

JAZZ DANCE

SYLLABUS SPECIFICATION

GRADE 4 – GRADE 5





Jazz Dance

Syllabus Specification

LEVEL 2

Grade 4 and Grade 5



All supporting material can be downloaded from
www.rslawards.com

Acknowledgements

Syllabus

Syllabus written and devised by: **Francesca Denton**
Specialist writers and consultants: **Marie Dalziel and Victoria Goodwin**
Syllabus advisors: **Jessica Fairfield**

Publishing

Cover design: **Philip Millard**
Layout design: **Philip Millard**
Layout and sub-editor: **Jennie Troup**
Cover photograph: © **maratr / Shutterstock**

Audio

Composed and produced by: **Jono Harrison**

Executives

Mr N. York
Mr J. Simpson

Contact

RSL
Harlequin House
Ground Floor
7 High Street
Teddington
Middlesex
TW11 8EE

Performance Arts Awards (PAA)
www.rslawards.com/performance-arts
Telephone: +44 (0)345 460 4747
Email: paa@rslawards.com

Supporting Audio & Video

In addition to the syllabus specification, we have also provided supporting audio and video to give teachers and candidates additional help and guidance when studying for a PAA exam.



How to download your content

To download the supporting audio and video you'll need to create an RSL account. To create an RSL account visit: www.rslawards.com/create-account.

Once you've created an account, you'll be able to access the supporting content at: www.rslawards.com/performance-arts/syllabus.

All teachers and candidates should use the supporting audio and video alongside this syllabus specification before taking a PAA exam.

Contents

Introduction and Information

- 3 Acknowledgements
- 5 Table of Contents
- 6 Total Qualification Time

Section A

- 7 Qualification Summary

Section B

- 7 Assessment Information

Section C

- 8 Candidate Access and Registration

Section D

- 8 Complaints and Appeals

Section E

- 8 Equal Opportunities

Section F

- 8 Contact Information

PAA Jazz Dance Overview

- 9 PAA Jazz Dance Overview
- 10 The Value of RSL Qualification
- 10 RSL and UCAS
- 11 Period of Operation
- 11 Examination Levels and Recommended Ages
- 11 Uniform for a PAA Examination

Learning Outcomes and Assessment Criteria

- 13 Grade 4
- 14 Grade 5

Results and Grade Descriptors

- 16 Grade 4
- 17 Grade 5
- 18 Definitions
- 19 Certification

PAA Jazz Dance Examination Structure

- 21 Technical Exercises
- 21 The Performance
- 21 General Notes

PAA Suggested Technical Exercises and The Performance

- 23 Grade 4
- 35 Grade 5

Teacher's Arrangement for

Technical Exercises and The Performance

- 48 Grade 4
- 52 Grade 5

Total Qualification Time Allocations for Graded Examinations

Qualification	Guided Learning Hours	Other Learning	Total Qualification Time	Credit Value
Premiere	40	5	45	5
Debut	40	5	45	5
Grade 1	60	10	70	7
Grade 2	60	10	70	7
Grade 3	60	10	70	7
Grade 4	75	20	95	10
Grade 5	75	20	95	10
Grade 6	90	40	130	13
Grade 7	90	40	130	13
Grade 8	90	40	130	13

Assessment Summary

Assessment	
Form of Assessment	All assessments are carried out by external examiners. Candidates are required to carry out a combination of practical tasks underpinning the technical and performance assessment.
Unit Format	Unit specifications contain the title, unit code, credit level, credit value, Learning Outcomes, Assessment Criteria, Grade Descriptor, and types of evidence required for the unit.
Bands of Attainment	There are four bands of assessment (Distinction, Merit, Pass and Unclassified) for the qualification as a whole.
Quality Assurance	Quality Assurance ensures that all assessments are carried out to the same standard by objective sampling and re-assessment of candidates' work. A team of external examiners is appointed, trained and standardised by RSL.

SECTION A: QUALIFICATION SUMMARY

A.1 Aims and Broad Objectives

The aim of the Jazz Dance qualification is to provide a flexible, progressive mastery approach to the knowledge, skills and understanding required for Jazz Dance.

The purpose of RSL's graded qualifications is to motivate and encourage candidates of all ages and levels through a system of progressive mastery to develop and enhance skills, knowledge and understanding in a safe and consistent way. The qualifications are beneficial for learners wishing to progress at their own pace through smaller steps of achievement.

These qualifications are suitable for learners in the Under 16, 16+, 16–18, 19+ age groups.

A.2 Progression

Graded qualifications provide a flexible progression route for learners. They are a positive means of determining progress and enable learners to learn the necessary techniques to gain entry to FE and HE courses. Graded qualifications operate according to a well established methodology of 'progressive mastery'. They tend to be more rigorous than other types of exams and for that reason industry professionals are confident that achievement at the highest level gained by candidates of graded qualifications will have the skills necessary to work in other areas of the business.

A.3 Qualification Structure

A graded qualification consists of a range of both practical and knowledge based tasks which are based on detailed requirements outlined in the relevant syllabus.

Therefore, requirements for each grade will be set out in detail in the Unit Specifications and the Learning Outcomes and Assessment Criteria for each unit will require knowledge, skills and understanding of these syllabus requirements to be demonstrated at the grade entered.

A.4 Entry Requirements

There are no entry requirements for these qualifications. However, learners should be aware that the content at the higher grades will require a level of knowledge and understanding covered in previous qualifications.

SECTION B: ASSESSMENT INFORMATION

B.1 Assessment Methodology

The graded examinations in Jazz Dance are assessed using two distinct sections:

- Technical Exercises
- The Performance

B.2 Expectations of Knowledge, Skills and Understanding

The graded examination system is one based on the principle of 'progressive mastery': each step in the exam chain demonstrates learning, progression and skills in incremental steps.

Successful learning is characterised by a mastery of the fundamental skills demanded in each grade.

Learners will be able to complete a set of practical tasks and be tested on their underpinning knowledge (the complexity and variety of tasks are determined by which qualification is being attempted), which allow them to demonstrate Jazz Dance, knowledge, skills and understanding relevant to the grade. These technical skills set a firm platform for further technical and creative development by the learner.

B.3 Quality Assurance

All RSL examinations and graded qualifications are standardised according to the processes and procedures laid down by RSL.

SECTION C: CANDIDATE ACCESS AND REGISTRATION

C.1 Access and Registration

The qualifications will:

- be available to everyone who is capable of reaching the required standards
- be free from any barriers that restrict access and progression
- offer equal opportunities for all wishing to access the qualifications

At the point of application, RSL will ensure that all candidates are fully informed about the requirements and demands of the qualification.

Candidates may enter online for any of the qualifications at various points in the calendar year in territories throughout the world. Dates will be published on the website at www.rslawards.com.

C.2 Recommended Prior Learning

Learners are not required to have any prior learning for these qualifications. However, learners should ensure that they are aware of the requirements and expectations of each grade prior to entering for an assessment.

SECTION D: COMPLAINTS AND APPEALS

All procedural complaints and appeals, including malpractice and requests for reasonable adjustments/special considerations, can be found on the RSL website www.rslawards.com.

SECTION E: EQUAL OPPORTUNITIES POLICY

RSL's Equal Opportunities policy can be found on the RSL website www.rslawards.com.

SECTION F: CONTACTS FOR HELP & SUPPORT

All correspondence should be directed to:

RSL
Harlequin House
Ground Floor
7 High Street
Teddington
Middlesex
TW11 8EE

Or info@rslawards.com

Overview

The Performance Arts Awards (PAA) examinations are an ideal way for teachers and students to measure, assess and reward progress throughout the year. Performance Arts Awards are a part of the RSL family, awarding the Contemporary Arts in music through Rockschool and the Performing Arts through PAA.

Introduction

Jazz Dance has always been one of the most popular styles of dance for students, professional dancers and choreographers. PAA offers the opportunity for candidates to earn a recognised and quality-assured qualification whilst doing something they enjoy.

Candidates will prepare a series of exercises that display a range of skills within the genre. Exercises should encourage the development of strong jazz technique while embedding style and performance skills. As grades increase, so will the demand of the Technical Exercises, to ensure the development of equipped dancers.

