c) 8 Bar repeatable routine of similar standard and content prepared by teacher.

6. Cool Down

Breathing exercise number 2 from 'Freestyle Dance' by Anna Jones, combined with simple rhythmical cool down actions. Maximum 8 Bars to be repeated.

7. Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room

GRADE I (Minimum age 7 years)

Throughout this grade where arm lines have not been stipulated, teachers may use arm lines of their own choice.

1. Entry

Each candidate will greet the Examiner and hand the examination report to him/her.

2. Warm up

16 Bar repeatable routine to be performed twice through to mid tempo music of teacher's choice to include the following:-

Jogging (Non Locomotive and Locomotive),
Pliés, Jumping Jacks Hip Circles

EXAMPLE

(Teachers may use the example given or use an alternative of their own choice of a similar standard).

8 Jogs on spot, (Non Locomotive), facing front
2 Bars

16 Jogs on spot, (Non Locomotive), 4 to each direction – Side – Back – Side – Front
4 Bars

8 Jogs travelling forward, (Locomotive)
2 Bars

4 Jumping Jacks making one complete turn
2 Bars

2 Pliés
2 Bars

4 Jumping Jacks making one complete turn in opposite direction
2 Bars
Hip Circles
2 Bars

3. Knowledge and Understanding of Rhythm

To be performed individually to mid tempo music of the teacher's choice.

First clap the following rhythm without music
123&4

Clap then dance the following rhythm to mid tempo music of the teacher's choice
123&4

Dance the following set routine maintaining the same rhythm:

Commencing on either foot:-
3 Walks forward Tap then Clap
123&4

3 Walks backward Tap then Clap
223&4

Open Turn with Tap then Clap
323&4

Repeat Open Turn with Tap then Clap in opposite direction
423&4

Candidates may follow on from each other to music, or music may be stopped and restarted from the beginning.

4. Skill

Stretch and release

Commence sitting tall on floor with legs and feet stretched out in front

Breathe in taking arms up through horizontal line to high parallel
1234

Breathe out releasing body forward towards toes
2234

Breathe in stretching forward and back up to sitting tall position, arms in high parallel
3234

Breathe out lowering arms to sides
4234
Repeat all

5. Dance Demonstration

All routines to be danced twice through to suitable music of the teacher's choice

a) 8 Bar repeatable Set Routine

4 Runs forward
1234

2 Switch Turns to front and back using High V then Low V arms
2234

4 Chasses forward using double punch action
3&23&4 4&23&4

Cross Tap Kick x 2 arms reaching up to touch back of wrists, then lower
5234 6234

1 Slow Whisk Turn
7234

4 Shoulder Walks backward
8234

b) 8 Bar repeatable set routine 2 Slow Hip Swings from side to side
1234

4 Quick Hip Swings from side to side
2234

Développé
3234

Check forward and across on either foot
4&2

Jazz line with arms extended forward
34

Circular Walks opening arms forward and outward
5234

Jump
62

Stomp
34

Syncopated Runs backward
7&2&3&4

3 claps above head then bring arms
8234

c) 8 Bar repeatable routine of a similar standard and content prepared by the teacher

6. Cool Down

Breathing exercise number 3 from 'Freestyle Dance' by Anna Jones, combined with simple rhythmical cool down actions. Maximum 8 Bars to be repeated.

7. Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room.

GRADE II (Minimum age 7 years)

Throughout this grade where arm lines have not been stipulated, teachers may use arm lines of their own choice.

1. Entry

Each candidate will greet the Examiner and hand the examination report to him/her.

2. Warm up

a) 16 bar repeatable routine to be performed twice through to mid tempo music of the teacher's choice to include the following:-
Jogging, (Non Locomotive and Locomotive)
Jumping Jacks, Side - Close - Side - Jump, Pelvic action forward and backward with knees flexed

EXAMPLE

(Teachers may use the example given or use an alternative of their own choice of a similar standard).

8 Jogs on the spot, (Non Locomotive) **2 Bars**

8 Jogs travelling forward, (Locomotive) **2 Bars**

8 Jogs on the spot, (Non Locomotive) **2 Bars**

8 Jogs travelling backward, (Locomotive) **2 Bars**

4 Jumping Jacks **2 Bars**

Side - Close - Side - Tap with clap - repeat in opposite direction **2 Bars**

4 Jumping Jacks **2 Bars**

Pelvic action with knees flexed **2 Bars**

b) Show a combination of isolation exercises to include knees, ankles and feet, (maximum 8 Bars), examples are given in 'Freestyle Dance' by Anna Jones.

To be performed twice through to music.

3. Knowledge and Understanding of Rhythm

a) First clap the following rhythm without music **1 & 2 3&4**

b) Clap the following rhythm to mid tempo music of the teacher's choice:-

Clap 1&23&4 x 2 **2 Bars**

Create own movements to the same counts, (e.g. Flick Ball Change, Chasses forward)

4 Bars

Candidates may follow on from each other to music, or music may be stopped and restarted from the beginning.

