



**GRADE 4 MUSICAL THEATRE TRAINING PROGRESSIONS**

*Choreographed by Ruth Armstrong*

**GRADE 4 TRAINING PROGRESSIONS**

**Training Progression 1:** Travelling DS with free use of hat

1 (2) 3 (4) 2 Sugar Steps - R>L with slightly released knees stepping onto balls of feet  
5 6 7 8 4 x Sugar Steps - R>L>R>L  
1-8, 1-8, 1-8 Repeat x 3, finishing final phrase with individual theatrical line/pose

**Training Progression 2:** Travelling DS on diagonal to DSR/DSL - Free use of hat

1-8 2x step ball change R>L natural turn out with soft heel lead, 2x sugars, R>L  
1-8,1-8 Repeat twice more  
1 (2) 3 (4) 5 6 7 5 sugars R- L - R L R  
8 1? Individual free movement to finish in a theatrical line i.e. Step/retire/dig

**Training Progression 3:** Travelling sideways on diagonal to DSR

1 2, 3 4, Step R sideways with relaxed knees (1) click fingers (2) , repeat step across with L (3) & click (4). Body facing LDF & leading across diagonal with R shoulder, Hat in L hand, tilted back by side of L ear, L elbow resting on R wrist, R arm across body with elbow lifted  
5-8, 1-4. 5-8 Repeat further three times or as space allows



**GRADE 4 TRAINING PROGRESSIONS continued**

**Training Progression 4:** Travelling sideways on diagonal to DSR

- 1 2, 3 4, Step R with relaxed knees (1) click fingers (2) , repeat step with L (3) and click (4), Hat in L hand, tilted back by side of L ear, L elbow resting on R wrist, R arm across body elbow lifted
- 5 6 7 8 Step R into PDB LRL with relaxed knees, retaining bodyline, arm line & hat
- 1 - 8 Repeat

**Training Progression 5:** Commence DSL, travelling sideways (along LOD) to USR

- 1 – 4 Step R sideways to RDB facing DSR (feeling of chasse) pas de bourrée LRL (along LOD) in natural turn out, Hat in R hand, R arm circles down to R continuing into lateral inward circle over to LDF, L arm swings down & out to side opposition, eye line follows hat
- 5 6, 7 8 Step R hop in low turned out retire behind turning via R to USL, continue to circle R arm into extended low line to RDB holding hat, left arm loosely behind back, repeat L to complete turn retaining arm line (half turn on each step hop) eye line to RDB
- 1 2 3, 4 & & 6 Step R into 2 open ball change R>L continuing to turn to R to face DSL & travel to LDF hat in both hands in front of chest, step R across
- 7 8 Step L sideways to DSL to face DSR, maintain hat in both hands and sweep across to left side of body.
- 1 – 8, 1- 8 Repeat, travelling again to USR



**GRADE 4 AMALGAMATION**

**Music:** Puttin' On The Ritz – Great Ladies of Jazz, Spotlight on Judy Garland (1992 Digital Remaster)

**Prop:** Bowler Hat

**Intro** 4 bars from 0.07 secs

Intro 1-8, 1-8 Commence centre in jazz 4<sup>th</sup> to RDF, L heel lifted, body/torso facing front with hat in front of face in R hand, L arm inverted low with release elbow & flexed wrist, fingertips looking at L thigh

**Phrase 1:**

1 2 Move hat to R revealing face (peeking out) retaining body line and start position and return hat to start position

3 4 Lift L leg through mid/low retire and step across R in turn out, circling L wrist as retire (3) and clicking fingers as step across (4) retain hat across face

& &6 7 8 PDB RLR to L side holding sides of hat in both hands in front of face, step, close, head/face looking to R of hat on step (7) and pulling/circling hat in to mid chest on close (8)

1 2 Spring onto L to LDF passing R leg through low PLL retire & step onto R to LDF, retain hat hold & pull sideways to R of body eyeline to LDF

