

Le Step Pty Ltd. Class Progression System

To ensure the safety of all of our dancers, and to maintain a high quality of dancing in our upper-level classes, dancers wanting to progress from Beginner Classes to Bridging Classes, and/or Bridging Classes to Intermediate Classes, will be required have a *qualifying dance* with one of our highly experienced Level-Up Crew, to gain approval to step up to the next class.

This 'Level-Up' dance will be quite casual and is chance to dance with, and seek valuable feedback from, some of our most accomplished dancers. To be clear, this is *not* an assessment of how many moves you know – it's all about how you dance them! We want to make sure that you are confident with our core concepts before we add anything new to the mix, and that you are **safe** and **comfortable**.

Note: Competition dancers, please be aware that your class level and competition level are completely separate and may potentially be different.

Progression Criteria:

During this dance, our Level-Up Crew will be assessing **three** main dimensions of Modern Jive: **Frame**, **Connection** and **Timing/Footwork**. To see exactly what we are looking for at each progression level, jump to Page 3/4 and 5/6.

Suggested Routines:

We have provided a **Suggested Routine** that covers each of our criteria in detail – while you do not have to perform this routine verbatim, we recommend pulling out as many of these moves as you can! If an assessor believes they don't have enough information, they may ask you to dance some of these moves with them.

Progression / Feedback:

If you have passed with flying colours, you'll get a tag on Mومence, only visible to our front door staff. Woohoo! (*Note: You can always check your approval tag by asking someone at the front desk.*)

If one of our Level-Up Crew has spotted any areas for improvement, they may pull take you aside and give you some personalised feedback to ensure your best success at our classes. Once you have implemented these new strategies and you feel you are ready to go again, we recommend finding the same Pro that you danced with initially for another Level-Up assessment.

To respect the time and decisions of all of our Level-Up Crew, we ask that you seek a maximum of **ONE** assessment per class night, and **ONLY** in the first freestyle session. All Level Up dances are free – although, if you're wanting to progress quickly, most of our mainstream teachers are also available for private lessons.

Switching Roles:

Leading and Following have many overlapping skills but also many independent skills. Therefore, the Level-Up Dance assessment is not transferrable from one role to another. Dancers will need to seek a Level-Up assessment for **both** roles if you wish to do both roles at the next level.

Who is part of the Level-Up Crew?

IMPORTANT: Please note that our Level-Up Crew are **ONLY** on duty when they are wearing a black “Crew” shirt. These guys are all volunteers that love dancing a little too much – it seems unfair to take them away from that all the time! To ensure that our volunteers get some time to dance as well, all assessments will be run in the **FIRST FREESTYLE BREAK ONLY**. Assessors always reserve the right to decline a dance.

Leaders, please find...		Followers, please find...	
Katie C Sarah G	Amy S Julia F	Mick F Phil B Grant L	Eamon F Tim M

Criteria for Progression from Beginner to Bridging:

We have provided a **Suggested Routine** that covers each of our criteria in detail – while you do not have to perform this routine verbatim, we recommend pulling out as many of these moves as you can! If an assessor believes they don't have enough information, they may ask you to dance some of these moves with them.

(BEG) DIMENSION 1: FRAME	
LEADERS	<ul style="list-style-type: none"> • Are dancing with a bend in the elbow to help absorb energy. • Are keeping their frame set in front of them (not breaking frame or over rotating). • Are keeping the proximity between them and their partner at an appropriate/comfortable distance. • Are using an appropriate 'A-Frame' when leading dips/drops. • Are safe in their frame.
FOLLOWERS	<ul style="list-style-type: none"> • Are dancing with a bend in the elbow to help absorb energy. • Are keeping their frame set in front of them (not breaking frame or over rotating). • Are setting their frame at waist height, keeping forearms parallel to the floor. Are relaxing the connection when their hands are outside their frame. • Are safe in their frame.

