

Level Advancement Expectations 2022

Modern II/IIB

Class Length: 1.25 hours

Ages 10 & up

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

Warm-Up

- Maintains alignment during all class exercises
- High release without crunching the neck
- Clear difference between roll down and arch down
- Drop release forward, back and side
- Plie with correct alignment in parallel or turnout
- Tendu and degage in parallel and turnout
- Contractions with shoulders over hips
- Completely flat flatbacks plain, with plie, releve, and contraction
- Laterals plain, with flatback, plie, release swing and high release (flatback backbend)
- Flatback swings including lateral, high release and full circle and weight change
- Balance studys with attitude front, table, front and lateral T, and flatback table
- Brushing leg extensions with lunges/weight transfer and body release
- Fortifications 1 (achilles stretch), 2 (plie stretch), 3 (lateral stretch)
- Tilt in attitude (not extended)
- 5/4 swing
- Drop swings- regular and Dunham

Floor work

- The Hook
- Coccyx balance maintaining the flatback through a variety of positions
- Hinge study #1
- Contractions

Traveling

- Fortification #4 (lunge stretch)
- Leg swings in parallel including fouette, releve, and jump to lateral T
- Triplets forward and backward with turns

Questions should be directed to your dancer's instructor, or to August Tye, Artistic Director, at august@hydeparkdance.org.

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- Side pulls
- Traveling brushes with body release
- Jumps with body release
- Squaffe with attitude and turning
- Chainee with squatte and a solid spot
- Horton prance combinations including tours
- Can perform African/Dunham steps with relaxed upper body and control of the spine
- Tuck jumps, chasse with turn in air, stag leaps
- Dimensional Tonis
- Picks up exercises quickly
- Maintains corrections