

JAZZ

WARM UPS

	RED LINE	ORANGE LINE	YELLOW LINE / BWAY JAZZ	GREEN LINE	BLUE LINE	JAZZ III/IV/V, UPTOWN, BWAY JAZZ II/III	JAZZ II , DOWNTOWN, BWAY JAZZ I/II	JAZZ I
Isolations	✓	✓	✓	✓	✓	✓	✓	More simplified
Pliés	✓	✓	✓	✓	✓	✓	✓	✓
Tendus	✓	✓	✓	✓	✓	✓	✓	✓
Lateral Stretches	✓	✓	✓	✓	✓	✓	✓	✓
Flatbacks	✓	✓	✓	✓	✓	✓	✓	✓
Développés/Extensions	✓	✓	✓	✓	✓	✓	✓	✓
Lunge Series	✓	✓	✓	✓	✓	✓	✓	✓
Straddle Series	✓	✓	✓	✓	✓	✓	✓	✓
Splits	✓	✓	✓	✓	✓	✓	✓	✓
Back Bends	✓	✓	✓	✓	✓	✓	✓	Introduction (Bridge or Tabletop)

CONDITIONING

	RED LINE	ORANGE LINE	YELLOW LINE / BWAY JAZZ	GREEN LINE	BLUE LINE	JAZZ III/IV/V, UPTOWN, BWAY JAZZ II/III	JAZZ II , DOWNTOWN, BWAY JAZZ I/II	JAZZ I
Cardio	✓	✓	✓	✓	✓	✓	✓	✓
Abdominal Strengthening (Planks, Crunches)	✓	✓	✓	✓	✓	✓	✓	✓
Arms, Legs, Hip Flexors	✓	✓	✓	✓	✓	✓	✓	✓

CENTER

	RED LINE	ORANGE LINE	YELLOW LINE / BWAY JAZZ	GREEN LINE	BLUE LINE	JAZZ III/IV/V, UPTOWN, BWAY JAZZ II/III	JAZZ II , DOWNTOWN, BWAY JAZZ I/II	JAZZ I
Cross Pointe	✓	✓	✓	✓	✓	✓	✓	✓
Step Touch	✓	✓	✓	✓	✓	✓	✓	✓
Step Together Step Touch	✓	✓	✓	✓	✓	✓	✓	✓
Ball Change and Heel (Scissor Jump)	✓	✓	✓	✓	✓	✓	✓	✓
Grape Vine Step	✓	✓	✓	✓	✓	✓	✓	✓
3 Step Turn	✓	✓	✓	✓	✓	✓	✓	✓
Chassé Ball Change	✓	✓	✓	✓	✓	✓	✓	✓
Kick Ball Change	✓	✓	✓	✓	✓	✓	✓	✓
Drag Ball Change	✓	✓	✓	✓	✓	✓	✓	✓
Jazz Square	✓	✓	✓	✓	✓	✓	✓	✓
Pivot Turn	✓	✓	✓	✓	✓	✓	✓	✓
Pas de Bourrée	✓	✓	✓	✓	✓	✓	✓	✓
Battements (Devant, À La Seconde, Derrière, Tilt, Pitch, Fan)	✓	✓	✓	✓	✓	✓	✓	✓
Attitude Swings	✓	✓	✓	✓	✓	✓	✓	
Pirouettes Progressions (T, L, O, 1/4, 1/2, single, double, etc.)	✓	✓	✓	✓	✓	✓	Introduction to turns	Introduction (T, L, O with balances 1 st)
Opposition Exercises	✓	✓	✓	✓	✓	✓	✓	✓

