

## **ABD GRADE 1 MODERN JAZZ SYLLABUS**

Centre

1. Warm Up

Barre

2. Combination Stretch
3. Leg Exercise and preparation for Tabletop

Centre

4. Attitude hurdle into side lean
5. Muscle Control and preparation for contractions
6. Sit-up
7. Head and Shoulder isolation
8. 4-count double arm co-ordination
9. Preparation & Kick to the front
10. Thigh Lift
11. Turns & Walks: Arm swing and open turn
12. Side Drag Run
13. Set Elevation routine
14. Dance
15. Modern Bow