3 & & 5 Step L back, step ballchange R sideways to RDB

6 7 8 1 Pas De Bouree travelling sideways to RDB & join feet tog (R Joins L) turning to face US, hat in R hand to side waist level tipped outward top of hat facing downward, L arm bent loosely behind waist

3 4 5 (6) Step L into picked up PLL spring step to jazz tendu (LRL), hat passes high overhead changing hands (as if thrown) into L hand, hat tipped downward to L side (replicate same position as count 1)

7 8 1 Step L turn to face DSL (7-8) joining feet together R>L (1) bring hat in front of chest holding sides

& &3 4 Step ballchange LRL travelling sideways to LDB facing DSL, step R across turned out

5 6 7 (8) Step turn step (leg sweeps behind in low retire on 7) hat in L hand, tilted back by side of L ear, L elbow resting on R wrist, R arm across body with elbow lifted (*arm line as used in Progression 3*)



**Phrase 2:**

- 1 2 3 4 Long step/walk R sideways with relaxed knees (1) retain hat/arm line & click with R (2) , repeat step/walk across with L in natural turn out (3) & click R(4). Body facing DSL & travelling along line of dance to RDF with R shoulder leading - *Progression 3*
- & &67 Pas de bourrée RLR (on the spot), step L across to RDF, taking hat behind back in both hands
- 8 1 2 Step sideways travelling to DSR using heel lead in natural turn out, 2 further steps (along LOD) cutting L foot behind R then step R using heel lead in natural turn out, hat remains behind back and leading with R shoulder
- 3& &5 Step L sideways to DSL with heel lead in natural turnout L shoulder leading, pas de bourrée RLR travelling sideways to LDF body faces RDF
- 6 7 8 1 Step L to face LDF 2 hops step circling leg low with pointed foot, step R to LDF both legs turned out (crossed 4<sup>th</sup>). Release hat from behind back in L hand & extend arm forward to LDF R arm to side (jazz 3rd) body spirals to R
- 3 & 4 Step L behind into picked up PLL spring step across RLR travelling sideways to R, bring hat into both hands
- 5 (6) 7 Close L to R to face RDF, hat pulls into chest held with both hands
- (8 1) 2 3 & &5 Step L across turned out to face front, low R flick kick turned out to RDF, step R across ball change LR travelling slightly US to LDB body facing DSL , pull hat to left of body
- 6 7 Step join R to L in parallel to face DSR, hat into chest

**Phrase 3:**

- 1 – 4 Long step R sideways to RDB facing DSR (feeling of chasse) pas de bourrée LRL (along LOD) in natural turn out, Hat in R hand, R arm circles down to R continuing into lateral inward circle over to LDF, L arm swings down & out to side opposition, eye line follows hat
- 5 6, 7 8 Step R hop in low turned out retire behind turning via R to USL, continue to circle R arm into extended low line to RDB holding hat, left arm loosely behind back, repeat L to complete turn retaining arm line (half turn on each step hop) eye line to RDB
- 1 2 3, 4 & & 6 2 open ball change R>L turning to face DSL & travel to LDF hat in both hands in front of chest, step R across



- 7 8 step L sideways to USL, sweep R leg behind (preparation for next step to RDF)
- 1 – 4 Repeat long step R travelling sideways to RDF facing DSL (feeling of chasse) pas de bourrée LRL in natural turn out (along LOD) Hat in R hand, R arm circles down to R continuing into lateral inward circle over to LDF, L arm swings down & out to side opposition, eye line follows hat
- 5 6, 7 8 Step R to face DSR lifting L into retire & bend supporting leg, repeat with L travelling forward to RDF, hat in R hand by R ear tilted back, L forearm loose over L hip bone
- 1 & &3 Step picked up spring (small back hitch) LR forward to RDF hat in R hand/hat/arms move to reflect leg movement
- 6 - 8 Rise on R leg with released bringing L into retire, L arm bent hand over shoulder (as in Progression 3), Hat in R hand circling twice over L elbow ('rubbing elbows') step across to RDF into crossed 4<sup>th</sup> retaining body/arm line