Teachers have complete creative control over the selection of Technical Exercises; therefore, candidates can be prepared using material generated by them or by accessing the PAA Jazz Dance syllabi. Considerable flexibility means you may also 'mix and match' exercises to create a unique body of work.

When recreating dances from the PAA Jazz Dance syllabus, the teacher will be required to lift exercises from the pages and bring them to life. While inevitably you will spend time focusing on the accuracy of exercises, here at RSL we feel it is imperative that candidates both enjoy and learn to perform exercises. The teacher is encouraged to apply stylistic features, dynamics and energy to all exercises.

PAA examinations in Jazz Dance are designed to develop the skills necessary to communicate through dance and movement to an audience. Candidates who prepare themselves appropriately will develop relevant skills through exploring a range of Jazz Dance styles and techniques to include:

- **Style, form and technique**
- **Performance and character**
- **Group skills and communication skills**
- **Personal style and interpretation**
- **Creative thinking**

The Value of RSL Qualifications

RSL advocates an open-access approach to qualifications, providing a range of syllabi, designed to accommodate a wide variety of candidates of different ages, experience and levels of achievement. RSL qualifications are listed on the Regulated Qualifications Framework (RQF) in England and Northern Ireland by the Office of Qualifications and Examination Regulation (Ofqual). RSL is committed to maintaining and improving its reputation for excellence by providing high-quality education and training through its syllabi, examinations and resources.

RSL and UCAS

For students applying for work or University, many potential employers see Graded Performance Exams in a very positive way. Recognised qualifications demonstrate an ability to dedicate commitment to extra-curricular activities, providing evidence of versatility which many students find beneficial within UCAS (Universities & Colleges Admissions Service) applications and for university entrance interviews.

Our qualifications carry allocated points on the UCAS tariff. For full details relating to the allocation of points for our qualifications, please see:

► www.rslawards.com/about-us/ucas-points

Period of Operation

This syllabus specification covers Jazz Dance Graded Examinations from July 2016.

Estimated Examination Timings for Jazz Dance:

- **PREMIERE:** 20 minutes
- **DEBUT:** 20 minutes
- **GRADE 1:** 25 minutes
- **GRADE 2:** 25 minutes
- **GRADE 3:** 25 minutes
- **GRADE 4:** 35 minutes
- **GRADE 5:** 35 minutes
- **GRADE 6:** 45 minutes
- **GRADE 7:** 45 minutes
- **GRADE 8:** 45 minutes

Examination Levels

PAA Jazz Dance examinations are offered at four levels:

- **ENTRY LEVEL** – Premiere and Debut
- **LEVEL 1:** Grades 1–3
- **LEVEL 2:** Grades 4–5
- **LEVEL 3:** Grades 6–8

Recommended Ages for PAA Examinations

Although RSL imposes no minimum or maximum age limit, teachers should ensure candidates are fully prepared for all aspects of the examination. It is advisable for candidates to enter for a suitable and attainable level for their individual age, overall maturity and ability to meet the Assessment Criteria published in this syllabus specification. The following age recommendations are a suggestion only:

Grade Qualification	Suggested Entry Age	RQF Level
Premiere	4–5 years	Entry Level
Debut	5–6 years	Entry Level
1	7–8 years	Level 1
2	9–10 years	Level 1
3	11–12 years	Level 1
4	13–14 years	Level 2
5	15–16 years	Level 2
6	16+	Level 3
7	16+	Level 3
8	16+	Level 3

Uniform for PAA Examination

A uniform for the examination is not prescribed but should be appropriate to the style and genre. Candidates must present themselves appropriately for an examination and adhere to health and safety regulations. Teachers must ensure the following:

- Hair is neatly tied back.
- Dance wear is appropriate and allows examiners to see the body, line and form clearly.
- The choice of dance shoes or bare feet is appropriate to the style.
- All jewellery is removed.
- Any costume or props used during The Performance are carefully considered.

Learning Outcomes and Assessment Criteria

The Learning Outcomes and Assessment Criteria detail the examination requirements and levels of proficiency candidates need to achieve in order to secure a Pass, Merit or Distinction when taking a PAA Jazz Dance examination.

LEVEL TWO

GRADE 4

Title	RSL Level 2 Award in Graded Examination in Dance – Grade 4
Level	Level 2
Credit Value	10
Guided Learning Hours	75
Total Qualification Time	95

Learning Outcome – The learner will:		Assessment Criteria – The learner can:	
1	Be able to perform movement sequences showing an awareness of technique in Jazz Dance	1.1	Demonstrate a clear knowledge and understanding of Jazz Dance vocabulary
1.2		Demonstrate secure technical skills at an intermediate level	
2	Be able to perform movement sequences demonstrating musicality in Jazz Dance	2.1	Demonstrate an understanding of a range of rhythmical sounds, accents and timings
2.2		Demonstrate an understanding of musical interpretation including: a) Phrasing b) Dynamics c) Atmosphere	
3	Be able to show a sense of performance in Jazz Dance	3.1	Demonstrate the use of expression and performance skills appropriately at an intermediate level
3.2		Communicate appropriately with the audience	

GRADE 5

Title	RSL Level 2 Award in Graded Examination in Dance – Grade 5
Level	Level 2
Credit Value	10
GLH	75
TQT	95

Learning Outcome – The learner will:		Assessment Criteria – The learner can:	
1	Be able to perform movement sequences showing an awareness of technique in Jazz Dance	1.1	Demonstrate a clear knowledge and understanding of Jazz Dance vocabulary
1.2		Demonstrate secure technical skills at an intermediate level	
2	Be able to perform movement sequences demonstrating musicality in Jazz Dance	2.1	Demonstrate an understanding of a range of rhythmical sounds, accents and timings
2.2		Demonstrate an understanding of musical interpretation including: a) Phrasing b) Dynamics c) Atmosphere	
3	Be able to show a sense of performance in Jazz Dance	3.1	Demonstrate the use of expression and performance skills appropriately at an intermediate level
3.2		Communicate appropriately with the audience	

Results and Grade Descriptors

PAA issues results within three to four weeks of the examination. All candidates will receive the original copy of their report slip, which gives a breakdown of the marks and comments.

GRADE 4

1 LEARNING OUTCOME 1 (Technical Exercises)

The learner will be able to perform movement sequences showing an awareness of technique in Jazz Dance

Unclassified	Pass	Merit	Distinction
Insecure evidence of technical accuracy at an intermediate level. An inability to demonstrate the following: <ul style="list-style-type: none"> ■ Coordination ■ Control ■ Dynamic values ■ Line ■ Projection ■ Fluency 	Evidence of technical accuracy at an intermediate level. To include the following some of the time: <ul style="list-style-type: none"> ■ Coordination ■ Control ■ Dynamic values ■ Line ■ Projection ■ Fluency 	Evidence of technical accuracy at an intermediate level. To include the following for the majority of the time: <ul style="list-style-type: none"> ■ Coordination ■ Control ■ Dynamic values ■ Line ■ Projection ■ Fluency 	Evidence of technical accuracy at an intermediate level. To include the following throughout: <ul style="list-style-type: none"> ■ Coordination ■ Control ■ Dynamic values ■ Line ■ Projection ■ Fluency

2 LEARNING OUTCOME 2 (Technical Exercises)

The learner will be able to perform movement sequences demonstrating musicality in Jazz Dance

Unclassified	Pass	Merit	Distinction
Insecure evidence of musicality at an intermediate level. An inability to demonstrate the following: <ul style="list-style-type: none"> ■ Timing ■ Musical response 	Evidence of musicality at an intermediate level. To include the following some of the time: <ul style="list-style-type: none"> ■ Timing ■ Musical response 	Evidence of musicality at an intermediate level. To include the following for the majority of the time: <ul style="list-style-type: none"> ■ Timing ■ Musical response 	Evidence of musicality at an intermediate level. To include the following throughout: <ul style="list-style-type: none"> ■ Timing ■ Musical response