(BEG) DIMENSION 2: CONNECTION	
LEADERS	<ul style="list-style-type: none"> • Have a fluid feel to their connection. • Are giving preference to the connection point closest to the Followers center. • Are leading with an appropriate amount of connection (energy). • Are not using their thumbs to lead. • Are safe in their connection.
FOLLOWERS	<ul style="list-style-type: none"> • Have a fluid feel to their connection. • Are giving preference to the connection point closest to the Followers center. • Are not pre-empting moves and/or rushing ahead. • Are using straight wrists when compressing. • Are safe in their connection.

(BEG) DIMENSION 3: TIMING / FOOTWORK

LEADERS	<ul style="list-style-type: none"> • Correct base footwork. • Are able to step backwards and forwards on time (with a teachers count). • Are able to lead on a horizontal slot (Line of Dance). • Are safe in their timing / footwork.
FOLLOWERS	<ul style="list-style-type: none"> • Correct base footwork. • Are able to step backwards and forwards on time (to a teacher's count). • Are able to follow on a horizontal slot (Line of Dance). • Have an understanding of our 'Golden Rule' (i.e. A turn to the left steps back Left-Close, a turn to the right steps back on the Right). • Are stepping through turns comfortably. • Are safe in their timing / footwork.

Suggested Beginner Routine (Starting L-R Handhold):

Starter Steps (4x MJ Counts)

Change of Place

Throwaway

First Move

Layback Seat

Catapult

Change of Place

Wurlitzer

Criteria for Progression from Bridging to Intermediate:

We have provided a **Suggested Routine** that covers each of our criteria in detail – while you do not have to perform this routine verbatim, we recommend pulling out as many of these moves as you can! If an assessor believes they don't have enough information, they may ask you to dance some of these moves with them.

(BRG) DIMENSION 1: FRAME	
LEADERS	<ul style="list-style-type: none"> • Shoulders are not coming forward at the end of the slot (<i>i.e. Shoulders are UP-BACK-DOWN-IN</i>). • Are preferring to use 'body leading' over 'arm leading'. • Are using an appropriate 'A-Frame' when leading deeper dips/drops. • Are safe in their frame.
FOLLOWERS	<ul style="list-style-type: none"> • Shoulders are not coming forward at the end of the slot (<i>i.e. Shoulders are UP-BACK-DOWN-IN</i>). • Are taking a large portion of their own weight when following deeper dips/drops. • Are safe in their frame.

(BRG) DIMENSION 2: CONNECTION	
LEADERS	<ul style="list-style-type: none"> • Are easily switching between active/passive connection. • Have had an introduction into simple accelerations and decelerations. • Are safe in their connection.
FOLLOWERS	<ul style="list-style-type: none"> • Are easily switching between active/passive connection. • Have had an introduction into simple accelerations and decelerations. • Are <i>seeking</i> connection with their sides. • Are sitting <i>behind</i> the connection. • Are safe in their connection.

(BRG) DIMENSION 3: TIMING / FOOTWORK	
LEADERS	<ul style="list-style-type: none"> • Are dancing through sequences on time (without a teacher's count). • Are rolling through their feet. • Are adaptable in their footwork. • Are safe in their timing / footwork.
FOLLOWERS	<ul style="list-style-type: none"> • Are dancing through sequences on time (without a teacher's count). • Are rolling through their feet. • Are safe in their timing / footwork.

Additional to demonstrating each of these fundamental skills at a Bridging/Intermediate level, dancers wanting to progress upwards must also demonstrate an ability to lead/follow each of the following actions:

PREREQUISITE MOVES / ACTIONS	
ALL	<ul style="list-style-type: none"> • Whip action (Whip) • Duck Turn action (Duck Turn) • Bowing action (Telemark) • Check / Prep action (Beanshoot*) • Dip / Drop action (Seducer / Layback)

Suggested Bridging Routine (Starting L-R Handhold):

- Beanshoot (with Check*)
- Manhattan
- Full Layback
- Whip
- Seducer
- Telemark
- Wurlitzer entry (with double turn out)
- Wurlitzer exit (with Duck Turn)