TRAVELING / TRANSITION STEPS

	RED LINE	ORANGE LINE	YELLOW LINE / BWAY JAZZ	GREEN LINE	BLUE LINE	JAZZ III/IV/V, UPTOWN, BWAY JAZZ II/III	JAZZ II , DOWNTOWN, BWAY JAZZ I/II	JAZZ I
Jazz Walks (Forward, Side, Walk Walk Walk Touch or Passe Touch)	✓	✓	✓	✓	✓	✓	✓	✓
Passé Walks	✓	✓	✓	✓	✓	✓	✓	✓
Passé Runs	✓	✓	✓	✓	✓	✓	✓	✓
Passé Chugs	✓	✓	✓	✓	✓	✓	✓	
Ponies	✓	✓	✓	✓	✓	✓	✓	✓
Triplets	✓	✓	✓	✓	✓	✓	✓	✓
Chassés (Forward & Side)	✓	✓	✓	✓	✓	✓	✓	✓
Chassé Ball Change	✓	✓	✓	✓	✓	✓	✓	✓
Chassé Alternating (Opposition Arms)	✓	✓	✓	✓	✓	✓	✓	✓
Chassé Passé	✓	✓	✓	✓	✓	✓	✓	✓
Traveling Pas de Bourrées & Pas de Bourrée Turns	✓	✓	✓	✓	✓	✓	✓	✓
Tombe through 2nd, Pas de Bourrée	✓	✓	✓	✓	✓	✓	✓	
Jazz 6 Step (cross ball change, back side front or pas de bourrée)	✓	✓	✓	✓	✓			

URNS

	RED LINE	ORANGE LINE	YELLOW LINE / BWAY JAZZ	GREEN LINE	BLUE LINE	JAZZ III/IV/V, UPTOWN, BWAY JAZZ II/III	JAZZ II , DOWNTOWN, BWAY JAZZ I/II	JAZZ I
Chaînés (alternating through 2nd position plie)	✓	✓	✓	✓	✓	✓	✓	✓
Piqués	✓	✓	✓	✓	✓	✓	✓	✓
Lame Ducks	✓	✓	✓	✓	✓	✓	✓	
Pirouettes (En Dehors/En Dedans, Parallel/Turned out Passé, Coupé, Attitude, Dégagé, Pencil, Sailboat, Passé to Coupé/Coupé to Passé)	✓	✓	✓	✓	✓	✓	✓	
Forced Arch Plié Turns (Corkscrews)	✓	✓	✓	✓				
À La Seconde Turns	✓	✓	✓	✓	✓	Introduction		
Fouetté Turns (En Dehors/En Dedans)	✓	✓	✓	✓	✓	Introduction		
Leg Grab Turns (En Dehors & En Dedans)	✓	✓	✓	✓	Introduction			
Float and Double Float Turns	✓	✓	✓	Introduction				

GRAND BATTEMENTS

	RED LINE	ORANGE LINE	YELLOW LINE / BWAY JAZZ	GREEN LINE	BLUE LINE	JAZZ III/IV/V, UPTOWN, BWAY JAZZ II/III	JAZZ II , DOWNTOWN, BWAY JAZZ I/II	JAZZ I
Battements in Devant, Seconde & Derrière	✓	✓	✓	✓	✓	✓	✓	✓
Battement Tilt	✓	✓	✓	✓	✓	✓	Introduction	
Battement Fan Kick	✓	✓	✓	✓	✓	✓	Introduction	
Illusions & Double Illusions (En Dehors & En Dedans)	✓	✓	✓	✓	✓	✓	Introduction	
Layouts	✓	✓	✓	✓	✓	Introduction		
Leg Grab Holds (Seconde & Devant)	✓	✓	✓	✓	✓	Introduction		

TRAVELING JETES

	RED LINE	ORANGE LINE	YELLOW LINE / BWAY JAZZ	GREEN LINE	BLUE LINE	JAZZ III/IV/V, UPTOWN, BWAY JAZZ II/III	JAZZ II , DOWNTOWN, BWAY JAZZ I/II	JAZZ I
Chassé Pointe, Chassé Battement, Chassé Jeté	✓	✓	✓	✓	✓	✓	✓	✓
Grand Jetés (Developpe and Brush)	✓	✓	✓	✓	✓	✓	✓	Brush Jeté 1st
Grand Jetés in 4th Position	✓	✓	✓	✓	✓	✓	✓	
X Jeté	✓	✓	✓	✓	✓	✓	✓	
Grand Jetés in 2nd Position	✓	✓	✓	✓	✓	Introduction		
Surprise Jetés	✓	✓	✓	✓	✓	Introduction		
Stag Jeté (Single & Double)	✓	✓	✓	✓	✓			
Attitude Jetés (Single & Double)	✓	✓	✓					
Firebird Jeté (Traveling, attitude derriere)	✓	✓	✓	Introduction				
Reverse Jetés	✓	✓	Introduction					
Switch Jetés (4th & 2nd)	✓	✓	Introduction					