3 LEARNING OUTCOME 3 (The Performance)

The learner will be able to show a sense of performance in Jazz Dance

Unclassified	Pass	Merit	Distinction
Insecure evidence of a Jazz Dance performance at an intermediate level. An inability to demonstrate the following: <ul style="list-style-type: none"> ■ Expression ■ Communication ■ Technique ■ Projection ■ Interpretation ■ Atmosphere 	Evidence of a Jazz Dance performance at an intermediate level. To include the following some of the time: <ul style="list-style-type: none"> ■ Expression ■ Communication ■ Technique ■ Projection ■ Interpretation ■ Atmosphere 	Evidence of a Jazz Dance performance at an intermediate level. To include the following for the majority of the time: <ul style="list-style-type: none"> ■ Expression ■ Communication ■ Technique ■ Projection ■ Interpretation ■ Atmosphere 	Evidence of a Jazz Dance performance at an intermediate level. To include the following throughout: <ul style="list-style-type: none"> ■ Expression ■ Communication ■ Technique ■ Projection ■ Interpretation ■ Atmosphere

GRADE 5

1 LEARNING OUTCOME 1 (Technical Exercises)

The learner will be able to perform movement sequences showing an awareness of technique in Jazz Dance

Unclassified	Pass	Merit	Distinction
Insecure evidence of technical accuracy at an intermediate level. An inability to demonstrate the following: <ul style="list-style-type: none"> ■ Coordination ■ Control ■ Dynamic values ■ Line ■ Projection ■ Fluency 	Evidence of technical accuracy at an intermediate level. To include the following some of the time: <ul style="list-style-type: none"> ■ Coordination ■ Control ■ Dynamic values ■ Line ■ Projection ■ Fluency 	Evidence of technical accuracy at an intermediate level. To include the following for the majority of the time: <ul style="list-style-type: none"> ■ Coordination ■ Control ■ Dynamic values ■ Line ■ Projection ■ Fluency 	Evidence of technical accuracy at an intermediate level. To include the following throughout: <ul style="list-style-type: none"> ■ Coordination ■ Control ■ Dynamic values ■ Line ■ Projection ■ Fluency

2 LEARNING OUTCOME 2 (Technical Exercises)

The learner will be able to perform movement sequences demonstrating musicality in Jazz Dance

Unclassified	Pass	Merit	Distinction
Insecure evidence of musicality at an intermediate level. An inability to demonstrate the following: <ul style="list-style-type: none"> ■ Timing ■ Musical response 	Evidence of musicality at an intermediate level. To include the following some of the time: <ul style="list-style-type: none"> ■ Timing ■ Musical response 	Evidence of musicality at an intermediate level. To include the following for the majority of the time: <ul style="list-style-type: none"> ■ Timing ■ Musical response 	Evidence of musicality at an intermediate level. To include the following throughout: <ul style="list-style-type: none"> ■ Timing ■ Musical response

3 LEARNING OUTCOME 3 (The Performance)

The learner will be able to show a sense of performance in Jazz Dance

Unclassified	Pass	Merit	Distinction
Insecure evidence of a Jazz Dance performance at an intermediate level. An inability to demonstrate the following: <ul style="list-style-type: none"> ■ Expression ■ Communication ■ Technique ■ Projection ■ Interpretation ■ Atmosphere 	Evidence of a Jazz Dance performance at an intermediate level. To include the following some of the time: <ul style="list-style-type: none"> ■ Expression ■ Communication ■ Technique ■ Projection ■ Interpretation ■ Atmosphere 	Evidence of a Jazz Dance performance at an intermediate level. To include the following for the majority of the time: <ul style="list-style-type: none"> ■ Expression ■ Communication ■ Technique ■ Projection ■ Interpretation ■ Atmosphere 	Evidence of a Jazz Dance performance at an intermediate level. To include the following throughout: <ul style="list-style-type: none"> ■ Expression ■ Communication ■ Technique ■ Projection ■ Interpretation ■ Atmosphere

Definitions

Definitions of the Terminology used in the Grade Descriptors

Expression	Reflected through face and movement
Communication	Demonstrated through face and body to an audience and fellow performers
Fluency	Displayed by the smoothness, pace and quality of the moment
Projection	Expressed to an audience through mood, feelings and emotion via movement, body language and face
Dynamic Values	Performed with the appropriate vibrancy for each exercise or performance
Interpretation	Demonstrated through understanding and responding creatively to the given material i.e. the motivation of a song
Musicality	Expressed by matching and performing the form of music through rhythm, melody and mood
Technique	Executing accurate technical skill required appropriate to the genre
Timing	Displayed timing through music i.e. on the beat
Recall Of Content	By performing examination content from memory
Spatial Awareness	Effectively used, considered and moved through
Musical Response	Displayed through rhythm, dynamics, phrasing, atmosphere and time signatures
Commitment	The investment and focus of appropriate skills given to the task in hand
Atmosphere	Enhancement of mood
Basic Ability	A starting point demonstrating the initial fundamentals required
Intermediate Ability	Demonstrating secure basic skill transitioning between basic and advanced
Advanced Ability	To progress and further develop the required skill to a higher level

Certification

Successful candidates will receive an official PAA Certificate

The examination is marked with credits awarded through:

TECHNICAL EXERCISES

Section A (L01+ L02)/60

THE PERFORMANCE

Section B (L03)/40

TOTAL: **out of 100**

PAA Jazz Dance Exam Structure

PAA candidates are assessed using two examination components:

- 1 Technical Exercises
- 2 The Performance

1 TECHNICAL EXERCISES

PAA Suggested Technical Exercises

PAA has created a repertoire of Suggested Technical Exercises designed to challenge, build strength, technique and a strong sense and understanding of style and performance. The Suggested Technical Exercises can be used for the examination alongside the set PAA Jazz Dance Music.

A video demonstrating all the Suggested Technical Exercises is available to download from www.rslawards.com/performance-arts

OR Teacher's Arrangement

PAA promotes creativity and gives the teacher the flexibility to create and use their own Technical Exercises. The arrangement including the use of additional steps, arms and style can be choreographed by the teacher. Teachers must ensure their arrangements are at an appropriate level of technical difficulty for each grade.

The set Jazz Dance music must be used alongside the guidance notes for the Teacher's Arrangement option found on [page 47](#).

Teachers have creative control over the selection of Technical Exercises therefore, teachers may choose to use some of the Suggested PAA exercises and some of their own Technical Exercises. This means teachers can 'mix and match' Technical Exercises to create a unique body of work.

Please note – The set Jazz Dance music must be used for both The Suggested Technical Exercises and Teacher's Arrangements. To download the music please visit the website www.rslawards.com/performance-arts

Improvisation

Improvisation is introduced at level 2 and 3 only. Candidates are required to improvise; this will be assessed in small groups. The improvisation will be to music the examiner provides. Candidates should aim to use a wide vocabulary of steps along with a strong sense of technique and style.

Candidates will be permitted to listen to the piece of music once through before they are asked to improvise.

2 THE PERFORMANCE

The Performance is the final element to the examination and can include any style or variation of Jazz Dance. Teachers have creative control over the content of the group performance. Props and costumes are permitted for the group performance only.

PAA exams encourage creativity and do not make any compulsory requirements for the group performance material.

However, each performance is required to adhere to the allocated performance time boundaries. Teachers and candidates are encouraged to closely consider the Learning Outcomes and Assessment Criteria for the specific qualification level they are entering.

Examiners may ask to see any exercise or performance in small groups and more than once if they feel it is necessary.

General Notes

On the day of the examination, the Principal is required to meet with the examiner to discuss any absences or changes to the day. The examiner will take a register before every examination.

Centres must provide examiners with an adequate table, chair, lighting and refreshments.

A member of staff is required to sit in the examination and operate the music. Staff must be on hand to support the organisation and chaperone students from the examination once completed.

PAA Suggested Technical Exercises

PAA has created a repertoire of Suggested Technical Exercises designed to challenge, build strength, technique and a strong sense and understanding of style and performance. The Suggested Technical Exercises can be used for the examination alongside the set PAA Jazz Dance Music.

A video demonstrating all the Suggested Technical Exercises is available to download from www.rslawards.com/performance-arts

Grade 4

PAA Jazz Dance exams must meet the allocated time boundaries published in the performance requirements. A **maximum of eight candidates** can be assessed at any one time. The school's dance uniform is sufficient for the examination; however, costume and props are permitted for The Performance. All candidates **MUST** wear their allocated candidate number on the **front and back** of their clothing throughout the examination. For more information, please refer to the PAA Examination Structure.