**Phrase 4:**

- 1-4 Step close RL x 2 circling/turning to R hat in both hands in front of chest
- & &67 Pas de bourrée RLR on spot to complete turn to face DSL, step L forward to LDF
- 8 1 2 Step R ball change LR (3 even steps L cuts behind) travelling to LDF using heel lead in natural turn out R shoulder slightly leading, taking L foot behind R, hat remains behind back
- 3& &5 Step L to LDF with heel lead in natural turnout pas de bourrée continuing along LOD, hat remains behind back
- 6 7 8 3 sugars LRL facing DSL hat in R hand by R ear tilted back, part covering face, L forearm loose over L hip bone
- 1 (2) Step R across turned out to LDF swing R arm & hat back to side opposition with body spiral to R, L arm extends low to LDF
- 3 & 4 5 (6) Step L behind into picked up PLL spring step across facing DS travelling sideways to R, bring hat into both hands in front of chest
- 7 & &1 Step L across R into front twist turning to R into a slight picked up spring step RL step L across to RDF into crossed 4<sup>th</sup> facing DSR weight back onto R leg and L leg more extended with body spiral to DSL, holding hat in R hand push hat forwards low to RDF, L arm rests on L hip.



**GRADE 5 MUSICAL THEATRE TRAINING PROGRESSION 1, 2 & 3**

*Choreographed by Emily Goodenough*

**Training Progression 1:**

**Welcome to the 60s, Hairspray**

Eggbeater into step clicks

- 1 – 6            Springing onto the left leg, perform 2 eggbeaters (see Egg Beater Progression)
- 7,8            Releve on R extending L to RDF and retract leg to retire, R arm extends fwds in opposition, L arm high
- 1 – 4            2 walks travelling forwards (L, R) arms up to high diagonal left, wrists crossed and click left and then right
- 5 – 8            Repeat 2 walks and clicks but with upper body forwards and arms to low diagonals (5-8.)

Repeat sequence 4 times, springing onto the left foot each time.

**Training Progression 2:**

**Fabulous Baby, Sister Act**

- 1 – 4            2 ronde de jambe walks backwards, R, L , upper body forwards, arms in natural opposition
- 5,6            Ball change back on R, L arms in a natural opposition, wrapped
- 7&8            Step ball change fwds on R at low level

Repeat 3 times, dropping onto alternating feet each time.

**Training Progression 3:**

**Story of Lucy and Jessie, Follies, original Broadway cast recording**

Flick kicks from the diagonal

- 1,2            Starting USL, stepping onto left leg flick kick with the right leg, body facing LDF, arms behind body with a slight lean back and flicking the hands with the foot.
- 3,4            Take 2 steps along line of dance R, L,
- 5 – 8            Repeat stepping on R leg with body facing RDB,
- 1 – 4            Repeat stepping on L leg with body facing LDF,
- 5 – 8            Step R leg and take 3 small hops making a full rotation to the right, left leg in a low turned-out attitude, arms in tilted side opposition (tilting to left), wrists flexed.
- 1            Step out onto the left leg in position of choice on 1 and hold or repeat from start if space allows



**GRADE 5 MUSICAL THEATRE TRAINING PROGRESSION 4**

*Choreographed by Emily Goodenough*

**Training Progression 4:**

**You Can't Stop the Beat, Hairspray**

Ball change into shoulder shrugs and cake walks.

- 1,2            Ball change back onto the left foot into open jazz 4<sup>th</sup>, facing RDF, push left arm across body, wrist flexed pointing down, right wrist flexed down on right hip,  
3                Step across L, squaring up body, bringing the left wrist to the left hip, wrist flexed pointing down (both wrists on hips)  
4,5,6           Releve on the left foot on and circle the right leg inwards in retiree (on 4), step the R back into jazz 4th, body facing front, 3 shoulder shrugs (5&6) leaning body to the right,  
&8               Ball change travelling to SL R, L  
1 – 6            3 cake walks starting with extension of the right leg, arms tilted side opposition  
7 (8)            Join L to R and joining left foot to right on 7.

