

FIRST STEPS IN ACROBATIC DANCE

Age from 3 years.

Time Allocation: 15 minutes

Teacher conducts the examination.

A maximum of 8 students.

Dress: Appropriate class wear

1. FLYING FREE

Free running movements to enter the room including:

- Spins
- Poise and relaxation

Children to introduce themselves and say their names to the examiner.

(Teacher can introduce children)

2. UP, DOWN AND ALL AROUND

Creeping walks, and shapes tall and small.

3. ORIENTAL STRETCH

Stretching movements to be taken on the floor.

4. BUNNY JUMPS

Arm strengthening actions to be taken individually or altogether.

5. MONSTER FLEX

Exercises to show back and leg flexibility.

For example:

- Leg stretching
- Kicks
- Head to toes
- Bridge
- Boat

6. ROCK AND SWAY

Exercises to show rocking and swaying actions in preparation for cartwheels and straddle rolls.

Floor or standing.

7. SKILLS

To candidates own ability.

For example:

- Forward roll
- Bridge
- Boat
- Pencil Roll
- Toes to head
- Bunny jump

8. FUN TIME

A finale performance which maybe interactive.

9. BOW

Children to bow and exit the room.

FIRST STEPS IN ACROBATIC DANCE- TRACK LIST

Introduction

- | | |
|---------------------------|------------------|
| 1. Flying Free | 6. Rock and Sway |
| 2. Up Down and All Around | 7. Skills |
| 3. Oriental Stretch | 8. Fun Time |
| 4. Bunny Jumps | 9. Bow |
| 5. Monster Flex | |

Music composed and performed by
RICHARD WETHERALL – WW PRODUCTIONS LTD
Commentary by Richard Weatherall

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Syllabus created by:
The IDTA Contemporary Modern Jazz Faculty 2023-2024
Linda Cook, Lisa Handley, Shani Mitchell, Michelle Upton, Phil Winston
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