4. Skill

Stretch and release

Commence sitting tall on floor with legs and feet stretched out in front

Breathe in taking arms up through horizontal line to high parallel **1234**

Breathe out releasing body forward toward Toes **2234**

Breathe in stretching forward and back up to sitting tall position, arms in high parallel

3234

Contract with slight release in arms, breathe out then breathe in re-stretching **4234**

Breathe out using waist turn to R opening arms, then breathe in to return to parallel

5234

Repeat waist turn to L and return **6234**

Controlled breathing out releasing R then L arm down **7234 8234**

Repeat all

5. Dance Demonstration

Both routines to be danced twice through to suitable music of the teacher's choice

a) Four Runs **1234**
forward

Cross Tap Kick **2234**

Complete Cross Turn commenced with kicked leg crossing in front of supporting foot **3234**

Attitude Jump **42**

Body reaction **3&4**

Hitch Kick **52**

'Pose' line **34**

Open Turn **6&2**

Relevé **34**

Syncopated runs backward **7&2&3&4&**

Star Jump **82**

Plié **34**

Check forward and across **9&2**

Check forward and across on opposite foot **3&4**

2 Lazy Botafogos **10234**

2 Botafogo **11&2 3&4**

Close feet together – Hip Rocks **12234**

b) Progressive Spins forward	1&2&3&4&
Switch Turn	22
Chasse forward	3&4
2 Forward Runs	32
Leap	34
Switch Turn	42
Spiral	34
Stomp on both feet	52
Jump	34
2 Lazy Botafogos	6234
Attitude	7234
Spring from one foot to the other	8234
Cross Tap Kick	9234
Complete Cross Turn	10234
Flick Ball Change	11&2
Scuff	34
Spring feet apart into Plié.	122
Close feet together into 'pose' Line	34

c) 12 Bar repeatable routine of a similar standard and content prepared by the teacher

6. Cool Down

Breathing exercises as suggested for "Cool Down" in 'Freestyle Dance' by Anna Jones, combined with simple rhythmical cool down actions. Maximum 8 Bars to be repeated.

7. Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room.

GRADE III

(Minimum age 7 years)

1. Entry

Each candidate will greet the Examiner and hand the examination report to him/her.

2. Warm Up

a) 16 Bar repeatable routine to be danced twice to mid tempo music of the teacher's choice to include the following:-
Jogging, Pliés, Side to Side Jumps, Side - Cross - Side - Jump, Open Turn

EXAMPLE (Teachers may use the example given or use an alternative of their own choice of a similar standard).

8 Jogs on spot (Non Locomotive)	2 Bars
8 Side to side Jumps	2 Bars
8 Jogs (Non Locomotive)	2 Bars
3 Jumps with Claps above head, then Jump to Plié x 4, making 1/4 turn on each set of 4 counts	4 Bars
4 Demi Pliés with Shoulder Roll	2 Bars
Side Cross behind Side Jump to R then L	2 Bars
Open Turn then Clap to R and L	2 Bars

b) Show a combination of isolation exercises to include side, waist and spine (maximum 16 Bars), examples are given in 'Freestyle Dance' by Anna Jones.

To be performed twice through to music.

3. Knowledge and Understanding of Rhythm

To be performed individually to mid tempo music of the teacher's choice:-

a) Clap	1&2 3&4 56 7&8
b) Dance the following using the same count:-	
2 Botafogos	1&2 3&4
Cross Turn	56
2 Runs backward then close feet together	78

c) Dance the same routine using either Slow or Street music interpreting the relevant style.

4. Skill

Stretch and release

Commence sitting tall on floor with soles of feet Together

Release pelvis then re-stretch to sitting tall
1234 2234

Bring knees together and stretch legs and feet out in front raising arms at sides of body to high parallel **3234**

Relax body over legs **4234**

Stretch forward to sitting tall taking arms to high parallel **5234**

Open legs to sitting wide with legs and feet stretched, opening arms out and placing hands behind body on floor **6234**

Flex and re-stretch toes **7234**

Close feet together and draw legs back to commencing position with soles of feet together **8234**

5. Dance Demonstration

Both routines to be danced twice through to suitable music of the teacher's choice.

a) Cross Tap Kick 1234

Complete Cross Turn commencing with kicked leg crossing in front of supporting foot **2234**

Chasse diagonally forward **3&2**

Chasse diagonally forward in opposite

Direction **3&4**

Flick Ball Change twice **4&2 3&4**

Complete Whisk Turn **5234**

4 Shoulder Walks forward **6234**

Switch Turn (1/2 turn) **72**

Switch Turn into side lunge **3&4**

Close extended foot to stationary foot **8**

Step to side on stationary foot flexing knees into Plié, circling arms above head **234**

2 Lazy Botafogos **9234**

2 Botafogos **10&2 3&4**

Full Twist Turn crossing extended leg in front of standing leg on count 1 **11234**

Spring feet apart into Demi Plie **122**

Criss-Cross Jump **3&4**

Hip Bumps **13**

2 Hip Circle **34**

Développé **14234**

Hitch Kick **152**

Body reaction **3&4**

Long Stride backward **162**

'Pose' line **34**

b) 16 Bar repeatable routine of similar standard and content prepared by the teacher.

6. Cool Down

Breathing exercises as suggested for "Cool Down" in 'Freestyle Dance' by Anna Jones, combined with simple rhythmical cool down actions. Maximum 16 Bars to be repeated.

7. Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room.

GRADE IV (Minimum age 8 years)

Throughout this grade, where arm lines have not been stipulated, teachers may use arm lines of their own choice.

1. Entry

Each candidate will greet the Examiner and hand the report form to him/her.

2. Warm Up

a) 16 Bar repeatable routine to be performed twice through to mid tempo music of the teacher's choice to include the following:-
Jogging with knees high
Jumping Jacks,
Continuous Chasses
Small Runs on balls of feet
Double Plié, (Plié with bounce)

EXAMPLE (Teachers may use the example given or use an alternative of their own choice of a similar standard).