A Jazz Dance examination can be conducted in either of the following ways:

PAA Suggested Technical Exercises

PAA has created a repertoire of Suggested Technical Exercises designed to challenge, build strength, technique and a strong sense and understanding of style and performance. The Suggested Technical Exercises can be used for the examination alongside the set PAA Jazz Dance Music.

A video demonstrating all the Suggested Technical Exercises is available to download from www.rslawards.com/performance-arts



OR

Teacher's Arrangement

PAA promotes creativity and gives the teacher the flexibility to create and use their own Technical Exercises. The arrangement including the use of additional steps, arms and style can be choreographed by the teacher. Teachers must ensure their arrangements are at an appropriate level of technical difficulty for each grade. The set Jazz Dance music must be used alongside the guidance notes for the Teacher's Arrangement option found on [page 47](#).

One member of staff must be present throughout the examination to support the organisation of candidates and operation of music.

To download the music please visit the website www.rslawards.com/performance-arts

Grade 4

Grade 4 candidates will have the ability to sustain their technique, performance and focus at an intermediate level throughout the examination. Candidates will exhibit a greater proficiency and fluency including a strong ability to combine a sense of style or theme appropriate to the exercise and performance piece. There should be evidence of thorough preparation resulting in a secure performance piece.

One member of staff must be present throughout the examination and is responsible for operating the music. Staff must not direct, lead or influence the candidates in any way.

PAA Suggested Technical Exercises:

- Exercises are read left to right
- Musical counts are given first, followed by the main action and finally arm and hand gestures
- A gap in the arm and hand gesture column denotes no change from previously given directions
- Stage directions are given from the dancer's point of view. Stage directions are abbreviated
- Where direction for head or arm movement is not specified, teachers are free to add their own
- Where exercises specify Free Arrangement teachers are given autonomy to choreography the given section or exercise

Stage Directions:

Front

DSL: Down Stage Left

DSC: Down Stage Centre

DSC: Down Stage Centre

SL: Stage Left

SC: Stage Centre

SR: Stage Right

USL: Up Stage Left

USC: Up Stage Centre

USC: Up Stage Right

1 THE WARM UP

Preparation: Stand parallel 2nd, CS facing front with arms held by sides.

Counts	Choreography	Arms
1-8	Introduction – wait.	
1-8	Tread through feet Right, Left, Right, Left.	Arms in jazz 5th, palms facing, Right arm reaching high, continue to alternate.
1, 2	Extend both legs, lift focus.	Reach jazz 5th, palms facing.
3, 4	Forward stretch.	Open to jazz 2nd.
5, 6	Hold.	
7	Release forward, plié.	Release hands to floor.
8	Unfold spine, recover to standing.	Arms held by sides.
4 bars	Repeat all starting on Left.	
1, 2	Remain standing in parallel 2nd.	Lift through jazz 2nd to jazz 5th, palms facing
3, 4	Forward stretch.	Extend forward maintaining parallel 5th.
5, 6	Plié, maintaining forward stretch.	
7	Release.	Hands to floor.
8	Recover to standing rolling through spine.	Arms held by sides.
1, 2	Step Right to Right, transferring weight, tap Left foot at side.	Swing up to jazz 2nd.
3, 4	Repeat Left.	Swing down to cross in front of body.
5-8	Into sideways gallop to Right side.	Swing up and round making a full circle via jazz 2nd.
1-8	Repeat all to Left side.	
1+2	Pas de bourrée Right.	Free.
3+4	Repeat Left – end facing DSL.	
5, 6	2 jumps parallel 1st.	
7	1 jump to parallel 2nd.	
8	1 jump parallel 1st.	

Continued over >

1 THE WARM UP (CONTINUED)

Counts	Choreography	Arms
1+2 *	<i>Facing DSL:</i> Step Right, Left to 2nd position, turned out.	High V, palms front, fingers splayed.
3, 4	Side bend Right. Hold.	Maintain.
5, 6	Release body forward, plié.	Release to floor.
7, 8	Recover to standing rolling through spine.	Arms held by sides.
1-8	Repeat to Left. *	
1-8	8 runs, turning over Left shoulder, travel in own circle, end facing front.	Free.
4 bars	Repeat all from pas de bourrée on other side.	
1, 2	2 jumps in parallel 1st.	Natural swing.
3	Jump into plié 2nd, turned out.	Hands clasp in front.
4	Hold.	
5-8	Repeat.	
1-4	Stretch to floor, knees straight.	Hands touch floor.
	Hold.	

2 LIMBERING AND MOBILISING

Preparation: Stand turned out 2nd, CS facing front with arms held by sides.

Counts	Choreography	Arms
1-8	Introduction – wait.	
1-4	Plié 2nd.	Slowly lift to jazz 2nd, palms down.
5-8	Recover and extend knees to standing straight.	Continue rising up to jazz 5th, palms facing.
1-8	Repeat plié in 2nd, stretch.	Slowly lower down to jazz 2nd and lift back up to jazz 5th.
1-4	4 side stretches with a tick-tock action Right, Left, Right, Left.	Maintain jazz 5th.
5	Forward stretch to DL.	
6	Rotate round to forward stretch.	
7,8	Plié to release stretch, unfold through spine.	Hands come to rest on floor. Come by side.
	<i>Repeat exercise from the beginning on Left side.</i>	

3 FLOOR STRENGTHENING

Preparation: Start sitting on floor facing SR, knees are flexed and drawn in, feet flat on floor, arms held in jazz 5th position.

Counts	Choreography	Arms
5-8	Introduction – wait.	
1-4	Roll down through spine to the floor.	Lower to parallel middle and open to jazz 2nd to rest on floor.
5-8	Roll back up to starting position.	Lift to parallel middle and lift to jazz 5th.
1-8	Repeat.	
1-4	Roll down through the spine to floor.	Lower to parallel middle and open to jazz 2nd to rest on floor.
5-8	Come up to Jack Knife position and hold.	Counter balance in low V.
1-8	Repeat.	Repeat.
1-4	Release and roll through the spine to floor.	Lower to parallel middle and open to jazz 2nd to rest on floor.
5-8 *	Front kick Right and Left.	Low V on floor.
1-4	Front kick Right, catch and hold.	Aid stretch.
5-8	Slowly lower the Right leg.	
1, 2	Roll onto the Right side.	Right on floor, Left in front of chest, resting on floor.
3, 4	Side kick Left.	
5-8	Roll back to lying position.	
6 bars	Repeat from front kicks. *	Repeat as before.
1-4	Curl up to sitting position, legs straight.	Up to jazz 5th.
5-8	Release the body forwards and stretch over legs.	Rest on ankles.
1, 2	Come up from stretch and draw knees in to chest.	Wrap round legs.
3, 4	Drop knees to Left, roll and come up to kneeling facing SL.	
5-8	Into back bend.	Right circles (forward, up, back) fingertips touching the floor, Left continues the diagonal line.

4 ISOLATIONS

Preparation: Stand parallel CS 2nd facing front, arms held by sides.

Counts	Choreography	Arms
1-8	Introduction – wait.	
1, 2	Body ripple transferring weight onto Right hip.	Arms held by sides.
3, 4	Left foot, ball change, step.	
5	Jump feet together, body over , knees bent.	Wrap body.
6	Hold.	
7, 8	Open stepping Left foot forwards, with a hip roll Left.	Splayed hand, wrists roll.
1	Close Right leg to stand parallel 1st.	
8&2	Head isolation, down, up.	
3		Hands cross to touch the opposite shoulder.
8		Hands uncross to touch corresponding shoulder.
4		Arms come by sides.
5	Step forward on Left leg.	Low V, palms splayed to back.
6	Hold.	
7, 8	Step to side on Right foot, with hip roll Right.	Arms held by sides.
1, 2	Rib isolation Left, Right.	
3, 4	Rib rotation starting Right.	
5-8	Repeat rib sequence.	
1, 2	Isolate Right knee, head tilts to Right.	Right shoulder shrug.
3, 4	Repeat Left.	Repeat Left.
5, 6		Shoulder roll on both sides.
7	Close the Right leg, in bevelle position.	
8	Switch legs.	Reach to Jazz 5th, palms splayed to front.
	<i>Be prepared to demonstrate the exercise on both sides.</i>	

5 PIROUÉTTE

Free Arrangement choreographed by the teacher. Pirouette exercise in the centre appropriate for an intermediate dancer, to include:

- Use of Jazz 4th, relevé and retiré
- Single and double pirouette
- Demonstrate on both sides

6 PREPARATION FOR LEG TILT AT THE BARRE

Preparation: Stand in turnout 1st position, facing the barre with hands placed on barre.

