



The Academy of Dance

Jazz Class Curriculum

Introduction to all jazz levels syllabus:

The skills and steps listed for each level are intended to be mastered before students are ready to move on; they are not meant to be the only steps a teacher will be working on in class throughout the year. Each level builds off the previous levels. Steps listed are not intended to be extensive/exclusive, but more as a guide to what level of difficulty and vocabulary each level will be working on. ***Levels will be reassessed at the end of each school year, though dancers should expect to spend multiple years in each level.***

Jazz Levels:

- Pre Jazz
- Jazz 1
- Jazz 2
- Jazz 3



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Pre-Jazz

30 minutes-1 hour class | *Intended Age: 4-7*

Overall goals for the level:

- Ability to listen to the teacher
- To stand/sit in a line or pattern and follow directions
- Count to 8 and hear basic music cues
- Remember steps and short dances from week to week
- Basic arm movement at the same time as legs
- Basic directions (Right Wall, Left Wall, Back Wall, Front, Corner)
- Understand the idea of opposition arms while walking
- Clapping on the beat
- Hop on 1 foot (Right and Left)

Movement goals for the level:

Center

1. Stretches (Butterfly, Forward Bend, Legs in 2nd)
2. Arm Positions (1st, 2nd, "V")
3. Head isolations (Right, Left, Up and Down)
4. Pre-Splits (Right, Left and Center)
5. Pivot Turns
6. Box Step
7. Lindy (Chasse Side, Ball change)
8. Parallel Passe Balance (Right and Left)
9. Pirouette Prep

Across the Floor

1. Jazz Walks
2. Step Touch Side (Front and Back)
3. Chasse Side
4. Alternating Gallops Front
5. Step Jump Together and Clap (Front and Back)
6. Step Battement Front (Right and Left)
7. Grapevines
8. Chaine Turn Prep



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Jazz 1

1 hour class | *Intended Age: 7-11*

All things listed in Pre-Jazz Syllabus plus:

Overall goals for the level:

- Understand what proper body alignment is
- Proper Arm Placement
- Count with half notes (“and” counts)
- Hear and understand more complex music cues
- Work at a faster tempo
- More complex arm movements at the same time as feet
- Ability to remember a longer piece of choreography from week to week
- To know and apply the difference between working on your toes or flat footed.
- Ability to pick up choreography at a faster speed.
- To coordinate head, arms, legs and feet at the same time.

Movement goals for the level:

Center

1. Body Isolations (Shoulders, Torso, Hips)
2. Basic Core Workout
3. Splits (Right, Left and Center)
4. Leg Hold Extension (On your Knee)
5. Outside and Inside Pirouettes (Quarter, Half and Single)
6. Roll to Standing (Right and Left)

Across the Floor

1. Jazz Walks with various tempos
2. Battments(Front, Side and Back)
3. Chaine Turns
4. 6 step progression for pirouettes
5. Pique Turn Prep and Single Pique Turns
6. Chasse Side, Single Tuck Jump
7. Chasse Side, Double Tuck Jump
8. Chasse Front, Step, Saut de chat (Right and Left)



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Jazz 2

1 hour class | *Intended Age: 10-14*

All things listed in Pre-Jazz and Jazz 1 Syllabus

Overall goals for the level:

- Body stays in proper alignment while moving
- Very strong arm placement
- Straight Legs while kicking and jumping
- Toes stay pointed/feet stretched
- Work on toes and through the feet :("Toe, ball, heel")
- Keeps a strong core/center while moving
- Spatial awareness and ability to move into basic formations
- Count in quarter notes ("a" counts ex. 1 and a, 2 and a)
- Hear and understand complex music and cues.
- Work at a fast tempo and stay on the beat
- Ability to quickly pick up choreography
- To apply corrections given weekly
- Perform steps consistently at the correct tempo and proper alignment
- Begin so find a sense of style while dancing

Movement goals for the level:

Center

1. More intense stretching combinations
2. Core workout
3. Outside and Inside Pirouettes (Clean Single and Doubles)
4. Standing Leg Hold Balance (Right and Left)
5. Fan Kicks (Inside and Outside)
6. Fouette and a la seconde turn prep (at the barre)

Across the Floor

1. 6 step progression with pirouettes
2. Pencil Turns (Right and Left)
3. Chainé turns with different spotting (Right and Left)
4. Coupe Pirouettes (Right and Left)
5. Chasse Surprise Leap (Right and Left)
6. Chasse Second Leap (Right and Left)
7. Chainé Double Stag (Right and Left)



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Jazz 3

1 hour class | *Intended Age: 12+*

All things listed in Pre-Jazz, Jazz 1 and Jazz 2

Overall goals for the level:

- Very Strong Body alignment/placement
- High level of Flexibility on both sides
- Strong spatial awareness and ability to move into difficult formations
- Body stays engaged while transitioning to the next step
- Advanced Timing (“e” counts ex: 1, e, and, a, 2, e, and, a)
- Hear and understand very complex music and cues.
- To go back and forth between very fast and slow tempos and stay consistently on the correct beat
- Have a strong sense of “Style”

Movement goals for the level:

Center

1. Outside Pirouettes (Clean Double and Triples)
2. Inside Pirouettes (Clean Double)
3. Inside and Outside Leg Hold Turn Prep/Single Turns
4. At least 4 Consecutive Fouette Turns (Right and Left)
5. At least 4 Consecutive a la Seconde Turns (Right and Left)
6. Floor work
7. Sissone Arabesque

Across the Floor

1. Double Pique Turns (Right and Left)
2. Forced Arch Pirouettes
3. Tilt Jump
4. Chaine Single Stag/Calipso Leap
5. Switch Leaps
6. Chaine Back Attitude Stag Leap
7. Turning Disk Leap
8. Jete Attitude