Repeat 3 more times on the same leg.

**EGG BEATER PROGRESSION**

- \*1               Spring on L, R leg angled behind (knees tog), arms in co-ordination across body to L, flex wrists  
2                Hop L moving back leg to SR side, knees still tog, same arms as above but across to R  
3                Hop L, change angled leg to front, turned out, crossing R ankle over L knee, arms change back again to L, allow hips to twist with movement  
4 5 6           \*Repeat on other leg, finish arms bent parallel, PF, elbows in facing RDF  
7                Releve R, extend L leg, arms diagonal opposition, flexed wrists, relaxed elbows.  
8                Retract L leg and arms



**GRADE 5 MUSICAL THEATRE AMALGAMATION - "Anything Goes"**

*Choreographed by Emily Goodenough*

**Introduction**

Commence in USL corner, facing US, standing on right, L foot in jazz tendu, arms in side opposition released elbows and tilted (right arm high) with hands splayed, (broken wrist line) head and eyeline to USL corner

- 1234 Wait  
5678 Roll wrists outwards to click on 8, gradually change head and eyeline to SR by 8
- 1234 Travelling to centre and turning body by L, 3 walks (L R L), facing LDF releve on L with R in retire, forward slap both thighs  
5678 Travelling sideways to DSR, 4 steps with released knees on the balls of the feet (R L R L, feet crossing in front), arms opening to side opposition with released elbows and flexed wrists leaning to the left with 4 shoulder shrugs, head and eyeline up to DSR corner
- 1 2 (Progression 2) Ronde de Jambe walk back (step R) circling left leg, body line forwards, arms in natural opposition  
3 4 Repeat stepping on L circling R leg  
5 6 Ball change back front (R L) right shoulder back and natural wrap of arms in opposition  
& &8 Step ball change travelling forwards on the R foot, long and low, arms in natural opposition
- 1 Straightening R leg, draw L foot on point, R hand to middle of breastbone, fingers point down, elbow to R side  
3 Switch position to L  
4 R knee turns out, L arm and hand remain  
&6 7 8 Right knee turns back to front, R arm comes to middle of breastbone and body leans forward.
- 1 Place R heel down slightly turned in, R arm and hand remain.  
3 Turn out R toe, R arm and hand remain.  
4 Transfer weight onto R leg in a jazz tendu, open arms with impetus to opening position, looking up to R hand  
&6 7 8 Pivot to face SR straightening R knee, drawing L foot to R foot on ball, arms extend out through a V, finishing down by side of body, eyeline stays front.
- 1(2) 3 4 Travelling backwards towards SL, starting on the L leg, 3 little walks bringing the opposite foot to the ball of the foot, upper body curves over gradually and arms unfold in front of body, maintaining eye line to front  
&6 7 8 Bringing the body upright still facing SR, roll shoulders back and down, strong accent on 8, elbows to hips, wrists relaxed forwards





**GRADE 5 MUSICAL THEATRE AMALGAMATION - "Anything Goes" continued**

*Choreographed by Emily Goodenough*

- 1 Step R foot back to USL corner body facing RDF corner  
3 Sweep left leg across knee into retire, R arm sweeps back to high diagonal, L arm remains, head and eyeline down past L shoulder  
4 Step L sideways to RDF, bent knee  
& 6 7 8 Cross R foot over L on demi point, straightening the knees, front twist turn to L, bring R arm down on 6, elbows to hips, wrists relaxed forwards, finish facing front knees bent, feet parallel