Counts	Choreography	Arms
1-8	Introduction – wait.	Place hands on barre.
1-4	Tendu Right leg to 2nd.	
5, 6	Lift the leg aiming for 90 degrees or above.	
7	Lower to tendu 2nd.	
8	Lift the leg aiming for 90 degrees or above.	
1-4	Lower to tendu 2nd.	
5-8	Close slowly to 1st position.	
4 bars	Repeat other side.	
1, 2	Tendu Right.	
3, 4	Bring the Right knee to retiré.	
5, 6	Adjust weight placement, bringing Right knee in high, tilting body. (to prepare for leg extension)	
7, 8	Extend the Right leg into tilt position.	Right arm to jazz 5th.
1-4	Hold tilt.	
5, 6	Lower Right leg to tendu 2nd , recover body.	Replace on barre.
7, 8	Close Right leg to 1st position.	
4 bars	Repeat leg tilt on the Left side.	Repeat on Left.
	<i>Be prepared to demonstrate the exercise on both sides.</i>	

7 GIRL'S ARM SEQUENCE

Preparation: Stand parallel 2nd, CS, facing front, arms held by side.

Counts	Choreography	Arms
5-8	Introduction – wait.	
1, 2		Right draws circle around head.
3, 4		Then around front of body, recover to side.
5-7	Isolate Left knee on forced arch, weight transferring into Left leg.	Reach forward, hand splayed and palm down.
8	Extend Left knee, weight transfers back to Centre.	Recover to by side.
1-4	Repeat above knee isolation and weight transference turning the upper body to DSL with slow contraction.	Both reach forward to low V, palms splayed to front.
5	Step onto Right leg and retiré the Left (turned out) adjusting to face front.	Lift to jazz 4th.
6	Step Left across.	Release.
7, 8	Chainé turn to Right.	Open jazz 2nd, close jazz 1st.
1-3	Slow runs to DSR.	Held in low jazz 2nd.
4	End standing in parallel 1st.	Arms held by sides.
5-8	Head follows arm.	Right brushes up along the Left arm and across the chest to fall by Right side.
1-4	Left leg lunge, to USL, turn upper body into the lunge.	Left circles backwards, hand splayed.
5, 6	Travelling on diagonal to USL, step back Right. Head follows arm.	Right lifts to high V.
7, 8	Repeat Left.	Repeat Left.
1-4	Run in own circle turning over Right shoulder to end facing front in parallel 1st.	Cross, circling inwards to by sides.
5-8	Hold.	

7 BOY'S ARM SEQUENCE

Preparation: Stand parallel 2nd, CS, facing front, arms held by side.

Counts	Choreography	Arms
1-8	Introduction – wait.	
1, 2		Right draws circle around head.
3, 4		Then around front of body, recover to side.
5-7	Isolate Left knee on forced arch, weight transferring into Left leg.	Reach forward, hand splayed and palm down.
8	Extend Left knee, weight transfer back to Centre.	Recover to by side.
1-4	Repeat above knee isolation and weight transference turning the upper body to DSL with slow contraction.	Both reach forward to low V, palms splayed to front.
5	Circular spring on to Right.	Raise to jazz 4th.
6	Step Left across.	Release.
7, 8	Chainé turn to Right.	Open jazz 2nd, close jazz 1st.
1-3	Slow runs to DSR.	Held in low jazz 2nd.
4	End standing in parallel 1st.	Arms held by sides.
5-8	Head follows arm.	Right brushes up along the Left arm and across the chest to fall by Right side.
1-4	Left leg lunge, to USL, turn upper body into the lunge.	Left circles backwards, hand splayed.
5, 6	Travelling on diagonal to USL, step back Right. Head follows arm.	Right lifts to high V.
7, 8	Repeat Left.	Repeat Left.
1-4	Run in own circle turning over Right shoulder to end facing front in parallel 1st.	Cross, circling inwards to by sides.
5-8	Hold.	

8 ELEVATION AND TRAVEL – DANCE COMBINATION

Preparation: Stand USR, facing DSL, in parallel 1st, arms held by sides.

Counts	Choreography	Arms
1–8	Introduction – wait	
1, 2	<i>Travelling on diagonal to DSL:</i> Step hop on Left – Right to retiré, twist upper body to front.	Swing to jazz 2nd, palms down.
3, 4	Run Right, Left. Leap on Right.	Arms in opposition.
5, 6 7, 8	Repeat.	
1, 2	<i>On spot:</i> Left leg steps forward to rise on both feet.	Lift to jazz 5th, Left hand clasps the Right wrist, elbow bent.
3, 4	Hold balance.	
5, 6	Small high release, flex knees, focus high.	
7	Extend knees.	
8	Heels down.	
1	<i>Facing SL, travelling US:</i> Circular spring on to Left.	Jazz 4th, Left high.
2	Right leg step across.	Swing round.
3, 4	Left leg gallop, sideways.	Arms held by sides.
5	Step Right across.	
6	<i>Turning to face DSR:</i> Step hop on Left.	Jazz 4th, Right high.
7, 8	Right steps forward, Left closes to parallel 1st.	
1, 2	<i>Travel on diagonal to DSR:</i> Right leg gallop.	Swing opposition.
3	Step Left across.	
4	Side leap Right (hips face DSL).	Jazz 2nd, palms down.
5	Cross Left leg behind.	
6	<i>To face DSR:</i> turning pas de bourrée over Left shoulder into jazz 4th, preparation for pirouette.	Free.
7, 8	Double pirouette Right.	Jazz 1st.
1, 2	Step Right to parallel 2nd, hold.	Arms held by sides.
3, 4	Circular spring to the Right.	Jazz 4th, Right high.
5–8	<i>In own circle to CS:</i> Runs in own circle turning over Right shoulder.	Arms held by sides.

Continued over >

8 ELEVATION AND TRAVEL – DANCE COMBINATION (CONTINUED)

Counts	Choreography	Arms
1, 2	<i>On spot:</i> Step Left to side lunge.	Open through jazz 5th.
3–5	<i>To Left:</i> Pas de bourrée Right.	
6	Left side kick.	Jazz 4th, Left high.
7, 8	Lower leg and transfer weight.	Lower.
1, 2	Pas de bourrée turning to Right, end facing front.	Arms held by sides.
3–8	<i>Travel to USL:</i> 6 runs, turning by Left shoulder.	Swing.
1–4	<i>To end in USL, facing DSR:</i> Join feet parallel 1st.	Arms held by sides.
5–8	Hold.	
	<i>Be prepared to demonstrate the exercise on both sides.</i>	

9 IMPROVISATION

Improvisation is introduced at level 2. Candidates are required to improvise; this will be assessed in small groups. The improvisation will be to music the examiner provides. Candidates should aim to use a wide vocabulary of steps along with a strong sense of technique and style. Candidates will be permitted to listen to the piece of music once through before they are asked to improvise.

Improvisation – approximately 45 seconds

THE PERFORMANCE

The Performance is the final element to the examination and can include any style or variation of Jazz Dance. The music is of free choice and all candidates will dance together as a group. Costume and props are permitted if required. The Performance piece should give each candidate an equal opportunity to exhibit their dance skills at the appropriate level. Each candidate will be awarded a mark based on their individual performance within the group.

Grade 4 Dance Performance – approximately 2 minutes each

10 THE BOW

Free Arrangement.

Grade 5

PAA Jazz Dance exams must meet the allocated time boundaries published in the performance requirements. A **maximum of eight candidates** can be assessed at any one time. The school's dance uniform is sufficient for the examination; however, costume and props are permitted for The Performance. All candidates **MUST** wear their allocated candidate number on the **front and back** of their clothing throughout the examination. For more information, please refer to the PAA Examination Structure.

