

## **Modern I**

**Class Length: 1 hour**

**Ages 7-11**

**The following are some of the steps that must be executed with proper placement and technique in order to move to Modern II.**

### **Warm-Up**

- Sequential roll down and up of the spine- forward and to the side
- Knows and can show the difference between arch down and roll down
- Consistently executes plie in parallel and turnout with knees over toes
- Parallel tendu en crois without showing the heel
- Correct flatbacks plain, with arms up, with plie and releve
- Laterals with abs in and arms in line with torso
- Can change from lateral to flatback without changing the standing leg
- Flatback swings with lateral, high release and full circle
- Open and closed Egyptian positions with walking
- Balance studies including attitude devant, table and front T
- Fortification # 1 (achilles stretch)
- Drop swings plain and with a jump

### **Floor work**

- Introduction to the hook study
- Coccyx balance using abs with a straight back
- Coccyx balance in V position

### **Traveling**

- 1st set of Fortification #4 (lunge stretch)
- Leg swings in parallel brushing the bottom of the foot on the floor
- Various styles of walking with accent, direction change and facing change
- Squatte with attitude and turning
- Rocking horse
- Horton prances with foot out in front- ankle below knee
- Jumps in parallel attitude devant
- Tuck jumps with contraction and release
- Chasse turn in air jumps

Questions should be directed to your dancer's instructor, or to August Tye, Artistic Director, at [august@hydeparkdance.org](mailto:august@hydeparkdance.org).