

IDTA

THEATRE ROSETTES

THEATRE STARDANCE AWARDS

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Read carefully the conditions and information.

Listed Set Routines

1.	Turquoise	Ballet	(1)
2.	Red	Tap	(1)
3.	Yellow	Theatre Craft	(1)
4.	Green	Modern	(1)
5.	Orange	Acro	(1)
6.	Pink	National	(1)
7.	Beige	Ballet	(2)
8.	Blue	Tap	(2)
9.	Mauve	Theatre Craft	(2)
10.	Gold	Modern	(2)
11.	Lime	Acro	(2)
12.	Purple	National	(2)
13.	Wine	Ballet	
14.	Salmon	Tap	
15.	Emerald	Theatre Craft	
16.	Black	Modern Jazz	
17.	Cream	Acrobatic Dance	
18.	Wine	National	
19.	Cream	Ballet	
20.	Aqua	Tap	
21.	White	Theatre Craft	
22.	White	Modern Jazz	
23.	Aqua	Acrobatic Dance	
24.	Salmon	National	

1. Ballet (Turquoise) Music: Quick 3/4

Commence feet together in natural turnout,
 Hold dress (boys hands on hips)
 Point R to front and close 2 bars
 Repeat with L 2 bars
 Turn to R on toes (small steps on the spot) 2 bars
 Lower the heels (feet together) 2 bars
 Repeat all.

2. Tap (Red) Time 4/4

4 steps on the balls of feet RLRL 1234
 3 stamps RLR 567
 Clap 8
 Repeat from the beginning commencing with L.
 Repeat all 8 bars

3. Theatre Craft (Yellow) Time 4/4

Taken around the room:
 8 walks on the balls of feet 1-8
 Close feet together, clap 8 times 1-8
 8 skips forward 1a2a3a4a5a6a7a8
 Close feet together, clap 8 times 1-8
 Repeat all 8 bars

4. Contemporary Modern Jazz (Green)

Music: Uptempo 4/4

4 bounces in crouch, hands on floor 1-4
 Bounce parallel 1st, arms upward stretch hands in
 expansion, palms forwards 5 (678)
 4 bounces in crouch, hands on floor 1-4
 Bounce parallel 2nd, arms sideways expansion, palms
 forwards 5(678)
 Repeat all creating own shape to finish
 To be danced 4 times

5. Acrobatic Dance (Orange) Music: Slow 4/4

Run to RDF
 Jump with feet apart and arms upwards stretch 1234
 Touch the toes and recover 1234
 Free run to LDF 1234
 Go down to the floor laying on stomach,
 Touch the head with feet (toes to head) 1234
 Roll in music

6. National (Pink) Time: 2/4

With knees flexed and hands on hips:
 Stamp RLRL 1234
 Clap four times 5678
 With knees flexed and hands on hips:
 Heel R forward and close in 1st
 then LRL 1-8
 Repeat all

7. Ballet (Beige) Music: 6/8

Commence feet together, natural turnout.
 Hold dress/Boys hands on hips.
 Bend knees and stretch 1 bar
 Repeat 1 bar
 Clap hands 123 pause 4
 (Counted over 2 bars)
 Repeat all

8. Tap (Blue) Time: 4/4

3 springs RLR and clap 1234
 3 springs LRL and clap 5678
 2 stamps RL 12
 Slap thighs twice with both hands 34
 3 jumps 567
 Pause 8
 Repeat all

9. Theatre Craft (Mauve) Time: 4/4

Commence LDB and move to RDF
 Taken in twos (side by side)/threes (triangle)
 4 walks on the balls of the feet 1234
 4 skips forward & 1 & 2 & 3 & 4
 Free run on balls of feet 1 & 2 & 3 & 4 &
 Kneel R, kneel L 12
 Sit back on heels 3
 Clap hands to R side and hold,
 Head looking L 4
 Pattern at teachers' discretion

10. Contemporary Modern Jazz (Gold)

Music: Uptempo 4/4

8 bounces 1-8
 Free run 1-4
 Relaxed shape 5-8
 Repeat all ending in tall shape 4 bars
 Repeat all from the beginning ending in creative
 shape to finish 8 bars

11. Acrobatic Dance (Lime)	Time: 4/4
Commence lying on back, sideways to the examiner.	
4 kicks with alternative legs	1-8
Roll onto stomach and touch head with feet.....	1-8
Roll onto back	1234
Take legs up & over to touch floor over head.....	5678
Lower legs, sit up and draw knees in and fold arms	
Around knees	12345678

12. National (Purple)	Time: 2/4
With hands on hips, jump with feet apart-R in front of L (4th position), jump and change feet with L in front	
Of R. Repeat RLRL.....	1-6
Jump with feet together	7 pause 8
Clap hands at R side of face.....	1&2
Clap hands at L of face.....	3&4
Spin on both feet and finish in 1st position facing	
Front, hands on hips and knees bent.....	5-8
Repeat all	

13. Ballet (Wine)	Music: 3/4
Sway R&L	1-6
Step side close sway	1-6
Passing through 1 st pointe L foot devant	1-6
Suitable Port de Bras	1-6
to be arranged by the teacher.	

