

# Foundations 1 Technique Practical Exam

These combo drills are designed to test Foundations 1 dancers on their technique; clear execution of timing and skill. Note that additional submissions via private lessons may be required to meet skill level approval.

## Directions

- The combo drills will be done solo, meaning only one student.
- Learn the footwork combination listed below including the reverse.
- Perform each move from the Movement List layered on the footwork combination. *One footwork combo with each movement, and one reverse footwork combo with the same Movement List (not reverse) .*
- Keep the move from the Movement List the same timing and downbeat as designated in the Movement List, even when reversing the footwork.
- Use the *Baladi* rhythm loop for the drills:  
<https://www.salimpourstore.com/collections/music-qne-video/products/drum-rhythm-musicals-loops-downloads>.

## Film

- The combo technique drills must be filmed in a space with lighting bright enough for clear video evaluation of the required technique.
- Hands and feet must be in the frame at all times at the same time.
- Your video should be approximately 45 minutes to one hour.
- Each combo drill must be verbally called out (*either live or recorded over the music*) by the dancer. Example: Say “Ribcage slides halftime downbeat right”.
- See supplemental documentation for details on how to film.

## **Footwork Combination**

*Assume in releve and downbeat right unless otherwise designated below.*

*Arms in mod-2nd unless otherwise noted.*

- 8 cts: Walk-2-3-passé ht. Arms 5th.
- 4 cts: Push-Turn ht.
- 4 cts: Out-and-Cross ft.
- 8 cts: 3-step turn ht with touch.
- 8 cts: chasse ft Tv B. Arms: alt 4th.
- 8 cts: Kick-ball-change-pas-de-bourree ft.
  - *Note: kick-ball-change = kick-ball-flat.*
  - *Note: pas-de-bourree = ball-ball-flat.*
- 8 cts: Cross-touch ht Tv F [4 cts]; cross-touch ht Tv B [4 cts].
  - *Note: cross-touch = flat-touch.*

- 8 cts: Chasse-pas-de-bourree with half turns ft.
- 8 cts: Jazz square ht.
- 64 cts: Reverse the entire footwork combination.

### **Movement List**

1. Rc slide ht db R
2. Alternating singles ft db L
3. 3/4 pelvic locks ft db F
4. Alternating undulations U-D ft db UB
5. 3/4 twists ft db L
6. Twist ft db R
7. Alternating ribcage square CW ht db F
8. Interior hip square CW ht db L
9. Interior hip square CCW ht db R
10. Interior hip circle CW ft db R
11. Interior hip circle CCW ft db L
12. Interior half circle F-dom ft db R
13. Alternating interior hip circles CCW ft db B
14. Pyramids CW ft db F
15. Vs CCW ft db B
16. Figure Eight U-D ft db L
17. Figure Eight D-U ft db R
18. Figure Eight F-B ft db L
19. Figure Eight B-F ft db R