A Jazz Dance examination can be conducted in either of the following ways:

PAA Suggested Technical Exercises

PAA has created a repertoire of Suggested Technical Exercises designed to challenge, build strength, technique and a strong sense and understanding of style and performance. The Suggested Technical Exercises can be used for the examination alongside the set PAA Jazz Dance Music.

A video demonstrating all the Suggested Technical Exercises is available to download from www.rslawards.com/performance-arts



OR

Teacher's Arrangement

PAA promotes creativity and gives the teacher the flexibility to create and use their own Technical Exercises. The arrangement including the use of additional steps, arms and style can be choreographed by the teacher. Teachers must ensure their arrangements are at an appropriate level of technical difficulty for each grade. The set Jazz Dance music must be used alongside the guidance notes for the Teacher's Arrangement option found on **page 47**.

One member of staff must be present throughout the examination to support the organisation of candidates and operation of music.

To download the music please visit the website www.rslawards.com/performance-arts

Grade 5

Grade 5 candidates will have the ability to sustain their technique, performance and focus at an intermediate level throughout the examination. Candidates will exhibit a greater proficiency and fluency including a strong ability to combine a sense of style or theme appropriate to the exercise and performance piece. There should be evidence of thorough preparation resulting in a secure performance piece.

One member of staff must be present throughout the examination and is responsible for operating the music. Staff must not direct, lead or influence the candidates in any way.

PAA Suggested Technical Exercises:

- Exercises are read left to right
- Musical counts are given first, followed by the main action and finally arm and hand gestures
- A gap in the arm and hand gesture column denotes no change from previously given directions
- Stage directions are given from the dancer's point of view. Stage directions are abbreviated
- Where direction for head or arm movement is not specified, teachers are free to add their own
- Where exercises specify Free Arrangement teachers are given autonomy to choreograph the given section or exercise

Stage Directions:

Front

DSL: Down Stage Left

DSC: Down Stage Centre

DSC: Down Stage Centre

SL: Stage Left

SC: Stage Centre

SR: Stage Right

USL: Up Stage Left

USC: Up Stage Centre

USC: Up Stage Right

1 THE WARM UP

Preparation: Stand parallel 1st, CS facing front, arms held by sides.

Counts	Choreography	Arms
1-8	Introduction – wait.	
1-4	3 runs and accented hop onto Right leg first.	Free.
5-8	Repeat other side.	
1-8	Repeat all.	
1-4	4 jumps in parallel 1st.	Natural swing.
5-8	4 jumps 2nd turn-out.	
1, 2	Grande plié 2nd.	Lift to jazz 2nd, palms down.
3, 4	Recover to standing.	Reach to jazz 5th, palms front.
5-8	Repeat plié and recover.	Return to jazz 2nd, palms front and hold.
1-4	4 rib isolations, start with Right.	Jazz 2nd, palms down.
5-8	4 treads though feet, start with Right. Focus high, working to stretch alternate sides.	Right reaches to jazz 5th, Left held in parallel low. Alternate stretch Right, Left, Right, Left.
1, 2	Plié in 2nd turned out.	Lift to jazz 2nd, palms down.
3, 4	Recover to standing.	Jazz 5th, palms facing.
5-8	Forward stretch.	Remain.
1-4	Recover to standing.	Lift in jazz 5th, palms facing.
5-8	Plié in 2nd, high release and ripple down to floor, recover to standing.	High release opening through jazz 2nd ending by sides.
1-8	2 burpees.	Reach up on jump. Recover by sides.
1-4	4 runs starting on Right, with leg picked up front in attitude.	Free.
5-8	2 star jumps.	Open to high V and recover by side.
1-4	Release head back into high release, shoulders roll back, ripple through body to floor and recover to standing.	Arms held by sides.
5-8	Head circle.	
	Hold.	

2 LIMBERING AND MOBILISING

Preparation: Stand parallel 2nd, CS facing front with arms held by sides, palms down.

Counts	Choreography	Arms
1-4	Introduction – wait.	
5-8	Introduction – wait.	Lift through jazz 2nd to parallel 5th, palms front.
1, 2	Turn the body to face DSL.	Remain.
3, 4	Lower into forward stretch.	
5-8	Hold.	
1-4	Lower body over Left leg bringing chest to leg.	Hands come to Left ankle. Hands Centre, fingertips to floor.
5, 6	Move round to Centre.	
7, 8	Recover to standing, rolling through spin, using plié.	Lift through jazz 2nd to jazz 5th.
4 bars	Repeat all from beginning.	Repeat arms end by side.
1-4	Slowly lower into forward stretch.	Arms held by sides.
5, 6	Hold.	
7, 8	Hold.	Jazz 5th, palms facing.
1-4	Plié in turned out 2nd.	
5, 6	Release body forward, extending knees.	Hands on floor.
7, 8	Roll up through spine to standing parallel 2nd.	Arms held by sides.
4 bars	Repeat forward stretch and release.	

3 FLOOR STRENGTHENING

Preparation: Sit on floor, facing SR, knees flexed and drawn in, feet flat on floor, arms held in jazz 5th, palms forwards.

Counts	Choreography	Arms
5-8	Introduction – wait.	
1-8	Roll down through spine, keeping upper back just off the floor.	Lower until hands clasp and arms are extended in front.
1-8	Reverse and recover to sitting position.	Reverse to jazz 5th.
1-8	Repeat above in 4 counts .	Repeat.
1, 2	Extend knees until legs straight.	Reach to jazz 5th, palms facing.
3, 4	Forward stretch over legs.	Hands rest on floor by feet.
5-8	Hold stretch.	
1-4	Hold stretch.	
5-8	Recover to sitting, knees to chest, feet flat on the floor.	Hands hold knees.
1-3	Upper back bend.	
4	Recover.	
5-8	Repeat.	
1	Knees drop to the Left side (front).	Left arm supports weight.
2-4	Roll over into press-up position.	Press up position.
5-8	Lower down to come lying on front.	
1-4	Hold.	
5-8	Push body into arch, feet and hands flat on the floor.	
1, 2	Release the Right leg and feed under the Left, towards the back.	Left hand comes off the floor.
3, 4	Release the Left leg, turning the body to end sitting in 2nd position, facing SR.	Lift to jazz 2nd.
5-8	Hold.	
1-8	Circular stretch - over Right leg, in Centre, over Left leg and recover.	Circle with body.
1-8	Repeat in other direction.	Repeat.

Continued over >

3 FLOOR STRENGTHENING (CONTINUED)

Counts	Choreography	Arms
1, 2	Hug knees into chest, feet flat on foot.	Hold knees.
3, 4	Hold.	
5, 6	Lay on Right side, legs extended.	Right extended along the floor and Left on floor in front of chest.
7, 8	Side kick Left.	
1-4	Repeat kick.	
5, 6	Roll onto back, legs extended.	Arms held by sides.
7, 8	Curl up to sitting.	Lift to jazz 5th, palms facing.

4 ISOLATIONS

Preparation: Stand parallel 2nd, CS facing front, arms held by sides.

Counts	Choreography	Arms
1-8	Introduction – wait.	
1	Isolate and invert Right knee, inverted. Right shoulder isolation, head isolation inclines to Right.	Arms held by sides.
2	Recover.	
3, 4	Repeat other side.	
5-8	Rib isolation in box, Right first.	
1, 2	Pas de bourrée on Left.	
3, 4	Hip rotation Right, stepping out with Right to Right.	Lift through jazz 2nd to jazz 5th open to opposition.
5	Backwards shoulder roll Left.	
6	Transfer weight on to Left, isolate and invert Right knee, forced arch.	Arms held by sides.
7	Hold.	
8	Isolate Right hip up and recover.	
1&	Step Right, step Left across – travelling to SR.	Jazz 1st, invert elbows.
2	Step Right to side in to a lunge.	Jazz 5th.
3		Open to jazz 2nd.
4	Transfer weight onto Right leg, turning upper body towards SL. Right leg flexed, Left stretched.	Come round and under to low V, palms up.
5	Dig Right foot behind on forced arch, turn body back to face front.	Left jazz 2nd, fingers splayed, Right hand behind head.
6	Turn over Right shoulder to face back in parallel 2nd.	Unfold to come by side.
7	Hold.	
8	Turn body to front over Right shoulder, Left lifts to forced arch to enable turn, knees bend.	Jazz 4th, Left high.
1	Step Left leg to parallel 2nd, facing front.	Arms held by sides.
2-4	Head rotation to Right.	
5-6	Backwards shoulder roll Right, Left.	
7	Jump to close feet in parallel 1st.	
8	Hold.	
	<i>Be prepared to demonstrate the exercise on both sides.</i>	

5 PIROUÉTTE

Free Arrangement choreographed by the teacher. Pirouette exercise in the centre appropriate for an intermediate dancer, to include:

- Use of Jazz 4th, relevé and retiré
- Single and double pirouette
- Travelling turns
- Demonstrate on both sides

6 LEG TILT – PREPARATION AT THE BARRE

Preparation: Stand in 1st position, turned out, sideways to the barre with Left hand placed on barre.