Counts 1-6 below travel sideways to DSR corner

- 1 Spring R, low flick kick L, body facing LDF, both arms unfold to 5th position with relaxed wrists forwards, eyeline to left foot  
2 3 4 Pas de bourrée starting on the L foot, arms coming down and crossing in front of the body, hands flexed, eyeline over L shoulder  
5 & 6 Step ball change sideways to RDF, arms swing down & out to side opposition with relaxed elbows, wrists flexed upwards, strong turn of head on count 5 to DSR corner  
& Step with L foot behind R turning to face DSR corner with body  
& 8 Picked up ball change (R L) turning to face DSR corner, arms coming naturally into opposition, eyeline to DSR corner, body low & forwards  
1 3 (half of Progression 2) Cutting under with R leg, 2 ronde de jambe walks travelling backwards, arms in natural opposition, weight forwards, eyeline to DSR corner  
4 - 5 Step back onto R leg into Jazz tendu line, torso spiral to face DSR, arms in opposition, eyeline up to DSR corner, weight slightly back  
6 7 Pose L to DSR and bring the R foot up to parallel retire making a ¼ turn to DSL, body with a feeling of contraction, arms inward lateral circle, elbows relaxed, wrists flexed  
8 Step R to front, continuing arm circle  
1&2 Body facing RDF, step ball change sideways LRL to DSL arms continue to cross over into side opposition with relaxed elbows, wrists flexed upwards, strong turn of head count 1, to DSL  
3 4 5 Turning to face LDF, pas de bourrée starting on the R foot, arms dropping gradually down by side  
6 Slip step R with L leg in high parallel retire, L hip lifting sideways to DSL arms unfold to inverted 5th, upper body & eyeline towards DSL  
7 Step out on to L leg into an inverted 4<sup>th</sup>, maintaining arm & body line position  
8 Drop arms and slap thighs backwards, transferring weight onto L, picking R foot up at back



**GRADE 5 MUSICAL THEATRE AMALGAMATION - "Anything Goes" continued**

*Choreographed by Emily Goodenough*

- 1 Facing DSL step forwards with R foot (inverted Jazz 4<sup>th</sup>) upper body twist to R both arms down to R side (by R hip) with wrists flexed facing inwards
- 2345 Transfer weight from R foot to L, passing through a small hinge, arms circle above head from R to L eyeline follows arms, lifting upper body (barrel feel) finish with weight on L leg, in Jazz 4<sup>th</sup> facing RDB and arms in forward opposition by 5
- 67 Continue transferring weight forwards, travelling towards USR, back hitch kick (R L) arms in natural opposition
- 8 Coupe onto R leg, with a feeling of lay back & hip extension, extending L leg low, arms swoop diagonally high, wrists crossed
- 1234 Maintaining body alignment (lay back), and line of dance, step L, arms to L high diagonal and click, repeat all on R, eyeline following clicks
- 5678 Repeat previous bar but body weight forwards at low level, gradually turning to face front, eyeline front
- \*123 (Egg beater Progression) Facing front springing onto L leg and lifting R foot and arms to SL and L arms (wrists flexed) to SL, hopping on L leg taking R arms and R foot to SR, hopping on L bringing R arms and R foot to SL (R foot in front of R knee) (1st half of eggbeater)
- 456 Repeat springing onto R leg (2nd half of eggbeater) arms finish elbows bent, hands into shoulders PF
- \*\*78 Facing DSL corner extend L leg coming onto releve on R foot and then retract to a bent leg position, R arm extends out to side and L arm extends up both hands flexed, and they bend in as the leg retracts
- 12 (Progression 4) Body turning to face SR side, stepping back with L leg, ball change in Jazz 4<sup>th</sup>, L arm pushing forwards at shoulder level in front of body with relaxed wrist facing down and R wrist into hip with relaxed wrist, eyeline front
- 3 Step across with L foot facing front, L arm retracts, wrists to hips, relaxed hands facing down
- 4 Inward ronde de jambe R leg, on releve, arms, hands & eyeline remain
- 5 6& Facing front place the R foot down into inverted Jazz 4<sup>th</sup>, torso to front, 3 shoulder shrugs leaning towards R foot, arms and hands remain, eyeline to R foot
- &8 Travelling to DSR ball change R L, arms, hands, and body lean remain
- 12 Cake walks on spot: beginning with the R leg, facing DSL corner, degage right leg forward, left leg released, with arms in side opposition tilted down to the right, hands flexed. Join R leg to L foot and begin changing arms over head, eyeline front
- 34 Repeat with L leg with change of arms (L arm low, R arm high), eyeline front
- 5 Repeat first step finishing with R leg in degage
- 6 Still facing DSL, draw R leg into parallel retire on releve, slight contraction in the body, bringing both elbows to hips with relaxed hands down