8 Jogs	2 Bars
Jumping Jacks turning to right side – back – left side, then 2 Jump with feet together facing front	2 Bars
Continuous Chasse to Right Diagonal Front 1&2&3&4	1 Bar
Little Runs on toes returning to Centre (1&2&3&4)	1 Bar
Repeat Continuous Chasses to Left Diagonal Front and Little Runs on toes returning to Centre	2 Bars
2 Pliés to Front – 2 knee bounces to Right Side, repeat 3 more times to complete a full circle	4 Bars
4 Jogs lifting knees high	1 Bar
4 Jumps to right side punching Right hand	1 Bar
Bar Repeat Jogs lifting knees high	1 Bar
4 Jumps to left side punching Left hand	1 Bar

Repeat all commencing with same foot or repeat on opposite side.

b) Show a combination of exercises to include thighs, calf and hamstrings, (maximum 32 Bars), examples are given in 'Freestyle Dance' by Anna Jones.

To be performed once through to music.

3. Knowledge and Understanding of Rhythm

To be performed individually to mid tempo music of the teacher's choice.

a) Clap the following rhythm to mid tempo music of the teacher's choice:- () = pause
1&2 (3) &4 5&6 78

b) Dance the following set routine maintaining the same rhythm

Chasse forward	1&2 (3)
Ball Change	&4
Botafogo	5&6
Cross Turn making half turn	78

c) Dance the same routine using either Slow or Street music interpreting the relevant style.

4. Skill

Stretch and Release

Commence sitting tall, legs and feet out in front Draw feet up, bending knees	12
Open legs to sitting wide position, feet and legs stretched	34
Flex toes then re-stretch	2234
Lift Right arm out and up to side, stretch over L leg	32
Release body forward	3
Uncurl to sitting tall	4
Repeat side stretch and release on opposite side	4234
Close feet together, keeping feet and legs stretched out in front	5234
Release body forward then up to sitting tall in high parallel	62
Open arms and place behind body	34
Bend knees in towards body, keeping feet stretched	72
Extend legs out in front	34
Bend knees in towards body	82
Re-stretch legs on floor to commencing position	34

5. Dance Demonstration

Both routines to be danced twice through to suitable music of the teacher's choice.

a) 4 Runs forward **1234**

2 Switch Turns making 1/2 turn on each **2234**

7 Chasse to side with knees compressed, clicking both hands in front of body **3&2**

Spring low into knees, punching arms forward three times **3&4**

Whisk Turn making a complete turn, circling both arms upwards and outwards **42**

Step to side and touch floor **3**

Stand up straight **4**

Cross Tap Kick **5234**

Cross one foot in front of the other **6**

Lift other foot, making a complete turn on supporting foot, then place to side **2**

Flex knees and tap fists onto knees 3 times **3&4**

Cross one foot in front of the other and straighten knees, extending arms upward to High V **7**

Step to side lowering through knees, taking arms to Low V **2**

Repeat last 2 counts **34**

With knees slightly flexed, hands clasped, tap hands onto one knee then the other, then extend both arms across to side of body **8&2**

Check forward and across **3&4**

Slow Hip Roll, arms down at sides **92**

Fast Hip Rolls, extend arms upwards **3&4**

Syncopated Runs backward, extending arms Forward **10&2&3&4**

Spring feet apart, arms to High V **11**

Close feet together, bringing hands in towards middle body **2**

Chasse to side **3&4**

Cross one foot in front of the other, taking arms to High V **12**

Kick other leg upwards with toe pointed, bringing arms down to horizontal position **2**

Cross kicking leg in front of supporting foot **3**

Making a complete turn, tap one foot next to the other, raising one arm to shoulder height

clicking fingers **4**

Open Turn making a complete turn **13&2**

Close feet and move hips from side to side, arms down at sides **3&4**

Complete Turn **14 2**

Feet Position held, circle both arms out from

the elbows **3&**

Straighten one leg and turn opposite knee inwards to create Jazz Line, extending both arms across body to straightened leg with palms of hands upwards **4**

Cross one foot in front of the other, bringing both hands in front of body to cross each other **15**

Flick the leg without weight backwards, raising opposite arm high and other arm out to side **2**

Cross the opposite foot in front of the other lowering arms to horizontal position **3**

Pivot a complete turn landing feet apart and knees flexed **4**

3 Walks backward, arms down at sides with palms facing forwards **16 23**

Ball Change, rotating arms to sides at waist level **&4**

b) 16 Bar repeatable routine of similar standard and content prepared by the teacher.

6. Cool Down

Breathing exercises as suggested for 'Cool Down from 'Freestyle Dance' by Anna Jones, combined with simple rhythmical cool down actions. Maximum 16 Bars to be repeated.

7. Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room.

GRADE V (Minimum age 9 years)

Throughout this grade, where arm lines have not been stipulated, teachers may use arm lines of their own choice.

1. Entry

Each candidate will greet the Examiner then hand the report form to him/her.

2. Warm Up

a) 16 Bar repeatable routine to be performed twice through to mid tempo music of the teacher's choice to include the following:- Rib isolations, Jogs in varying rhythms, Jumps in 2nd Position (feet apart) Head movements, Waist turns

EXAMPLE (Teachers may use the example given or use an alternative of their own choice of a similar standard).

Plié transferring weight onto LF extending RF out, circling R elbow outward with elbows out, repeat on opposite side **1 Bar**
 Repeat Plié action to R then L, with an outward circle of R then L arm **1 Bar**
 Hops with double flicks on the spot **2 Bars**
 4 Jumps with feet together **1 Bar**
 4 Jumps with feet apart **1 Bar**
 Plié for 2 counts, then waist turn to R for 2 counts **1 Bar**
 Repeat Plié action, then waist turn to L **1 Bar**
 Rib Cage movement – to R, back, L side, centre, 2 counts in each direction **2 Bars**
 Repeat Rib Cage movement commencing to L side **2 Bars**
 Rib circle to R **1 Bar**
 Rib circle to L **1 Bar**
 2 Shoulder Rolls backward **1 Bar**
 Head lowered for 2 counts, then head raised for 2 counts **1 Bar**

b) Show a combination exercise of own choice. Maximum 16 Bars to be repeated.