STATIONARY JUMPS

	RED LINE	ORANGE LINE	YELLOW LINE / BWAY JAZZ	GREEN LINE	BLUE LINE	JAZZ III/IV/V, UPTOWN, BWAY JAZZ II/III	JAZZ II , DOWNTOWN, BWAY JAZZ I/II	JAZZ I
X Jump	✓	✓	✓	✓	✓	✓	✓	✓
Tuck Jump	✓	✓	✓	✓	✓	✓	✓	Introduction
Pike Jump	✓	✓	✓	✓	✓	✓	✓	Introduction
Split Jump	✓	✓	✓	✓	✓	✓	Introduction	
C Jump	✓	✓	✓	✓	✓	✓		
Firebird Jump (Stationary, attitude derrière)	✓	✓	✓	✓	✓	✓		
Hitchkick	✓	✓	✓	✓	✓	✓		
Straddle Jumps	✓	✓	✓	✓	✓	Introduction		
Tilt Jump	✓	✓	✓	✓	Introduction	✓		
Reverse Jeté	✓	✓	✓	✓	Introduction	✓		

TRAVELING TURNING JUMPS

	RED LINE	ORANGE LINE	YELLOW LINE / BWAY JAZZ	GREEN LINE	BLUE LINE	JAZZ III/IV/V, UPTOWN, BWAY JAZZ II/III	JAZZ II , DOWNTOWN, BWAY JAZZ I/II	JAZZ I
Turning Pas De Chat Jump	✓	✓	✓	✓	✓	✓	✓	
Axle Jumps (Single & Double)	✓	✓	✓	✓	✓	Introduction		
Saut de Basque	✓	✓	✓	✓	✓			
Calypsos	✓	✓	✓	✓	✓			
Turning C Jump	✓	✓	✓	✓				
Double Attitude Jump	✓	✓	✓	✓				
Barrel Jumps	✓	✓	✓	Introduction				
Circular Disc Jump	✓	✓	✓	Introduction				
Switch Arabesque (Maddy Jump)	✓	✓	✓	Introduction				
Switch Tilt Jump	✓	Introduction						
Turning Switch Leaps	✓	Introduction						

FLOOR WORK

	RED LINE	ORANGE LINE	YELLOW LINE / BWAY JAZZ	GREEN LINE	BLUE LINE	JAZZ III/IV/V, UPTOWN, BWAY JAZZ II/III	JAZZ II , DOWNTOWN, BWAY JAZZ I/II	JAZZ I
Floor Rolls	✓	✓	✓	✓	✓	✓	✓	✓
Leg Grab	✓	✓	✓	✓	✓	✓	✓	
Donkey Kick	✓	✓	✓	✓	✓	✓	✓	
Elbow Stands (Cartwheel, Handstand Variations)	✓	✓	✓	✓	Introduction	Introduction		
Rainbow	✓	✓	✓	✓	Introduction	Introduction		
Beast Jump	✓	✓	✓	✓	Introduction			
Chin Stands	✓	✓	✓	✓	Introduction			

ACRO ELEMENTS

	RED LINE	ORANGE LINE	YELLOW LINE / BWAY JAZZ	GREEN LINE	BLUE LINE	JAZZ III/IV/V, UPTOWN, BWAY JAZZ II/III	JAZZ II , DOWNTOWN, BWAY JAZZ I/II	JAZZ I
Rolls (Forward & Backward)	✓	✓	✓	✓	✓	✓	✓	✓
Cartwheels (1 handed, Dive - running w/ hurdle)	✓	✓	✓	✓	✓	✓	✓	
Handstands	✓	✓	✓	✓	✓	Introduction		
Front Walkovers	✓	✓	✓	✓	✓	Introduction		
Back Walkovers	✓	✓	✓	✓	✓	Introduction		
Cartwheel Spring	✓	✓	✓	✓	Introduction			
Ariels (Side, Front)	✓	✓	✓	✓	Introduction			
Headsprings	✓	✓	✓	✓	Introduction			
Handsprings (Forward, Back)	✓	✓	✓	Introduction				
Back Tucks	✓	✓	✓	Introduction				