

PAA Musical Theatre

Dance Technical Skills Demonstration - suggested exercises

The following suggested exercises are intended for teachers/candidates who have chosen Dance for the Technical Skills Demonstration component of the Musical Theatre examination.

They are not compulsory. If do not wish to follow these suggested exercises please see the Musical Theatre Syllabus for the mandatory minimum requirements relevant for the grade taken.

Exercises are read left to right

- Musical counts are given first, followed by the main action and finally arm and hand gestures
- A gap in the arm and hand gesture column denotes no change from previously given directions
- Stage directions are given from the dancer's point of view. Stage directions are abbreviated
- Where direction for head or arm movement is not specified, teachers are free to add their own

Stage Directions

This is intended as a guide to standard stage directions

USR: Up Stage Right SR: Stage Right DSR: Down Stage Right USC: Up Stage Centre CS: Centre Stage DSC: Down Stage Centre USL: Up Stage Left SL: Stage Left DSL: Down Stage Left

Music tempo

The music for the Dance Technical Exercise is free choice. Teachers should select music with a tempo that is suitable for the choreography, giving candidates the opportunity to demonstrate the technical steps to the best of their ability. The following tracks are suggestions only:

- Dynamite by BTS
- Can't Stop the Feeling by Justin Timberlake
- Ain't No Mountain High Enough by Jennifer Hudson
- Dancing Queen from Mama Mia
- My Rules by Jadagrace
- Tribe by Kim Veira
- New Shoes by Paolo Nutini
- Fame from Fame
- Canned Heat by Jamiroquai
- Call Me Maybe by Carly Rae Jepsen
- Dynamite by Taio Cruz
- Kill The Lights by Alex Newell & DJ Cassidy

Suggested dance technical skills demonstration exercise:

Preparation. Stand in parallel, CS face front, arms held by sides		
Counts	Choreography	Arms
1-2	Step right foot over left, pointe left foot to the side	Low V with right arm on count 2, fingers spread
3-4	Step left foot over right, pointe right foot to the side	Low V with the left arm on count w, fingers spread
5&6&7&8	Travelling to SR> starting on right foot, 4 gallops finishing on right foot	Circle and open back to low V
1&2	Travelling in own circle to USR> Step ball change starting with left foot	Opposition arms
3&4	Continuing to USR> Step ball change with the right foot	Opposition arms
5-8	Travelling to CS> 4 free runs	Free arms
1-4	On spot> 4 jumps in parallel	
5&6	Pas de bourrée, starting with left foot behind	Opposition arms
7&8	Pas de bourrée, starting with the right foot behind	Opposition arms
1-2	Travelling to DSL> Step left and hop, bring right to retiré	Opposition arms in 4th
1-2	Step right and hop, bring left to retiré	

3-4	2 runs, left, right	Opposition arms in 4th
5-6	Travelling SL> Step drag, step right foot together	Free arms
7-8	Demonstrate the exercise on the other side, starting with the left	Free Arms

Grade 2

Suggested dance technical skills demonstration exercise:

Preparation. Stand in parallel, UCS face front, arms held by sides		
Counts	Choreography	Arms
1-2	Travelling SR> Step right & drag, extending the left leg	Free Arms
3-4	On spot> Ball change with the left foot	
5-6	Travelling SL> Step left & drag, extending the right leg	
7-8	On spot> Ball change with right foot	
1&2, 3&4, 5&6	Travelling DSR> 3 step ball changes, starting on the right	Opposition Arms
7-8	Turning Left to face back> Jump feet together in parallel, jump out to 2nd	Arms by side

	Facing US> Hold	
1	Twist body to look over left shoulder	Arms in open high V
2	Facing US> Hold	Low V
3	Twist body to look over right shoulder	Arms in open high V
4	Turning to face the front> Pas de bourrée, starting with the left foot	Low V
5&6	On the spot> Kick ball change	Arms Jazz 1st
7&8	Travelling DSR> Gallop, starting with the right foot	Flick arms to 2nd then drop to sides.
1&2	Step left, split leap with the right	Opposition arms
3-4	Travelling SR> Step left, Step right, picked up tuck jump turning right, step out R	Opposition arms
5-8	Demonstrate the exercise on the other side, starting with the left	Arms open 2nd to Jazz 1st

Grade 3

Suggested dance technical skills demonstration exercise:

Preparation. Stand USL, facing DSL in parallel 1st, arms held by sides		
Counts	Choreography	Arms