3. Knowledge and Understanding of Rhythm

- a) Set Rhythm:- = Accent () = Pause Clap, without music the following, to include Accent and Pause 1 (2) 3 (4) 5a 6& 7 (8)
 b) Clap, then dance the set rhythm to mid tempo music of the teacher's choice. Teacher to choreograph dance.
 c) Prepare and clap a 2 Bar rhythm without music to include Accent and Pause.

4. Skill

Stretch and Release

Commence sitting on R hip with L leg extended along the floor to left side, R knee flexed in front of body, L arm extended to left side and R hand on floor at R side

Breathe in lifting body from floor, weight on R knee and R hand, L arm circling upwards to finish high above head **1234**

Continue to circle L arm over to right side and then releasing down and back out to left side **2234**

Turn to face left side, knees flexed in front of body, toes pointed on floor and hands placed on floor by side of body **32**

Extend legs out in front **34**

Bend knees in front of body, toes pointed on floor **42**

Sit on R hip in sitting attitude facing Left Diagonal Front, hands on floor by sides of body **34**

Take arms up through horizontal line to high parallel **5234**

Release body over front leg **6234**

Turn towards back leg through L shoulder to face Back, to sit with knees flexed, feet flat on floor, arms at half Horizontal level with elbows out **72**

Extend arms to full Horizontal position **34**

Turn by L shoulder through right side to finish sitting on L hip in commencing position, ready to repeat all on opposite side **8234**

5. Dance Demonstration

Both routines to be danced through twice to mid tempo music of the teacher's choice.

a) Progressive Spins forward	1&2&3&4
Spring into Forward Kick Leap	22
Land with flexed knees and ankles into a 'pose' line	34
Rotational Pivot	3&2&3&4
Land into Plié	42
Straighten knees using Contemporary Arm Movements	34
Circular Walks using Contemporary Arm Movements	5234
Continue Circular Walks using Contemporary Arm Movements	62
Cross one foot behind the other, drawing arms in to Diagonal Position	34
Straighten legs and extend into Arabesque	7234
Step forward into front high Kick	82
Cross Turn making half turn transferring weight onto opposite foot	34
4 Runs forward using opposition arms	9234
Switch Turn making half turn	10 2
2 Runs forward using Contemporary Arm Movements	34
Star Jump	11 2
Land into Plié	34
Cross Tap Kick	12 234
Twist Turn	13 234
Extend arms upwards into Attitude	14 234
Scissors Kick	15 2
'Pose' line	34
Body reaction	16 2
Position held, head Turned and Inclined	34

b) Teacher to choreograph a contrasting routine, (slow), using varying rhythms and use of accented movements. Maximum 16 Bars .

6. Cool Down

Breathing exercises as suggested for 'Cool Down' from 'Freestyle Dance' by Anna Jones, combined with simple rhythmical cool down actions. Maximum 16 Bars to be repeated.

7. Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room.

FREESTYLE

INTERMEDIATE PERFORMER EXAMINATION

This examination is an assessment for an on-going training programme for students who wish to become a performer. This examination is for students who have already completed a number of years of technical training in this genre and develops from the graded examinations.

The Intermediate Performer level provides the student with sufficient skills in technique and performance to equip them for further training.

CONDITIONS AND INFORMATION

These Examinations will be on performance.

Examination time: One candidate 1 hour
 Two / three candidates 1¼ hours

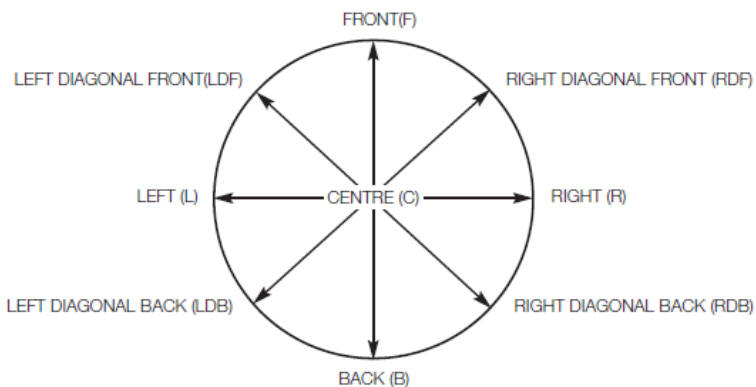
Minimum age: 13 years

Examination clothing, make up and hair: Appropriate practice attire suitable for examination, not competitive costumes

Music: Teacher to provide suitable music for the exercises and routines as detailed in the syllabus.

The candidate to select music for unseen amalgamation as detailed in the syllabus.

DIRECTIONAL CHART



-----oooOooo-----

FREESTYLE

INTERMEDIATE PERFORMER AWARD

1. Candidates are required to perform all the set practical work from the Intermediate Performers Syllabus, and unseen amalgamations as requested.
2. Candidates will be assessed on technical performance and artistry.

