



Class:		Intermediate Jazz		
Age:		9+ Years Old		
Focus:		Center Leaps		
Class Segment	Skill/Position	Activity Description	Teacher notes	
Stretch/Warm-up	Cardio Warmup	4 eight counts of jumping jacks		
		4 eight counts of jogging in place		
		4 eight counts of high knees		
	Stretch	Start in parallel 6th: pike forward, plie, straight		
		open to straddle, reach right, left, middle		
		move into lunge, straight legs, then quad stretch		
		slowly slide into splits, stretch forward/back		
		repeat left side, then middle splits		
stretch back with cobra, backbend (dancer's choice)				
Center	Battements	Start in ballet 1st, battements to the side (since we are focusing on center leaps)	Keep arms in a "T" position	
		Repeat right and left side 2 times		
	Straddle Leaps (from the floor) (AKA Toe Touch)	Start in a tuck position on the floor		
		Jump up into a straddle, chest lifted, and hit straddle before coming back down to a tuck position.		Chests up up up!
Across the Floor	Jetes	Regular develope leaps across the floor		
		Teacher's choice to run or chatee in between each leap.		
		Repeat left side		
	Center leaps	Chase step (or run) center leap		Keep chests lifted!
		(Optional) Add detourne in between in each leap, repeat left side		
	Tilt leap progression	Start with brush battement, without a tilt		Tilt leaps are great for practicing center leaps. They help dancers learn how to push up off their bottom/back foot
		Step brush tilt, en releve		
		Step tilt leap, rolling to the floor		
Repeat left side				
Short combo (6-8 eight counts)	Skills to include in combo	Center leaps		
		Tilt Battement (or leap		
		Pirouette / Coupe Turn		
		Toe Touch / Straddle leap from floor		
		Jete to the floor		
		Fan kick		