

Jazz Syllabus – Progress Checklist

Level 4: Experienced Intermediate

Basics

There are no additional basics for Level 3 and above. The focus will shift from combining movement of multiple body parts

Isolations

| Category | Step/Movement | Details/Development | Progress |
|--------------------|----------------------------|---------------------|----------|
| Ribs | Circle (frontal plane) | | |
| Spine – body rolls | Sideways body roll | | |
| | Reverse sideways body roll | | |

Kicks

| | | | |
|------------------|------------------------------------------------|--|--|
| High flick kick | With hop | | |
| | With bent supporting leg | | |
| Swish kicks | With bent supporting leg | | |
| Outward fan kick | With demi pointe | | |
| Inward fan | Low inward fan, arms held second | | |
| | High inward fan | | |
| Tilt | Side tilt, swish kick | | |
| | Side tit, flick kick | | |
| Layout | Both arms high V, high release, lift front leg | | |
| Illusion | With both hands placed on floor | | |

Turns

| | | | |
|----------------|------------------|--|--|
| Jazz pirouette | With forced arch | | |
| | Coupé turn | | |
| | Barrel turn | | |
| | Attitude turn | | |
| Elevated turns | Axel turn | | |

Footwork/connecting/travelling steps

| | | | |
|--------------------|----------------|--|--|
| Walks | Triple walks | | |
| Under ball changes | With full turn | | |
| Open ball change | With full turn | | |

Steps of elevation

| | | |
|---------------|------------------------------------------------------------------|----|
| Springs/leaps | Stag leap – double | L2 |
| | High hitch kick | |
| | Barrel jump (upright with straight legs) | |
| | Coupe jete / forward leap with coupe turn prep | |
| Jumps | Split jump | |
| | Wolf jump | |
| | Stag jump, front leg bent, back leg straight | |
| | Double stag jump | |
| | Double attitude jump | |
| Hops | Step hop, with extended gesture leg and bent/tucked take off leg | |