

IRISH STEP DANCING SYLLABUS RESTRUCTURE

STAGE 1, 2 & 3

September 2013

MAIN CHANGE

There are now 3 Stages

Stage 1

IRISH JIG SINGLE TIME

- Foundation Movements – 24 Exercises
- Dance

Stage 2

IRISH JIG SINGLE TIME WITH USE OF SHILLELAGH

- Foundation Movements and Associated Arm Actions - 10 Exercises
- Dance

IRISH HORNPIPE

- Foundation Movements – 18 Exercises
- Dance

Stage 3

IRISH JIG DOUBLE TIME or BROKEN TIME

- Foundation Movements – 23 Exercises
- Dance

IRISH REEL

- 7 Parts

Renumbering

- Each Foundation Movement and Dance Section will be numbered and correspond to the track number on the CD.

Exercise Titles

- These will read across the page and in the order that the Foundation Movements are performed in the exercise

Theory

- Theory for each exercise will immediately follow the exercise and will also be listed alphabetically at the end of the stage
- The Time Counts for Foundation Movements have been added

Musical Appreciation

- This is listed before the Foundation Movements as well as in Theory at the back of the syllabus

Introduction: History, Interpretation and Execution

- These sections have been extended in the Introduction to document some historical data
- Candidates will be not be questioned on this section

Stage 1

Irish Jig Single Time

Exercise 17 - Pas de Basque – Stamp Open & Closed:

- The Pas de Basque is no longer in 2nd Intermediate Ball – it is now 2nd Ball

Dance Section - Step 2:

- Step is now called Triple instead of Tripling

Stage 2

Irish Jig Single Time with use of Shillelagh

Exercises 1 - 10

- All Shillelagh Arm Actions and Foundation Movements specific to the Irish Jig Single Time with use of Shillelagh are in the first section

Dance Section: Step 4 “Donnybrook”

- There is the option of turning to the Right or Left for the Double Grind when Shaking Shillelagh & Fist

Irish Hornpipe

Exercise 14: Polka – Brush Polka – Slip

- Both exercises from previous stages are listed and it is the examiners choice of which one is demonstrated.

Exercise 15: Heel & Ball Pivot

- As above

Exercise 28: Cross Slipping

- Cross Slipping is now in the Irish Hornpipe section and not in the Irish Jig Double Time.
- This is a new exercise.

Exercise 29: Ball Heel

- This movement has been used, but not previously listed as a Foundation Movement. Therefore, there is now a new exercise and theory.

Dance

- The candidate will be asked to name in order the Foundation Movements performed in any step, chosen by the Examiner.
- Step 2: Candidates have a choice of the two second steps listed that have been taken from the previous Stage 1 & 2.

Stage 3 Irish Jig Double Time or Broken Time

Exercise 6: Sink – Six Beat Grind

- Cross Slipping has been moved from Irish Jig Double Time in old Irish Stage 2 to Irish Hornpipe Stage 2
- Exercise is now Sink, Six Beat Grind and Pas de Basque

Exercise 9: Heel Click Beating & Springing Out

- No close to 1st Flat after each Heel Click Movement. This uses the same format as Toe Click – Toe Click Lowering to Flat
- Beat or Spring out with either foot (Set in exercise, but optional in step construction)

Exercise 10: Double Heel Click Springing Out

- No close to 1st Flat after each Double Heel Click
- Spring out with either foot (Set in exercise, but optional in step construction)

Exercise 11: Heel Drop - Kick in One, Two & Three Time Counts

- The "Contra if requested" has been deleted – the exercise now has 8 Bars

Exercise 14: Rock Over & Under

- 2nd Half commences with Rock Under Over

Exercise 15: Slip Side Running Batter Release

- Exercise now has 8 Bars, reduced from 16 Bars

Exercise 16: Slip Weave Side Running – Triple Flourish Through 1st or Slip Weave Side Running commencing with a Beat

- Exercise now has 8 Bars , reduced from 16 Bars

Exercise 18: Sink with Extension – Slip in One & Two Time Counts

- Exercise now has 8 Bars, reduced from 16 Bars

Exercise 19: Toe Click – Toe Click Lowering to Flat

- Beat or Lower to Flat and Spring out with either foot (Set in exercise, but optional in step construction)

Exercise 20: Double Toe Click – Double Toe Click Lowering to Flat

- Beat or Lower to Flat and Spring out with either foot (Set in exercise, but optional in step construction)

Exercise 21: Slip Drum Toe Click

- The exercise has not changed but the beat out from the Toe Click can be on either foot
- The full name of the movement is used in the title (changed from Drum Toe Click)

Exercise 22: Toe Tip – Triple Flourish Through 1st

- The "Contra if requested" has been deleted – the exercise now has 8 Bars

Dance:

- The candidate will be asked to name in order the Foundation Movements performed in any step, chosen by the Examiner
- Step 1 – Opening Step: Option of Break as written or Break of Own Choice
- Step 2 – Option of Flourish & Slip Grind or Step of Own Choice
- Step 4 – Option of Slip Grind & Batter Release or Ball Twist

Irish Reel

Triple Flourish

- Triple Flourish may be performed Across the Buckle or Through 1st

Steps have been given names:

- Step 1: Triple Flourish Step
- Step 2: Ball Heel Step
- Step 3: Stamp Step
- Step 4: Drum Step
- Alternate Step 4: Round Batter Step
- Step 5: Pivot Step

Step 2: Ball Heel Step

- Added theory for Ball Heel

Alternative Step 4: Batter Round Step

- Theory – commences with Beat in 5th Ball. This is the way it is executed in the Step