TECHNICAL REQUIREMENTS

SECTION 1 - EXERCISES

- 1) WARM UP FOR CARDIO AGILITY
- 2) FLOOR STRETCH
- 3) PREPARATION EXERCISE FOR KICKS COMMENCING ON FLOOR TO PROGRESS TO STANDING

SECTION 2 - SYLLABUS TRAINING

- 4) SEQUENCE FOR ISOLATED MOVEMENTS
NON LOCOMOTIVE
LOCOMOTIVE
- 5) SEQUENCE TO DEMONSTRATE BALANCE AND CONTROL
- 6) HAND AND ARM POSITION/ MOVEMENTS

SECTION 3 - MUSICAL UNDERSTANDING & CHOREOGRAPHIC ABILITY

- 7) CLAP OWN RHYTHM- DANCE OWN RHYTHM
- 8) FREESTYLE HISTORY VERBAL PRESENTATION
- 9) FREESTYLE HISTORY CHOREOGRAPHED ROUTINE
- 10) LYRICAL SLOW DANCE
- 11) LOCOMOTIVE SEQUENCE
- 12) SEQUENCE TO HIGHLIGHT KICKS
- 13) UNSEEN AMALGAMATION
- 14) DANCE PERFORMANCE
- 15) COOL DOWN
- 16) FINAL BOW

SECTION 1 - EXERCISES

1) WARM UP FOR CARDIO AGILITY

Performed together

32 bars Repeatable Routine

16 bars set followed by 16 bars choreographed by the teacher to show a development from the Grade 5 Warm Up.

SET CHOREOGRAPHY

Using 2 knee Bounces circle R shoulder from front to back, with elbow bent, twice	Counts 1-4	(Bar 1)
Repeat Bounces circling R arm from front to back twice	Counts 5-8	(Bar 2)
Repeat Bar 1 using L arm	Counts 1-4	(Bar 3)
Repeat Bar 2 using L arm	Counts 5-8	(Bar 4)
Rib shift Isolation R, Back , L , Centre	Counts 1-4	(Bar 5)
Repeat Rib Isolations commencing L	Counts 5-8	(Bar 6)
Bounce with Demi Plié action and Hop lifting L leg at back punching L arm forward , Repeat opposite	Counts 1-4	(Bar 7)
Repeat Bar 7	Counts 5-8	(Bar 8)
Grapevine to R Side lifting L knee to R elbow on last count	Counts 1-4	(Bar 9)
Repeat Grape Vine action commencing L	Counts 5-8	(Bar 10)
Bounce on spot and lift L knee to R elbow, repeat Bounce and knee lift R	Counts 1-4	(Bar 11)
Repeat Bar 11	Counts 5-8	(Bar 12)
3 small Jogs on spot to R side, using shoulder action, repeat to Back.	Counts 1&2, 3&4	(Bar 13)
Repeat Bar 13 to L side and Front	Counts 5&6, 7&8	(Bar 14)
Jump feet apart, lifting hands above head, into Demi Plié, then lift heels using instep Stretch	Counts 1-4	(Bar 15)
3 jumps with feet together twisting feet R,L,R then jump feet apart	Counts 5-8	(Bar 16)

EXAMPLE OF FINAL 16 BARS

Teachers may use the example given or choreograph 16 Bars of their own to a similar standard

Rise/Relevé and clap hands above head twice, release to Demi Plié	Counts 1-4	(Bar 17)
Repeat Bar 17	Counts 5-8	(Bar 18)
Sway to R stretching L arm towards R side repeat Sway to L side using R arm	Counts 1-4	(Bar 19)
Repeat Bar 19	Counts 5-8	(Bar 20)
Sway to R side stretching both arms to R side, repeat L	Counts 1-4	(Bar 21)
Repeat Bar 21	Counts 5-8	(Bar 22)
Bounce feet apart and Hop lifting L leg at back, circling L arm from elbow , repeat Bounce and Hop R	Counts 1-4	(Bar 23)
Repeat Bar 23	Counts 5-8	(Bar 24)
Bounce feet apart and Hop lifting L leg at back Circling L arm from front to back, repeat Bounce and Hop R	Counts 1-4	(Bar 25)
Repeat Bar 25	Counts 5-8	(Bar 26)
2 Bounces with feet together , 1 Bounce with feet apart and pause	Counts 1- 4	(Bar 27)
Repeat Bar 27	Counts 5-8	(Bar 28)
Head Actions 1/4 turn to R,1/4 turn back to Centre	Counts 1-4	(Bar 29)
Head Actions 1/4 turn to L,1/4 turn back to Centre	Counts 5-8	(Bar 30)
Head Actions Raised, back to Centre	Counts 1-4	(Bar 31)
Head Actions Lowered, back to Centre	Counts 5-8	(Bar 32)

REPEAT FROM BEGINNING

2) FLOOR STRETCH

A Floor Exercise for strengthening the Spine, Legs and Core Muscles

32 Bars

Performed together

Recommended Music : Slow Tempo

The first 24 Bars of this exercise is set.

The Final 8 Bars can either be the choreography of the teacher and should show a development from Grade 5 Stretch and Release, with ending that allows the whole exercise to repeat on opposite side or teachers may use the example given.

SET CHOREOGRAPHY

Commence lying face down facing Right side with forehead to floor, elbows bent by side of the body, palms to floor.