Counts	Choreography	Arms
5–8	Introduction – wait.	
1, 2	Bring the Right knee to retiré.	Lift to jazz 2nd
3, 4	Adjust weight placement (to prepare for leg extension), lift knee and start to tilt body towards barre.	
5–8	Extend the Right leg into tilt position .	Lift to jazz 5th.
1–4	Hold.	
5, 6	Lower leg.	Lower to jazz 2nd.
7, 8	Close to 1st position (2nd time – also turn to face other side).	Lower to by side.
4 bars	Repeat all from the beginning, turning to other side when completed the exercise twice.	
1–4	Turn towards the barre to return to other side.	
5–8	Hold.	Lower arm from barre to by side.
	<i>Be prepared to demonstrate the exercise on both sides.</i>	

7 KICK SEQUENCE

Preparation: Stand USC, facing front with feet in preparatory, weight on Left, arms held by sides.

Counts	Choreography	Arms
1-4	Introduction – wait.	
5-8	Introduction – wait.	Lift to jazz 2nd, palms down.
1-3	Pas de bourrée starting Right.	
4	Left leg side kick.	
5-8	Repeat other side.	
1, 2	Gallop Left, travelling towards DSR.	
3, 4	Chainé turn Right.	
5	Step Right leg to side to face front.	
6, 7	Fan kick Left.	
8	Step Left to side into a lunge.	
1-6	Turn over Right shoulder, 6 runs to USC to end facing front.	
7, 8	Into opening position, feet in preparatory, weight on Right leg.	Jazz 2nd, palms down.
6 bars	Repeat from the beginning starting with Left leg pas de bourrée <i>Be prepared to demonstrate the exercise on both sides.</i>	

8

ELEVATION AND TRAVEL – DANCE COMBINATION

Preparation: Sit on floor CS, face USL. Sitting in pretzel position, Left leg on top, arms held in low V, fingertips touch floor.

Counts	Choreography	Arms
1–8	Introduction – wait.	
1–8	Relax rounding forward over Left knee.	Slowly, curve around knee.
1–3	<i>To face back:</i> Fan legs.	Hands rest on floor, by hips to offer support.
4	Briefly come to sitting in pretzel facing USR, Right leg on top.	
5–7	<i>To face USR:</i> Push up to standing using the Right leg.	Arms held by sides.
8	Join Left foot to Right.	
1–4	<i>To face front:</i> 2 circular springs, turning over Right shoulder.	Left jazz 2nd, Right circles above head.
5–8	Step on Right, kneel, roll on seat and recover to standing.	Hands rest on floor by hips to offer support.
1–3	<i>Travel towards DSL:</i> 3 runs, starting on Right.	Swing in opposition.
8&4	Step Left, relevé and bring Right to knee.	Left extended in opposition, Right extended to back.
5, 6	<i>Travel to SR, face front:</i> Gallop to Right.	Natural swing.
7	Step Left across.	
8	Side leap to Right.	Jazz 2nd.
8	Left leg lowers behind.	
1, 2	<i>To face DSR:</i> Pas de bourée on Left.	Into jazz 3rd.
3, 4	Double pirouette.	Jazz 1st.
5	Recover to stand parallel 2nd on relevé.	Push open to jazz 2nd, wrists flexed.
6	Release over legs, knees flexed.	Wrap into body.
7	Recover to parallel 2nd on relevé as before.	Push to jazz 2nd as before.
8	Hold.	
1–8	<i>Travelling to USR:</i> 8 runs.	Swing in opposition.
1, 2	<i>Travelling to DSL:</i> Chainé turn Right (with back to front).	Open jazz 2nd, close jazz 1st.
3, 4	Right leg gallop.	Swing in to opposition.
5, 6	Left leg gallop.	
7	Step Right.	
8	Left leg forward leap.	

Continued over >

8 ELEVATION AND TRAVEL – DANCE COMBINATION (CONTINUED)

Counts	Choreography	Arms
1–4	Recover on Left leg join Right to close parallel 1st, relax over and flex knees, recover to standing rolling through spine.	Free.
5, 6, 7, 8	<i>Travelling to USC:</i> Gallop Left, Right (turning over Left shoulder).	
1–8	<i>Travelling to DSC:</i> 8 jazz runs starting Left leg (turning over Left shoulder).	
1, 2	<i>Facing front:</i> Step Left across and Right side kick.	Jazz 1st, jazz 4th, Left high.
3	Step Right across.	
4	Step and drag on Left to Left.	Down, Right in front.
5–8	Repeat kick and drag on other side.	Jazz 1st, jazz 4th, Right high.
1, 2	<i>To face DSR:</i> Pas de bourrée Left, turning over Left shoulder.	Jazz 1st to opposition.
3, 4	Repeat other side.	Repeat.
5	Single pirouette Left.	Jazz 1st.
6	Recover Jazz 4th.	Opposition.
7, 8	Repeat pirouette and land in parallel 2nd.	Repeat.
1–4	<i>Travelling round to SR:</i> 2 circular springs on Left.	Right jazz 2nd, Left arm circles above head.
5, 6	<i>Travelling to USC:</i> Gallop Left.	Swing in opposition.
7, 8	<i>To face front:</i> Step open Right, Left to come parallel 2nd.	Right, Left to by sides.
1	Step Right to side.	
2	Left leg fan kick.	Left jazz 2nd, Right arm circles above head.
3	Step Left to side.	
4	Kneel on Right.	
5–8	<i>To face USL:</i> Roll into opening position, relax over knee.	Stretch forward to wrap around leg.
	<i>Be prepared to demonstrate the exercise on both sides.</i>	

9 IMPROVISATION

Improvisation is introduced at level 2. Candidates are required to improvise; this will be assessed in small groups. The improvisation will be to music the examiner provides. Candidates should aim to use a wide vocabulary of steps along with a strong sense of technique and style. Candidates will be permitted to listen to the piece of music once through before they are asked to improvise.

Improvisation – approximately 45 seconds

THE PERFORMANCE

The Performance is the final element to the examination and can include any style or variation of Jazz Dance. The music is of free choice and all candidates will dance together as a group. Costume and props are permitted if required. The Performance piece should give each candidate an equal opportunity to exhibit their dance skills at the appropriate level. Each candidate will be awarded a mark based on their individual performance within the group.

Grade 5 Dance Performance – approximately 2 minutes each

10 THE BOW

Free Arrangement.



Teacher's Arrangement

Guidance is provided for those teachers who decide to present their own exercises. The rationale is to ensure like for like parity across those schools who opt to follow the PAA suggested syllabus and those who create their own program of study. Teachers may choose to mix and match between the PAA Suggested Technical Exercises and their own Technical Exercises creating a unique body of work.

There should be evidence of thorough preparation resulting in a secure performance piece.

Grade 4

PAA Jazz Dance exams must meet the allocated time boundaries published in the performance requirements. A **maximum of eight candidates** can be assessed at any one time. The school's dance uniform is sufficient for the examination; however, costume and props are permitted for The Performance. All candidates **MUST** wear their allocated candidate number on the **front and back** of their clothing throughout the examination. For more information, please refer to the PAA Examination Structure.

A Jazz Dance examination can be conducted in either of the following ways:

PAA Suggested Technical Exercises

PAA has created a repertoire of Suggested Technical Exercises designed to challenge, build strength, technique and a strong sense and understanding of style and performance. The Suggested Technical Exercises can be used for the examination alongside the set PAA Jazz Dance Music.