14. Tap (Salmon)	Music: 4/4
Step close step clap to R side	1-4
Repeat to L side.....	5-8
Heel forward R and close R to L.....	12
Heel forward L and close L to R.....	34
Repeat the last 4 counts.....	5-8

15. Theatre Craft (Emerald)	Music: Medium 4/4
Step close step clap R, repeat L	1-8
Sway to R and hand shake both hands, repeat 3 more times, L,R,L.....	1-8
Repeat all 3 more times	

16. Contemporary Modern Jazz (Black)	Music: 4/4
Pattern and Direction to be arranged by the teacher to suit studio.	
Commence feet together.	
4 heel extensions RLRL.....	1-8
4 step a changes RLRL.....	1-8
4 Bars	

17. Acrobatic Dance (Cream)	Music: Slow 4/4
Commence sitting facing side, legs and arms	
Extended forward.	
Preparatory Backward Roll, toes	
Touching floor	1-4
Recover to sitting, legs and arms extended forward	5-8
Roll down spine to lie on back, arms by side.....	1-4
Place hands and feet in preparation for	
Bridge Position	5-8
Bridge position	1-4
Lower from Bridge position.....	5-8
Roll towards the back.....	1-4
Take toes to head as final position.....	5-8

18. National (Wine)	Music: Strong 4/4
Step forward R (as though stepping over a Threshold) and close L with knee bend	12
Step back R (as above) and close L with knee bend	34
Repeat	5-8
Step side and close twice to R	1-4
(miming sweeping the floor)	
Repeat to the L	5-8
Repeat all	1-16

19. Ballet (Cream)	Music: 6/8
2 pointes R foot devant and close in demi plié and hold	2 bars
Repeat L	2 bars
6 sautés in 1 st	3 bars
Stretch knees	1 bar

20. Tap (Aqua)	Music: 4/4
Travelling in a circle:	
4 heel ball walks RLRL.....	1-8
8 walks on the balls of the feet.....	1-8

21. Theatre Craft (White)	Music: Medium 4/4 – can be characterized
4 jumps with the feet together.....	1-4
4 claps	5-8
Heel R forward and close, repeat L,R,L.....	1/8
Repeat all 3 more times	

22. Contemporary Modern Jazz (White)	Music: 4/4
Commence facing front, feet together	
4 galops travelling to the R side finish feet in 2nd	1-4
2 knee bounces slapping thighs.....	5-6
Clap	7
Pause	8
Jump to the floor into crouch position	1-2
Jump feet to 2nd position with arm line of own choice.....	3-4
Repeat last bar	5-8
4 Bars	

23. Acrobatic Dance (Aqua)	Music: Med 4/4
Pattern and Direction to suit studio	
4 skips forward, RLRL.....	1-4
Join feet and forward roll to stand.....	5-8
4 skips forwards, RLRL.....	1-4
Join feet and forward roll to finish sitting legs straddle, arms upward stretch	5-8
Relax over R leg.....	1-2
Recover to upward stretch facing the front.....	3-4
Relax over L leg.....	5-6
Recover to upward stretch facing the front.....	7-8
Roll towards the back onto stomach.....	1-4
Place hands under chin, crossing feet as final position	5-8

24. National (Salmon)	Music: 2/4
3 spring heels and pause	2 bars
Repeat	2 bars
Turn on heels to end with knees bent facing front	2 bars
3 'pat a cake' claps R over L, L over R	
R over L	2 bar
Repeat all	8 bars

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1. Ballet (Turquoise) Music: 3/4

32 bars (own choice)
Commence 3rd, R foot in front.
Battement tendu devant and close (L arm 3rd)
Battement tendu seconde and close behind (arms 2nd)
Repeat all using L leg 8 bars
Step to side R ft and point in front, arms full port de Bras to 4th
Repeat to L
2 balletic walks forward RL leaving back front in dégagés derriere (arms 1st the 2nd)
Raise arms to high V (boys palm up)
Close behind (arms bras bas) 8 bars
Repeat all commencing L leg.

2. Tap (Red) Music: 4/4

1. Set Routine:
Stamp R foot (inverted) 1
3 ball beats R foot turning toe out, in, out 234
Repeat all on L foot 5678
Shuffle R foot, ball change RL a1a2
Shuffle R foot, ball change RL a3a4
Stamp R foot 5
2 claps 67 pause 8
* 3 ball heel walks sideways to L side
L foot R foot L foot 123456
Clap 7 pause 8*
Repeat from * to * to R side 12345678
Repeat all commencing on L foot 8 bars
May be repeated from beginning if required.

3. Theatre Craft (Yellow) Music: 4/4

1. Set Routine:
Step R foot to side, step L foot across in front, step right foot to side and finish with point or open heel to side 1234
Repeat to L side 5678
Scissor step 4 times
RLRL &1&2&3&4&5&6&7&8
4 ball heel walks forward in a small
Circle to R 12345678
3 sways sideways RLR 12 34 56
Finger snap or clap 7 pause 8
Repeat all to opposite side 8 bars
Pattern and arm lines arranged by the teacher.

