



NATIONAL SENIOR JAZZ MEDAL COMPULSORY STEPS SELECTION

NAME _____

SENIOR BRONZE MEDAL COMPULSORY STEPS

Please choose 12 out of the 13. *7 & 8 count as one.

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|-----------------------------|--------------------------|----------------------------|--------------------------|
| 1. Jazz Glissade | <input type="checkbox"/> | 2. Jazz Pas De Bouree | <input type="checkbox"/> |
| 2. Jazz sissonne /flex kick | <input type="checkbox"/> | 4. Jazz sissonne | <input type="checkbox"/> |
| 5. Single Stag | <input type="checkbox"/> | 6. Double Stag | <input type="checkbox"/> |
| 7. Single Pirouette outward | <input type="checkbox"/> | 8. Single Pirouette inward | <input type="checkbox"/> |
| 9. Grande Jete runs/chasse | <input type="checkbox"/> | 10. Pose Coupe Turns | <input type="checkbox"/> |
| 11. Grande Battement Releve | <input type="checkbox"/> | 12. Pencil Turn | <input type="checkbox"/> |
| 13. Jazz split to floor | <input type="checkbox"/> | 14. Chaine Turn | <input type="checkbox"/> |

SENIOR SILVER MEDAL COMPULSORY STEPS

Please choose 6 out of the 10.

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|---------------------------------------|--------------------------|---------------------------------------|--------------------------|
| 1. Developpe frt/side/bk | <input type="checkbox"/> | 2. Lay out (to side) | <input type="checkbox"/> |
| 3. Grande Jete Turn | <input type="checkbox"/> | 4. Barrel Turn | <input type="checkbox"/> |
| 5. Attitude Turn | <input type="checkbox"/> | 6. Sail Turn | <input type="checkbox"/> |
| 7. Full Split | <input type="checkbox"/> | 8. Lane Duck Turn | <input type="checkbox"/> |
| 9. Double Jazz Pirouette
(outward) | <input type="checkbox"/> | 10. Double Jazz Pirouette
(inward) | <input type="checkbox"/> |

SENIOR GOLD MEDAL COMPULSORY STEPS

Please choose 8 out of the 9. *1&2 are one.

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|--|--------------------------|--|--------------------------|
| 1. Triple Jazz Pirouette
(Inward-bent/straight leg) | <input type="checkbox"/> | 2. Triple Jazz Pirouette
(Outward-bent/straight leg) | <input type="checkbox"/> |
| 3. Switch Splits | <input type="checkbox"/> | 4. Fouette (R&L) | <input type="checkbox"/> |
| 5. Axel Turn | <input type="checkbox"/> | 6. Jazz Split Turn | <input type="checkbox"/> |
| 7. Grande Jete en tournant | <input type="checkbox"/> | 8. Russian (side jete) | <input type="checkbox"/> |
| 9. Barrel Double Stag Turn
(aka Butterfly Flip) | <input type="checkbox"/> | 10. Straddle Split
(from standing position or 2 nd position sitting) | <input type="checkbox"/> |

SENIOR MEDAL GOLD STAR COMPULSORY STEPS

Please choose 3 out of the 4.

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|--|--------------------------|-----------------------------------|--------------------------|
| 1. Fouette (3 single, ending with double | <input type="checkbox"/> | 2. Barrel Double Stag (2 or more) | <input type="checkbox"/> |
| 3. Triple Jazz Pirouette R&L | <input type="checkbox"/> | 4. Double Cabrioles front | <input type="checkbox"/> |