

## **Modern III**

**Class Length: 1.5 hours**

**Ages 13 & up**

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

### **Warm-Up**

- Maintains alignment throughout class
- Picks up combinations quickly
- Maintains corrections from class to class
- Always physically practices all corrections
- Plies in parallel and turnout with spiral, contraction and high release
- Tendu and degage in parallel and turnout with spiral and correct articulation of the foot
- Contractions in any position with shoulders over hips and ribs in
- Laterals and flatback swings without rolling on standing legs
- Back T
- Weight transfer with release to the front, side and back
- Fortifications 11 Basic Rise and Fall
- Fortification 12 and 13
- Fortification 14 Dimensional Turn Preparation
- Fortification 15 Elevation Preparation
- Fortification 16 Elevation Preparation
- Fortification 17
- Tilt and tilt tums
- 5/4 swing and dimensional tonis
- Percussive stroke
- Preludes 1-6
- Hinges with hips in line with shoulders and knees coming straight forward

### **Traveling**

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

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

## Level Advancement Expectations 2022

- Jumps with body release
- Rolls into and out of the floor with control of the core
- Horton prance combinations including tours
- Dunham/African steps with release of the spine and relaxed neck
- Stag leaps, double attitude jumps
- Figure 4 turns
- Front and lateral T falls
- Torso language study
- Maintains technique during choreography
- Expresses character as required by choreography