1-2	Travelling DSR> 2 drag runs, right, left	Swing opposition
3&4	Facing DSR> Step ball change	Arms in Opposition
5-6	Step left, forward leap	Arms in Opposition
7-8	Step left, side leap	Arms in 2nd
1	Step left foot behind right	Arms, by sides
2	Hold	
3-4	Turning towards left shoulder> Turn	
5-6	Face front> Step right back, join left	Jazz 2nd, palms down
7-8	Step right forward, front kick left	
1-2	Step left back, join right	
3-4	Step forward left, front kick right	
&	Right leg lowers	
5-8	Circling to right finishing facing US> (Springing onto right) Two circular springs right	Left held Jazz 2nd, Right circling above head
1&2, 3&4	Travelling US, finishing facing SL> 2 step ball changes	Opposition arms

5-6	Facing the front> Step forward right, tuck jump with left hip leading	High V
7-8	Facing DSR> Land on right, Join feet together Demonstrate the exercise on the other side, starting with the left	Arms by sides

Grade 4

Suggested dance technical skills demonstration exercise:

Preparation. Stand USC, facing the back in parallel 2nd, arms held by sides		
Counts	Choreography	Arms
1-2	Isolate right knee, and right shoulder	Arms held by side
3-4	Repeat left	
5&6	Turning towards the right shoulder to face the front> Pas de bourrée starting with the right foot	
7-8	Side kick with the left leg. Step left foot in front of right	Right arm by the side of your head, left out to the side
1-2	Travelling DSR> (Right foot) Step turn Step ball change	Arms jazz 1st

3&4	step left, forward split leap with the right	Arms in opposition
5-6	repeat	
7-8	Step left forward	
1	Facing SR, travelling US> Stepping on to right, retiré with the left	Jazz 4th, left high
2	Left leg step across	Swing round
3	Right leg gallop, sideways	Arms held by sides
4&5	Step left across	
6	Turning to face DSL> Step hop on right	Jazz 4th, left high
7&	Left steps forward, right foot closes to parallel 1st	Arms by sides
8	USR facing DSL> Step forward on right, front kick with left	Arms Jazz 2nd
1-2	Step on left front kick with right	
3-4	Facing the front> Step right, step left into Jazz 4th, preparation for pirouette	Arms in opposition
5-6	Single pirouette right	Jazz 1st

7	Close in parallel	Arms by sides
8	Demonstrate the exercise on the other side, starting with the Left	

Grade 5

Suggested dance technical skills demonstration exercise:

Preparation. Stand CS, in parallel 1st, arms held by sides		
Counts	Choreography	Arms
1	Step right on a pli��, left foot pointed	Right arm to open V
2	Step left on a pli��, right foot pointed	Left arm to open V
3,4,5	Turning towards the left shoulder> Tuck the right foot behind the left, sit and roll on the floor to the other side, recover stand up on right leg <finish facing DSR	Hands rest on floor, by hips to offer support
6	Pli�� in Jazz 4th	Arms in opposition
7	Single pirouette	Jazz 1st
8	Finish facing the front> Feet in parallel	
1	Step across with right foot in front of the left	
2	Hop on right with left leg lifted to the side	Arms Jazz 2nd
	Step across with left foot in front of right	

3	Travelling DSR > Step right, spring turn to the right with feet in parallel. Land left foot then Right	Arms Jazz 1st
4,5,6	Pas de bourrée starting with the left foot <Finish facing DSL	Right arm circles overhead, Left arm in 2nd.
7+8	Travelling DSL > Right leg gallop	Arms by side
1&2	Step left, Hop, right leg in retiré	Arms in Opposition
3-4	Step right, leap forward.	Arms in 4th
5-6	Step right, leap in 2nd	Arms in Opposition
7-8	Step in front of right, turn towards the left shoulder, changing feet	Arms in 2nd
1-2	Pas de bourrée starting with the right foot	Arms by side
3&4	Travelling DSL > Step on left, front kick right	Arms in 4th
5-6	Step forward right	Arms Jazz 1st
7	Facing Front> Drag to the left side, with right foot pointed	Free arms
8	Demonstrate the exercise on the other side, starting with the left	

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Grade 6

Suggested dance technical skills demonstration exercise:

Preparation. Stand UCS, in parallel 1st, arms held by sides		
Counts	Choreography	Arms
1	Step right out to the side.	Jazz 1st
2	Small jump onto the balls of the feet in parallel	Both arms in parallel above head
3	Step Left to small Jazz 4th	
4&5&6	Travelling DSR> 2 x Chainé turn right. Finishing on the right leg	Jazz 1st
7-8	Fan kick left	Arms in 2nd
1&2	Facing the front, travelling sideways> Pas de bourrée starting right, finishing in Jazz 4th	Jazz 1st.
3-4	Single pirouette	
&5	Ball change to relevé in parallel 2nd, right, left	High V, palms front, fingers splayed
&6	Lower, ball change right crossed behind left	
7-8	Right leg kick to 2nd, closing leg in front	Lower arms

1-2	Travelling USL> Left leg, step turn.	Arms Jazz 2nd
3-6	2 x posé turns on left leg Step turn, join feet in parallel >finish facing DSR	Jazz 1st Arms by side
7-8	Travelling DSR> Right leg gallop	Arms in Opposition
1&2	Step left, stag jump right foot forward	Arms in open V
3-4	Step left, leap forward	Arms in Opposition
5-6	Step left	
7	Free end position	Free Arms
8	Demonstrate the exercise on the other side, starting with the Left	

Grade 7

Suggested dance technical skills demonstration exercise:

Preparation. Stand USL, facing DSL in parallel 1st, arms held by sides		
Counts	Choreography	Arms
1	Travelling DSR> Starting with the right foot. Chassé into plie 2nd	Jazz 2nd

2&3	Pas de bourrée starting with the left foot (Right foot) Step, chaîné turn, step	Jazz 1st
4&5	(Left foot) Pas de bourrée turning towards the left shoulder. Finishing in preparation for pirouette. <Facing DSR	Jazz 1st
6&7	Single or double pirouette, close in parallel	Arms by sides, finish in 3rd opposition
8-1	<Travelling DSR> Step with left foot, right leg front kick, step right foot, left leg front kick, step	Jazz 1st
2-6	Step on the right, hitch-kick right leg	Jazz 2nd
7-1	Finish on a kneel on the floor (Right knee up)	High V
2	Seat roll turning to the right shoulder, roll, recover, standing up on the left leg <Finish facing SL	Lower arms
3-6	Gallop on the right	Hands rest on floor
7&8	Step left, Step right	Opposition
1-2	<Facing the front> Split leap to the side, finish crossing right leg in front	
3-4	Windmill Turn, towards the left shoulder	Jazz 2nd

5-6	Kick ball change with right foot transferring weight, left foot crossed behind	Windmill arms, left arm first
7&8	<p>Travelling backwards> Starting with the Left foot 3 drag walks</p> <p>Travelling DSR> Gallop forward on right</p>	Free arms
1-3	Step left, Split leap forward on right	Arms by sides
4&5	Step forward on left	Oppositions
6-7	Free end position	High V
8	Demonstrate the exercise on the other side, starting with the left	Free arms
1-2		

Grade 8

Suggested dance technical skills demonstration exercise:

Preparation. Stand USC, in parallel 1st, arms held by sides		
Counts	Choreography	Arms
1-2	Travelling DS> Starting with the right foot, 2 drag runs	Arms in opposition
3	Step forward on the right	Arms in high V
4		Arms drop down to sides

5-6	Ripple body down to right knee, small step back on the left Body recovers, ball change, right behind, left	
7&8	Travelling DSR > step right, small pirouette turn lifting the left leg to finish facing the front in 2nd	Jazz 1st
1-3	Step to the right, fan kick left and step out on left	Right arm circles overhead, left extended to 2nd
4&5	Pas de bourrée turning (towards right shoulder), starting with the right foot	Arms by sides
6-7	Run left, run right	
&	Shunt on right foot whilst lifting left leg in retire, hips leading to DSL	High V
8	Step left foot	On diagonal, left arm high
1	Step back towards USR on right foot on demi pointe, half a turn towards left shoulder, dragging left foot in to small retire. Finish facing USR	Opposition.
2&3	Travelling USR > Gallop on the left Kicking the right leg, fouetté jump in attitude, <finish facing DSL	High V

4-5	Spring back on the right leg, kicking out the left leg	Low V
6	Travelling DSL> Step forward left, then right into pirouette position	Arms in opposition
7-8	Double pirouette	
1-2	Travelling DSL> Step on the left foot, chaîné-turn	Jazz 1st
3-4	Calypso leap, leading with the left leg	
5	On landing roll using the right knee to lower and stand	Diagonal, Right arm low
6-7	Free end position	Use to aid roll
8	Demonstrate the exercise on the other side, starting with the left	