4. Contemporary Modern Jazz (Green)

Turn to face LDF, swing R arm forward, establishing Jazz 4th 12
Swing R arm backwards 34
Full outward circle of the R arm ending sharply with hand expansion 567(8)
Repeat opposite 1-8
Adjust to parallel 2nd, shoot R arm out to sideways expansion, palm forwards 12
Repeat L 3-8
Full outward circle of both arms 5
Body release 1
Uncurl 2-8
Repeat all 8 bars

5. Acrobatic Dance (Orange)

Commence centre, feet in wide 2nd
Lunge R, R arm forward 12
Lunge L, L arm forward 34
Straddle roll to stand with jump, feet together 5678
8 skips forward to suit room 12345678
Sway with step forwards, R parallel arm swing 12
Step back LR close feet together 34
Repeat L 5678
Prepare arms forward parallel,
Forward roll 123456
Jump feet apart to start again 78

6. National (Pink) Music: 3/4

32 Bars (Swedish or Tyrolean style)
Commence feet together
Step and hop to R then L 6 runs
Step, close, step, heel/sway to R then L 8 bars
4 passing waltz steps (triple runs) travelling forward, Jump clap, clap twice
Single turn on toes or heels (on the spot, ending facing front feet together). Knee bend 8 bars
Repeat all on same or opposite side
NB: Character/National skirt may be worn.
Floor patterns optional.

7. Ballet (Beige)

Music: 2/4

16 bars (own choice)

Commence R foot dégagés devant en fondu; arms crossed in bras bas (boys hands on hips).

Polka step forward on R, arms through 1st to 2nd .

Spring point R L, arms demi-seconde Hold fondu, carry R arm to 4th

Step forward placing R foot in classical pose, carry L arm to join R to 5th position..... 4 bars

* Balletic run in circle to R ending in 3rd position R

Foot front, open arms to demi 2nd. 2 changements; arms bras bas. Spring point L foot; arms crossed.

*Boys: strong walk in circle ending 3rd position R foot front, demi 2nd. 2 changements; arms bras bas.

Spring point L foot, hands on hips..... 4 bars

Repeat on opposite side..... 8 bars

NB: the balletic run may be taken in an alternative direction to create a floor pattern.

8. Tap (Blue)

Music: 4/4

1. Set Routine

Heel dig R foot, step R foot in place (or pick up step)..... 1a2

Heel dig L foot, step L foot in place (or pick up step)..... 3a4

Shuffle hop step R foot and L foot..... a5a6a7a8

Ball change RL, ball change RL, stamp R foot..... a1a2 3

Pause 4

Ball change LR, ball change LR Clap..... a5a6 7 pause 8

Step ball change (tap step ball change) 4 times

Making a circle to L..... 1a2 3a4 5a6 7a8

Step back L foot leaving R foot on heel clap 12

Step back R foot leaving L foot on heel, clap..... 34

Step back L foot leaving R foot on heel, clap 56

Step R foot by side of L foot with finger snap 7 pause 8

Repeat all starting on opposite foot..... 8 bars

9. Theatre Craft (Mauve)

Music: 4/4

1. Set Routine

Basic kick preparation (Grade 1)

commencing R foot, finishing with a clap 1234

Repeat commencing with L foot..... 5678

Step to side and hop (high hop) 4 times RLRL..... 12345678

Step close step, turning to R..... 123 pause 4

Spring point to side R foot, finger snap..... &56

Spring point to side L foot, finger snap..... &78

Step ball change, ball change, ball change turning to L..... 1&2&3&4

Slow foot balance sideways to R 567 pause 8

Repeat all commencing L foot

8 bars

Pattern and arm lines to be arranged by teacher

10. Contemporary Modern Jazz (Gold)

2 scissor steps R and L..... 1-4

Step spring step turning, knees bent..... 5-7(8)

Repeat opposite..... 1-8

Parallel 2nd shoot R arm out to sideways expansion, palm inwards 1

Shoot L arm out to sideways expansion 2

Clasp hands..... 3(4)

Contract, pull arms inwards..... 5-8

Shoulder rolls with weight transference R, L, R..... 1-3(4)

Repeat shoulder rolls L, R, L..... 5-7(8)

Repeat all 8 bars

11. Acrobatic (Lime)

Commence R side or centre

4 gallops sideways..... 1234

Step prepare pointing toe 5678

Cartwheel free run to lunge 12345678

8 walks to suit room 12345678

Jump into 1st, clap twice..... 1234

Jump into 'star jump' or 'tuck jump' 1234

12. National (Purple)

6/8 or 2/4 32 bars

(Tarantella or Balkan style)

Step, close, step, hop to R

Step and hop to L the R

Repeat all 8 bars

8 runs forward or crossing sideways (weaving)

8 pivots turning to R 8 bars

Repeat all on opposite side

NB: Character/National skirt may be worn, floor patterns optional and tambourine may be used for Tarantella.