A video demonstrating all the Suggested Technical Exercises is available to download from www.rslawards.com/performance-arts



OR

Teacher's Arrangement

PAA promotes creativity and gives the teacher the flexibility to create and use their own Technical Exercises. The arrangement including the use of additional steps, arms and style can be choreographed by the teacher. Teachers must ensure their arrangements are at an appropriate level of technical difficulty for each grade. The set Jazz Dance music must be used alongside the guidance notes for the Teacher's Arrangement option found on [page 47](#).

One member of staff must be present throughout the examination to support the organisation of candidates and operation of music.

To download the music please visit the website www.rslawards.com/performance-arts

Grade 4

Grade 4 candidates will have the ability to sustain their technique, performance and focus at an intermediate level throughout the examination. Candidates will exhibit a greater proficiency and fluency including a strong ability to combine a sense of style or theme appropriate to the exercise and performance piece. There should be evidence of thorough preparation resulting in a secure performance piece.

One member of staff must be present throughout the examination and is responsible for operating the music. Staff must not direct, lead or influence the candidates in any way.

Teachers arranging their own technical exercises must include the following elements. The required dance steps specified below also appear in the PAA Suggested Technical Exercises video.

To clarify any of the dance steps listed in the Teacher Arrangement, please download the PAA Jazz Dance Level 2 video from www.rslawards.com/performance-arts

1 THE WARM UP

Warm up exercise appropriate for an intermediate dancer, to include:

- Variety of preliminary stretches including forward stretch
- Full plié in 2nd position

2 LIMBERING AND MOBILISING

Exercise appropriate for an intermediate dancer focusing on the flexibility of the hips, hamstring and spine, to include:

- Side bends or side stretch
- Forward stretch transitioning from side to forward

3 FLOOR STRENGTHENING

Exercise to develop strength and control appropriate for an intermediate dancer, to include:

- Leg kicks with catch, hold stretch
- Controlled abdominal strengthening exercise including Jack Knife and Coccyx balance

4 ISOLATIONS

Exercise to develop isolations appropriate for an intermediate dancer, to include:

- Layering of isolations
- Body ripple

5 PIROUÉTTE

Pirouette exercise in the centre appropriate for an intermediate dancer, to include:

- Use of Jazz 4th, relevé and retiré
- Single and double pirouette
- Demonstrate on both sides

6 PREPARATION FOR LEG TILTS AT THE BARRE

Exercise facing the barre preparing for full leg extension tilt appropriate for an intermediate dancer, to include:

- Working leg through retiré to tilt position
- Demonstrate on both sides

7 ARM SEQUENCE

Arm exercise, lyrical in style appropriate for an intermediate dancer, to include:

- Use of rise and fall quality
- Use of travelling steps layered with arm sequence
- Use of creative and various arm pathways

8 ELEVATION AND TRAVEL

Penultimate dance combination, an opportunity to bring greater creativity and sense of showmanship, in preparation for the final dance performance, to include:

- Front split leap
- Side kicks
- Single and double pirouette
- Demonstrate on both sides

9 IMPROVISATION

Improvisation is introduced at level 2. Candidates are required to improvise; this will be assessed in small groups. The improvisation will be to music the examiner provides. Candidates should aim to use a wide vocabulary of steps along with a strong sense of technique and style. Candidates will be permitted to listen to the piece of music once through before they are asked to improvise.

Improvisation – approximately 45 seconds

THE PERFORMANCE

The Performance is the final element to the examination and can include any style or variation of Jazz Dance. The music is of free choice and all candidates will dance together as a group. Costume and props are permitted if required. The Performance piece should give each candidate an equal opportunity to exhibit their dance skills at the appropriate level. Each candidate will be awarded a mark based on their individual performance within the group.

Grade 4 Dance Performance – approximately 2 minutes each

10 THE BOW

Free Bow.



Grade 5

PAA Jazz Dance exams must meet the allocated time boundaries published in the performance requirements. A **maximum of eight candidates** can be assessed at any one time. The school's dance uniform is sufficient for the examination; however, costume and props are permitted for The Performance. All candidates **MUST** wear their allocated candidate number on the **front and back** of their clothing throughout the examination. For more information, please refer to the PAA Examination Structure.

A Jazz Dance examination can be conducted in either of the following ways:

PAA Suggested Technical Exercises

PAA has created a repertoire of Suggested Technical Exercises designed to challenge, build strength, technique and a strong sense and understanding of style and performance. The Suggested Technical Exercises can be used for the examination alongside the set PAA Jazz Dance Music.

A video demonstrating all the Suggested Technical Exercises is available to download from www.rslawards.com/performance-arts



OR

Teacher's Arrangement

PAA promotes creativity and gives the teacher the flexibility to create and use their own Technical Exercises. The arrangement including the use of additional steps, arms and style can be choreographed by the teacher. Teachers must ensure their arrangements are at an appropriate level of technical difficulty for each grade. The set Jazz Dance music must be used alongside the guidance notes for the Teacher's Arrangement option found on **page 47**.

One member of staff must be present throughout the examination to support the organisation of candidates and operation of music.

To download the music please visit the website www.rslawards.com/performance-arts

Grade 5

Grade 5 candidates will have the ability to sustain their technique, performance and focus at an intermediate level throughout the examination. Candidates will exhibit a greater proficiency and fluency including a strong ability to combine a sense of style or theme appropriate to the exercise and performance piece. There should be evidence of thorough preparation resulting in a secure performance piece.

One member of staff must be present throughout the examination and is responsible for operating the music. Staff must not direct, lead or influence the candidates in any way.

Teachers arranging their own technical exercises must include the following elements. The required dance steps specified below also appear in the PAA Suggested Technical Exercises video.

To clarify any of the dance steps listed in the Teacher Arrangement, please download the PAA Jazz Dance Level 2 video from www.rslawards.com/performance-arts

1 THE WARM UP

Warm up exercise appropriate for an intermediate dancer, to include:

- Accented hop and jumps in 1st and 2nd with fully stretched feet
- High release into preliminary stretches

2 LIMBERING AND MOBILISING

Exercise appropriate for an intermediate dancer focusing on the flexibility of the hips, hamstring and spine, to include:

- Deep pli  in 2nd position whilst maintaining forward stretch
- Standing stretches, passive and ballistic

3 FLOOR STRENGTHENING

Exercise to develop strength and control appropriate for an intermediate dancer, to include:

- Plank and or press-up
- A variety of controlled abdominal strengthening exercises

4 ISOLATIONS

Exercise to develop isolations appropriate for an intermediate dancer, to include:

- Layering of isolations including change of direction
- Use of connecting or travelling steps

5 PIROUÉTTE

Pirouette exercise in the centre appropriate for an intermediate dancer, to include:

- Use of Jazz 4th, relevé and retiré
- Single and double pirouette
- Travelling turns
- Demonstrate on both sides

6 PREPARATION FOR LEG TILTS AT THE BARRE

Exercise sideways to the barre preparing for full leg extension tilt appropriate for an intermediate dancer, to include:

- Working leg through retiré to tilt position
- Demonstrate on both sides

7 KICK SEQUENCE

Kick amalgamation appropriate for an intermediate dancer, to include:

- Use of forward, side and circular kicks
- Demonstrate on both sides

8 ELEVATION AND TRAVEL

Penultimate dance combination, an opportunity to bring greater creativity and sense of showmanship, in preparation for the final dance performance, to include:

- Front and side split leap
- Single and double pirouette
- Travelling turns
- Demonstrate on both sides

9 IMPROVISATION

Improvisation is introduced at level 2. Candidates are required to improvise; this will be assessed in small groups. The improvisation will be to music the examiner provides. Candidates should aim to use a wide vocabulary of steps along with a strong sense of technique and style. Candidates will be permitted to listen to the piece of music once through before they are asked to improvise.

Improvisation – approximately 45 seconds

THE PERFORMANCE

The Performance is the final element to the examination and can include any style or variation of Jazz Dance. The music is of free choice and all candidates will dance together as a group. Costume and props are permitted if required. The Performance piece should give each candidate an equal opportunity to exhibit their dance skills at the appropriate level. Each candidate will be awarded a mark based on their individual performance within the group.

Grade 5 Group Performance – approximately 2 minutes each

10 THE BOW

Free Arrangement.