**GRADE 5 MUSICAL THEATRE AMALGAMATION - "Anything Goes" continued**  
*Choreographed by Emily Goodenough*

- 7 8 Body turning to face SL, stepping back with R leg, ball change in Jazz 4<sup>th</sup>, R arm pushing forwards at shoulder level in front of body with relaxed wrist facing down and L wrist into hip with relaxed wrist, eyeline front
- 1 2 Turning to the right to face US with body, drawing the right leg into 5th position, (front drag turn) leading with R hip, circle the right arm down and up to tilted side opposition, eyeline to SR, slight contraction in left side of body with lean away from supporting leg
- 3 4 Still facing US, 2 steps sideways (R L), R arm continuing circle inward, eyeline remains to SR
- 5 (Progression 3) Step R sideways to SL, arms curved high 2<sup>nd</sup>, flexed wrists, body leaning to L
- 6 7 8 Maintaining arm & body line, turning gradually by R to face front, 3 hops on the right leg with left leg in a low turned-out attitude derriere, eye line out-front
- 1 2 Travelling to DSR, body and hips facing front, step across with left foot and flick kick R leg at low level, open body line, arms held behind body with a slight lean back, flicking hands with flick of leg, eyeline up to DSR
- 3 4 Repeat turning body to face RDB, stepping on R foot flicking L leg, arms and eyeline remain
- 5& &7 Turning body to face RDF, step on the left leg, reverse développé R leg in to a picked up ball change (R L) on the spot (body up & over)
- 8 Facing front step out with R leg into jazz tendu, arms open to tilted side opposition with hands splayed, eyeline up to DSR corner. (Repeat of opening position but facing DS)

**MUSIC**

**Grade 5 amalgamation**

"Anything Goes" from the New Broadway cast recording with Sutton Foster.

In the original track please start from 2mins 23seconds and finishes at 3mins 07seconds at 89 BPM





**GRADE 6 MUSICAL THEATRE TRAINING PROGRESSION 1 & 2**

*Choreographed by Nazene Langfield*

**Training Progression 1:**

**Music Suggestions: "The life of the Party"**

**Idina Menzel & "Singing in the Rain", Gene Kelly**

Can be taken on the diagonal or straight down the room

1 (2) 3 (4) 5 (6) 7 (8) 4 cushion walks right left right left with a low back leg and feeling of opposition in the shoulders.

1 Step right foot back

2 Bring left into retire and flick hands down next to hips.

3,4 Two walks back left right.

5 Repeat count 2

6 Walk back left

& & 8 Step ball change to the side

Repeat across the floor.

**Training Progression 2:**

**Music Suggestions: "Big Finish", Smash & "World on a string"**

**Celine Dion/Frank Sinatra**

Travelling straight down the room

1 (2) 3 (4) Step forward left. Mini inwards ronde de jambe en l'air forwards right. Place right into a jazz tendu turning the body on the diagonal to face the left diagonal front. Arms open with a push action to side opposition, palms flexed, right arm slightly higher than left. Eye-line high to RDF

& 5 Ball change deepening the plie on the legs, the length in the arms and the breadth across the chest.

7 & 8 Pas de bourrée to finish facing the audience in jazz 4th

Repeat on the other side



**GRADE 6 MUSICAL THEATRE TRAINING PROGRESSION 3 & 4**

*Choreographed by Nazene Langfield*

**Training Progression 3:**

**Music suggestions: “Mama Makes 3”, Smash & “Anything Goes”,  
Lady Gaga & Tony Bennett**

Taken in the centre of the room

1 2 3 & 4 Step right behind left. Flick left foot out to the side with the arms in a high parallel, palms facing out. Pas de bourrée to finish in a jazz 4th facing the LDF with the weight well forward.