Seal Stretch	Counts 1-4	(Bar 1)
Return to commencing position	Counts 5-8	(Bar 2)
Extended Seal Stretch	Counts 1-4.	(Bar 3)
Push up onto knees, sitting back on heels, lengthening spine with arms extended forward along the floor	Counts 5-8	(Bar 4)
Go through Cat Stretch	Counts 1-4	(Bar 5)
Finish in Extended Seal Stretch	Counts 5-8	(Bar 6)
Toes to head and return to Extended Seal Stretch	Counts 1-4	(Bar 7)
Lie face down with forehead to the floor, arms extended above head Roll towards back of the room to finish lying on back, arms by side	Counts 5-8	(Bar 8)
Bend R knee towards chest, holding back of thigh	Counts 1-4	(Bar 9)
Extend leg upwards from knee, still holding back of thigh to create leg stretch	Counts 5-8	(Bar 10)
Holding ankle continue leg stretch as far as possible towards shoulder	Counts 1-4	(Bar 11)
Release hold on leg carrying leg through upward stretch back to floor...	Counts 5-8	(Bar 12)
Repeat Bars 9 - 12 commencing on L leg		(Bars 13-16)
Bend knees in, feet to floor sitting up, arms around knees	Counts 1-4	(Bar 17)

Set Choreography continued

Extend arms to High V.	Counts 5-8	(Bar 18)
Return arms around knees	Counts 1-4	(Bar 19)
Keeping legs bent, roll down through spine, taking arms out to the side in horizontal line on floor	Counts 5-8	(Bar 20)
Sit up arms around knees	Counts 1-4	(Bar 21)
Extend arms to High V	Counts 5-8	(Bar 22)
Open arms out through Horizontal line and place hands on floor behind body showing chest expansion	Counts 1-4	(Bar 23)
Turn to face front, sitting on R hip with R leg bent in front of body on floor, L leg extended out to L side on floor, R hand placed on the floor by R side and L arm extended out to L side at shoulder height	Counts 5-8	(Bar 24)

EXAMPLE OF FINAL 8 BARS

Teachers may use the example given or choreograph 8 Bars of their own to a similar Standard

Push up onto R knee, extending L leg off the floor R hand and arm supporting body, L arm extending in diagonal line	Counts 1-4	(Bar 25)
Lower L leg to floor, turning to face L side with knees flexed, feet to floor	Counts 5-8	(Bar 26)
Extend legs off the floor in front of body	Counts 1-4	(Bar 27)
Return feet to floor and turn to face LDF in Sitting Attitude extending arms to the side in Horizontal Line	Counts 5-8	(Bar 28)
Push up into Kneeling Attitude, carrying arms up to High Parallel line then release back to Sitting Attitude Extending body forward from base of spine into a forward stretch, arms in Horizontal Line on Floor.	Counts 1-4	(Bar 29)
Turn via back leg to finish facing R side, knees flexed, feet to floor, arms around knees.	Counts 5-8	(Bar 30)
Lower body to floor to finish lying on back, legs stretched on floor, arms above head	Counts 1-4	(Bar 31)
Roll towards back of room to finish in commencing position ready to repeat on opposite side	Counts 5-8	(Bar 32)

3) PREPARATION EXERCISE FOR KICKS COMMENCING ON FLOOR TO PROGRESS TO STANDING

A 16 Bar exercise choreographed by the teacher to include Front, Side and Back Kicks. This exercise may be performed together or individually

Teachers may use the example given or create a routine of their own to a similar standard.

EXAMPLE

Commence lying on back facing R side.

Knees bent with feet flat to floor, arms out to side in horizontal line on floor

Front Kick R leg and return to commencing position	Counts 1-4	(Bar 1)
Repeat Front Kick on L leg	Counts 5-8	(Bar 2)
Sit up keeping knees flexed	Counts 1-4	(Bar 3)
Turn to face RDF with L leg flexed, knee turned out to floor and R leg crossed in front of L. R hand placed under right heel	Counts 5-8	Bar 4)
Shoulder R leg	Counts 1-4	(Bar 5)
Lower R leg to floor turning body to face front, sitting on L hip with R leg and arm extended to R. Side Kick R leg leaning body weight L and return to floor L leg still flexed, R hand moving in front of chest for balance	Counts 5-8	(Bar 6)
Press on the L hand pushing up to balance on L knee, lifting R leg and arm from floor	Counts 1-4	(Bar 7)
Turn to face L side placing R hand on the floor so that R leg is now extended behind body , both hands placed on floor in line with shoulders, lower R leg to floor and place R knee next to L knee in kneeling position	Counts 5-8	(Bar 8)
Keeping both hands on floor lift R knee towards chest then kick leg backwards in straight line and replace to kneeling	Counts 1-4 (Bar 9)
Repeat bar 9 commencing with L leg	Counts 5-8	(Bar 10)
Roll backwards through feet so that feet are flat to floor with head relaxed to knees ,stretching hamstrings, then roll through spine to finish standing with poise	Counts 1- 4 (Bar 11)	
Facing RDF place R foot behind on pressure step knees flexed, Front kick R leg, repeat pressure step and kick on R leg	Counts 5-8	(Bar 12)
Moving forwards to RDF step R and Front kick L leg, step L and Front kick R leg	Counts 1-4	(Bar 13)

Example Choreography continued

Continuing to RDF step R turning to Side kick L leg diagonally sideways to RDF, step and Back kick R leg body facing LDB.	Counts 5-8	(Bar 14)
Kneel on R then L leg facing left side ,sit on left hip and extend both legs forward on the floor in front of body	Counts 1-4	(Bar 15)
Roll through Spine, bending knees to finish in commencing position ready to repeat on opposite side	Counts 5-8	(Bar 16)

SECTION 2 - SYLLABUS TRAINING

4) SEQUENCE FOR ISOLATED MOVEMENTS

A combination of isolated movements choreographed by the teacher.

16 bar sequence using isolated actions NON LOCOMOTIVE followed by 16 bars using the same isolated actions with LOCOMOTIVE movement.

This exercise may be performed together or individually.

Teachers may use the example given or create a routine of their own to a similar standard.

