

JL4 Technique Drills for Testers

These drills are designed to test JL4 dancers on their Jamila format technique and basic skills for riffing. For each group of moves, submit a 3-4 minute video of you performing with those specific steps including: defaults, reverses, JS+SS combinations, JS+JS combinations, and your personal variations.

The video may be in a classroom setting or in performance, but the moves must be clearly executed. With each video segment, **submit a list** (*in order of video appearance*) of all the **moves** (*and variations*) you performed along with an integrated list of the finger **cymbal patterns** (*and variations*) used. (The cymbal patterns should be included with the moves/phrases in which they are performed.)

Film

There a total of 60 bullet points so your video should be approximately 1 hour. Please see the document ***Home Testing & Video Instructions*** for details on how to film.

Music

The music used should be a songs from the predetermined Jamila Performance Set List. Choose songs that are long enough to film each group for your 3-4 minute video without breaks in sound. (*Avoiding drum solos*)

Group 1

- BsE
- BsE-BWk
- St-F-B-F
- BsE-w/Open-Sp
- BsE-w/Full-Sp
- Cymbals: Focus on all 3s patterns R-dom

Group 2

- BsE-Wk-w/Pvt
- BsE-Wk-w/Pvt-Ang
- V-St-w/Pvt-Sft-St
- Sync-Pvt-Sft-St
- Stomp-St
- Cymbals: Focus on all 3s patterns L-dom

Group 3

- Tw-St
- Tw-St-w/Leg-Lift
- Bow-St
- Whip-Sp-w/Tw
- Cymbals: Focus on all 4s patterns R-dom

Group 4

- CCW-Pvt (Family of Steps)
- Pvt-Sft-St-w/½-Tn
- Pvt-Sft-St-w/Full-Tn
- Cymbals: Focus on all 4s patterns L-dom

Group 5

- X-St
- 5-Ct
- Turkish-BWk
- Cymbals: Focus on all 2s patterns R-dom

Group 6

- A-3
- Goosh-St
- Goosh-Sp
- F8-BWk
- Cymbals: Focus on all 2s patterns L-dom

Group 7

- ¾-Sh-Sp
- Samiha
- 4-4-Sh
- Cymbals: Focus on 3s with LRT patterns

Group 8

- Horse-St
- Salaam-St
- Bow-St
- Brush-St
- Cymbals: Focus on 3s with RLT patterns

Group 9

- Dk-1
- Dk-2
- Dk-3
- Dk-4
- Dk-5
- Cymbals: Focus on 3s patterns with Rx

Group 10

- Runn-Choo (Family of Steps)
- Cymbals: Focus on 3s patterns with Lx

Group 11

- F&B&-Wk234
- 123&
- $\frac{3}{4}$ -Sh-Sp
- $\frac{3}{4}$ -Flamenco
- Cymbals: Focus on 3s patterns L dom with Lx

Group 12

- A-1
- A-2
- Greeting-St
- 8-Ct
- Cymbals: Focus on 2s and 4s patterns with Rx

Group 13 (all in Home Position, no traveling)

- Turkish-Wk
- Bs-Tq
- Rev-Bs-Tq
- Maya
- Rev-Maya
- Cymbals: Riff on Waheda and 1-5-5-3-3-3

Group 14

- Head Movements
- Arm Waves
- Rc-Cirs
- Rc-F8s
- Cymbals: Riff on 3s patterns

Group 15

- Diag-2/4-Sp
- Centrifugal-Sp
- O-U-O-D-Sp
- I-O-Sp
- V-St (*Family of Steps*)
- Cymbals: Riff on 2s

Group 16

- Diag-2/4-Sp
- Centrifugal-Sp
- O-U-O-D-Sp
- I-O-Sp
- Salaam (*Family of Steps*)
- Cymbals: Riff on 4s