5 6 7 8 Pulse, Click, Pulse, Click

Repeat 2 more times.

1 (2) Low outward pirouette

3 (4) Step right foot out to jazz 2nd facing the front

5 6 7 8 Pulse, Click, Pulse, Click Repeat on other side. Continue as space allows.

**Training Progression 4:**

**Music Suggestions: “All That Jazz”, Chicago & “Wilkommen”  
from Medley of Tunes from Cabaret by Liza Minelli**

Travelling from the right diagonal back to the left diagonal front.

1 Pose onto the left leg bringing the right into retire. Shoulders lift and roll backwards.

2 Maintain retire and fondu with a heavy feeling as the shoulders drop.

3 (4) Step the right across left bringing the shoulders to face the audience and relax in the chest.

5 6 7 8 Travelling sideways to stage left. Keep the knees bent. Dig left leg out inverted on demi pointe as the right foot also inverts on demi pointe. Dig right foot and reverse the position so both feet are turned out on demi pointe. Eye-line is looking to the audience. Repeat these two steps taking the eye-line to look down over the left shoulder.

Repeat across the floor



**GRADE 6 MUSICAL THEATRE TRAINING PROGRESSION 5 & 6**

*Choreographed by Nazene Langfield*

**Training Progression 5:**

**Music Suggestions: "On Broadway",  
Smokey Joes Cafe.**

Starting in the right diagonal front. Facing the right diagonal front.  
Travelling to the left diagonal back.

- 1 2 3 Turning by the right shoulder. 3 long runs right left right.  
& & A grand pas de chat facing the audience. Arms slightly higher than side opposition with the palms facing back. Head is inclined to the back and looking under the left arm.  
5 6 7 & & Last step of the pas de chat becomes the first step of the repeat.  
1 2 3 & & Repeat  
5 Land the pas de chat right behind left and continue to turn by the right shoulder  
6 Completing the turn, step the left leg to the left diagonal back in jazz tendu with the torso facing the right diagonal front  
7 Splayed jazz hand with the right keeping the elbow close to the body. Head turns to look at the right diagonal front.

**Training Progression 6:**

**Music Suggestions: "Broadway baby", Glee.**

Travelling sideways across the floor.  
Stage Right to left.

- 1 & \_ 3 4 Step left across right. Releve on the left and bring the right into a high retire. Contract in the abdominals and clip the fingers down to the floor either side of retire. Two walks out of it right left  
5 6 7 Step turn step  
1 & & 3 4 5 6 7 Repeat all adding a tucked hop in place of the releve  
Repeat as space allows



**GRADE 6 MUSICAL THEATRE AMALGAMATION**

*Choreographed by Nazene Langfield*

**Music: "Too Darn Hot" (Music: Victoria Hart)**

**Introduction**

Commence centre stage, facing audience, jazz tendu weight on the right leg.

Elbows are slightly pinched back. Head is relaxed with the eye-line down.

- 1-5            Hold position  
&            Draw the left foot behind the right on demi pointe naturally turning out the legs. Right arm releases to the right diagonal front high. The left shoulder pulls away from the right arm creating a diagonal line between the shoulders. Eye-line is high to the right diagonal front.
- 1 2 3 & 4     Progression 3 - Step right behind left, side flick left, pas de bourrée left right left  
5            Low level outward pirouette to right, hands make a fist and come in towards the centre of the body with the inside of the wrists facing towards the ceiling as a transition for next movement
- 6            Facing the audience; Step right foot out to jazz tendu, arms throw out to a shortened side opposition, fingers splayed and pointing towards the RDF and LDF as if throwing a dice. Eye-line is looking down to the floor between the space of the right foot and the right arm.
- 7            Hold position.
- 1 2 3 (4) 5 6 7 8     Progression 4 - adding arms and head on the inverted steps. As the left foot inverts the right hand will wipe from left brow to right brow. As the left foot turns out the right-hand flicks out to the right side with the elbow in a right angle. On the repeat of the left leg inverting, maintain arm line and turn head to look over the left shoulder. As the right leg turns out maintain head and arm line.
- 1 (2 – 4)     Turning the body to face the left side, step onto the left leg and draw the right foot in to meet the left, foot fully stretched, both knees bent. Realign the right wrist bringing the fingertips to the top of the forehead and draw the elbow across to finish in line with the left knee. The left arm lifts behind the body to finish high, creating a diagonal line between the left fingertips and the right elbow, palm is down. Eye-line remains from the end of Progression 4.
- 5            Turning the body to face the audience, step the right foot out to parallel 2nd on demi pointe. As the shoulders come round to face the audience the left arm will already be in place and the right arm will meet it in a high V. Eye line is forward and slightly looking under the brows and there is a feeling of arrest.
- 6 (7,8)     Turning to face the RDF, fondu on the right leg bringing the left into retire. Drop the left arm to hang at the side of the body. The back of the right wrist drops to the forehead. The chin is lifted.