EXAMPLE - NON LOCOMOTIVE SECTION

Commence feet together in parallel position, lift R heel to create instep stretch and replace repeat, L,R,L	Counts 1-8	(Bars 1 & 2)
Steps R foot to side maintaining parallel position feet apart with both knees flexed Lift both heels to create instep stretch on both feet	Counts 1-4	(Bar 3)
Straighten knees maintaining instep stretch with heels lifted then lower heels to floor	Counts 5-8	(Bar 4)
Shoulder Roll R then L from front to back	Counts 1-4	(Bar 5)
Shoulder Roll R, L, R, L from front to back	Counts 5-8	(Bar 6)
Hip Isolations R, Back, L, Centre	Counts 1-4	(Bar 7)
Repeat Hip Isolations commencing L	Counts 5-8	(Bar 8)
Rib Isolations in box shape R, Centre, L, Centre	Counts 1-4	(Bar 9)
Rib Isolations using quicker action R, Centre, R then L, Centre, L	Counts 1&2, 3&4	(Bar 10)
Swing arms across the body to R side with palms down, repeat arm swing to L	Counts 1-4.	(Bar 11)
Swing arms across the body to R side and continue to circle in anticlockwise direction to finish on R side across the body palms down	Counts 5-8	(Bar 12)
Repeat arm swings and arm circling action commencing L to finish at L side across the body with palms down	Counts 1-8	(Bars 13 & 14)
Circle arms above the head crossing wrists then lower arms in front of the body crossing the wrists in front and finish with arms extended to side in Horizontal line	Counts 1-4	(Bar 15)
Flexing knees relax head and body forward then recover pulling up through the spine to upright position	Counts 5-8	(Bar 16)

EXAMPLE - LOCOMOTIVE SECTION

3 runs to RDF R, L, R then lift both heels to push into instep stretch and lower	Counts 1&234	(Bar 17)
Repeat runs to LDF commencing with L foot	Counts 5&678	(Bar 18)
Still facing LDF side close side R, L, R moving diagonally sideways to RDF rolling right shoulder from front to back twice	Counts 123 (pause 4)	(Bar19)
Shoulder rolls L, R, L pause then lift and drop both shoulders centralising weight	Counts 5&6 (pause 7) &8	(Bar20)
Hip swings L, R, L pause then Hip Lift into Hip Swing to R using suitable arm lines	Counts 1&2 (Pause 3) &4	(Bar 21)
2 runs to LDF R, L then jump feet together on balls of feet with knees flexed Rib isolation to R and return to centre	Counts 5&678	(Bar 22)
Rib Isolations in box pattern L, Back, R and pause	Counts 123 (Pause 4)	(Bar23)
Continue to hold pause for three Counts then Rib Isolation to L and return to centre	Counts (Pause 567) &8	(Bar24)
Sway to L then R taking arms across the body with palms down L and R	Counts 1-4	(Bar 25)
Elevated Chasse sideways to LDB swinging arms across the body to L and continuing to circle in clockwise direction to finish across the body to L with palms down	Counts 5-8	(Bar 26)
Repeat sways and elevated Chasse to opposite side	Counts 1-8	(Bars 27&28)
Step, spring, step, step, making a full turn to the L circling arms above the head wrists crossing, lower arms in front crossing wrists in front of the body and finish with arms extended to side in Horizontal line	Counts 1-4	(Bar 29)
Repeat Bar 29 On the same side	Counts 5-8	(Bar 30)
A free run forward facing the front taking the arms to high V position	Counts 1-4	(Bar 31)
Flexing knees relax head and body forward then release by pulling up through the spine to upright position	Counts 5-8	(Bar 32)

5) SEQUENCE TO DEMONSTRATE BALANCE AND CONTROL

8 Bars repeatable sequence which is choreographed by the teacher.
The routine should include at least 3 of the following movements
Arabesque, Attitude, Penche' line, Development of Tilt Line, Leg Catch, Illusion

Sequence to be danced individually.

Candidates may follow on from each other in turn without stopping the music.

The teacher may use the example given or create a routine of their own of a similar standard.

EXAMPLE

Commence facing RDF Step R and Developpe L leg with rise on R leg, R arm extended forward in Opposition line. Lower R heel and swing L leg back with Releve' action to finish in Arabesque line with R arm forward	Counts 123&4	(Bar 1)
Step back L and turn outwards to R with R leg in Attitude position using Body Tilt to L and circling R arm overhead, Continue into 2 runs R,L to LDF and Developpe R leg forwards flexing L knee L arm extended forward	Counts 567&8	(Bar 2)
Turning body Step R foot sideways to LDF, circling arms overhead and extend L leg to sideways to RDB, body now facing LDB lowering arms down the sides to finish relaxed behind body with upper back bend	Counts 1-4	(Bar 3)
3 runs to RDB L.R.L and step R into an Illusion to finish facing LDF	Counts 5&678	(Bar 4)
Free run to LDF into forward Leg Catch on R leg turning body and finish by stepping R foot forward to Penchee' line facing right side (1 or 2 hands to floor)	Counts 1-4	(Bar 5)
1 walk backwards L , 1 walk sideways R to RDB body facing RDF and Developpe' L leg sideways with Body Tilt to R	Counts 5-8	(Bar 6)
Step and Relevé on L foot and turn inwards L with R leg in Attitude position to finish facing LDF with R leg extended forward on the floor	Counts 1-4	(Bar 7)
Penché onto R leg (1 or 2 hands to floor) L leg lifted at back Recover to ending position of choice	Counts 5-8	(Bar 8)

6) HAND AND ARM POSITION/MOVEMENTS

8 Bars demonstrating a sequence of hand and arm positions/ movements only

8 bars demonstrating the same sequence of hand and arm positions/movements using simple actions with minimal progression.

This is choreographed by the teacher using any style of arm line and own choice of music.