**GRADE 6 MUSICAL THEATRE AMALGAMATION continued**

*Choreographed by Nazene Langfield*

- 1 2 3 (4) & 5 Progression 2, Starting on left leg, travelling to RDF, facing LDF.  
7 (8) Facing in the RDF, step diagonally back L onto a pose on fondu. As the right leg comes into a parallel retire make a quarter of a turn from RDF to RDB. Left arm points to RDF with index finger. Left elbow is squeezing in toward the rib cage. Eye-line looks to where you are pointing.
- 1 2 3 && 5 6 7 Traveling to the left diagonal back. Progression 5 once with ending.  
1 2 3 Hold position  
4 Head isolation to left throwing left arm high with elbow on a high angle and splayed jazz hand, little finger pulling towards the floor.  
& Head isolation to right  
6 Hold position  
7 (8) Turning to face the stage right, draw the right foot to left on a rise. Place the hands on the hip bones, splayed and fingers pointing down. Head and eye-line to the audience.
- 1 2 Traveling to the RDB two runs forward right left.  
3 (4) Pose turn toward stage right with the left leg in a turned out retire and continue to turn to face the audience. Arms diagonal right arm low, palms facing forward, hands splayed. Eye-line to the bottom arm.  
5 & & 7 Step forward on the left leg into an accented hop with both legs tucked (Progression 6) finish in jazz tendu, weight in right leg.
- 1 (2) 3 (4) Pose left across right and fondu onto the left leg with the right foot in retire. Step the right leg across left to complete the movement. Arms push out at shoulder height with the wrists flexed to the LDF and finish pushing to the RDF  
5 Step the left leg out to the left side demi pointe with a rib isolation to the left. The left arm unfolds to the left side to end with arms in side opposition with the left wrist flexed with fingers pointing down and right arm flexed with fingers pointing up.  
6 Bring the right leg in to join the left. Left arm hits left hip, fingers pointing down. Right arm remains.  
7 Step the left leg out to the left side on pose. Right leg extends as 45 and natural turn out. The chest lifts and opens.  
8 Drop into a fondu on the left leg with the right leg in a high parallel retire. The left arm relaxes across the chest and R arm behind the back. The body is in a side bend with the eye-line looking down to the left heel.





**GRADE 6 MUSICAL THEATRE AMALGAMATION continued**

*Choreographed by Nazene Langfield*

1 2 3 4 5 6 & & 8 Progression 1/ part 2

Step retire step step retire step step ball change. Traveling backwards to the RDB,

On count 5 the index finger points towards the right diagonal front. Finish in jazz tendu with the arms relax around the body.

1 & 3 &

Right arm throws to the side of the body, elbow in towards ribs, palm up. Repeat left arm shoulder shrug up and down "I don't Care"

5 (6) 7 (8)

Two cushion walks left right. Relax arms and use shoulders in opposition.

1 2 3 4

Repeat the inverted steps from Progression 4

5 &

Step left leg to left side into jazz tendu. Head turns to face left side with chin lifted. Side bend into the right with the right arm long with some tension in the wrist. The back of the left wrist is on the forehead.