An example to be included on the DVD

SECTION 3 - MUSICAL UNDERSTANDING & CHOREOGRAPHIC ABILITY

7) CLAP OWN RHYTHM- DANCE OWN RHYTHM

This is to be demonstrated in turn with performers continuing on from each other.

The teacher to arrange the rhythm and dance steps.

The examiner may ask the candidate to clap the rhythm without music before commencing the set exercise.

2 Bars clapping rhythm which is then repeated followed by 2 Bars performing syllabus steps to the same rhythm.

EXAMPLE

CLAP RHYTHM

1 & 2 3 4 5 6 7 & 8

(Bars 1 & 2)

Repeat Clapping

(Bars 3 & 4)

PERFORM SYLLABUS STEPS TO THE SAME RHYTHM

Botofogo commencing R,

Step L Front Kick R, Switch Turn R L,

Sideways Chasse R L R moving diagonally sideways to

RDB

Counts

1 & 2 3 4 5 6 7 & 8

(Bars 5 & 6)

Repeat Steps commencing L

(Bars 7 & 8)

8) FREESTYLE HISTORY VERBAL PRESENTATION

The candidates to choose a popular dance style from 1960 onwards eg Motown, Disco, Old Skool Hip Hop etc. Candidates will make a short presentation to the examiner on their chosen dance style, including the music and history. Each candidate may choose either a separate style or work together as a group and contribute to the presentation.

9) FREESTYLE HISTORY CHOREOGRAPHED ROUTINE

This routine may be choreographed by the teacher or the candidate and should be of the style that was chosen in the History presentation.

Approx 1 minute if dancing individually

Approx 3/4 minutes if dancing as a choreographed group

10) LYRICAL SLOW DANCE

To be danced individually.

Candidate to choreograph their own routine to their own choice of slow music.

Maximum 3 minutes.

11) LOCOMOTIVE SEQUENCE

8 Bars repeated, total 16 Bars

A progressive routine performed in a circular anti clockwise direction.

To include Runs, Leaps and Progressive Spins

The following Acrobatic movements may be used; one-handed Cartwheel, Forward Walkover, Barrel Turn

Movements that are no-handed (aerials) must NOT be used.

This is choreographed by the teacher to suit the individual candidate and a strong ending such as a Pose Line should indicate the end of the first 8 Bars before the repeat.

To Be Performed Individually

12) SEQUENCE TO HIGHLIGHT KICKS

A sequence to highlight various kicks

4 Bars repeated on opposite side, total 8 Bars

This routine is performed on the diagonal and should include at least 3 of the following kicks, Front Kick, Back Kick, Side Kick, Fan Kick Hitch/Drop Kick

To be performed individually

Teachers may use the example given or choreograph a routine of their own to a similar standard.

EXAMPLE

Commence standing at LDB facing RDF, Travelling towards RDF Step R Front Kick L, Step L Front Kick R	Counts 1-4	(Bar 1)
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Ball change R,L turning body to face LDF Side Kick R extending R leg to RDF, Step R sideways to RDF, Fan Kick L leg	Counts a5 6 7 8	(Bar 2)
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Chasse L R L to LDB, Fan Kick R leg	Counts 1a2 3 4	(Bar 3)
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Step R backwards turning body to face LDB, Back kick L, Pivot to face RDF bringing L foot into R knee, Flick Kick L turning body to face LDF	Counts 5-8	(Bar 4)
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Repeat all on opposite Side with L Foot

13) UNSEEN AMALGAMATION

The examiner will select one movement from each of the following categories (Associate level) to create a 2 bar repeatable amalgamation, to give to the candidate(s).

- Turning Steps
- Kicks
- Elevated Steps

Medium Tempo music to be chosen by the candidate.

14) DANCE PERFORMANCE

The teacher to choreograph a Medium/Fast or Commercial Freestyle routine to music of teacher's / candidate's choice. Max. 1 minute. Performed individually.

15) COOL DOWN

Cool Down choreographed by the teacher to include Breathing Exercises. 16 Bars max. The teacher may use the example given or create one of their own to a similar standard

EXAMPLE

Commence facing front, Feet apart with toes turned out. Breathe in for 4 counts taking arms up to a High V.	Counts 1-4	(Bar 1)
Breathe out for 4 counts releasing head and upper body, flexing knees.	Counts 5-8	(Bar 2)
Repeat Bars 1&2	Counts 1-8	(Bars 3&4)
Sway to R then L taking arms across the body R & L with palms down	Counts 1-4	(Bar 5)
Chasse Step sideways to R side swinging arms across the body to R and continue to circle in an anti clockwise direction to finish across the body to R side with palms down	Counts 5-8	(Bar 6)
Repeat Bars 5&6 on opposite side	Counts 1-8	(Bars 7&8)
Standing feet apart lift R arm and place R hand behind head , R palm in middle of upper back , placing L hand on R elbow to gently stretch R Triceps	Counts 1-4	(Bar 9)
Release stretch extending R arm out to side at shoulder level, lifting L leg and foot at back L hand supporting L foot to stretch L Quads. Replace L foot out to side lowering arms	Counts 5-8	(Bar 10)
Repeat Bars 9&10 on opposite side	Counts 1-8	(Bars 11&12)
Breathe in raising arms up the sides to finish in high Parallel line and hold in upward stretch	Counts 1-8	(Bars 13&14)

Breathe out releasing through the spine into full relaxation
flexing knees

Counts 1-4 (Bar 15)

Uncurl through the spine to commencing position

Counts 5-8 (Bar 16)

16) FINAL BOW

This may continue on from Cool Down using music or be performed without music.