

JL3 Technique Drills for Testers

These drills are designed to test JL3 dancers on their Jamila format technique and ability to maintain that technique while adding basic layering.

Directions

For each family below you are given one Step and a layer with a finger cymbal pattern. For each family Step; clearly film yourself executing the Step with each layer & assigned finger cymbal pattern for 1 minute in order as listed below. *For example*; FMMB will have total of 6 minutes of footage that includes FMMB layered with each of the 6 bullet points & assigned cymbal pattern.

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 options you should use are from the Loops downloads [loop #1 or #8]

<https://www.salimpourstore.com/products/ala-nar-percussion-music-loops-downloads> .

Drills

FMMB layered with:

- Alt Rc slides *ht db R* Z: 3-1-3-1-3
- Alt Rc cir CW *ht db L* Z: 7s
- Alt Rc Lks *ht db F* Z: 3-3-7
- Alt F8s F-B *qt db R* Z: 3-7-3
- Alt F8s U-D *qt db R* Z: Running 5s
- Und U-D *ht db UB* Z: 3-5-5

$\frac{3}{4}$ -Sh-U layered with:

- Alt Rc slides *ht db R* Z: 5-5-3
- Alt Rc cir CW *ht db L* Z: 3-5-1-3
- Alt Rc Lks *ht db F* Z: 3-1-5-3
- Alt F8s F-B *qt db R* Z: [3-1-3-1-3]L
- Alt F8s U-D *qt db R* Z: [7s]L
- Und U-D *ht db UB* Z: [3-3-7]L

Pvt-Sft-St layered with:

- Alt Rc slides *ht db R* Z: [3-7-3]L
- Alt Rc cir CW *ht db L* Z: [Running 5s]L
- Alt Rc Lks *ht db F* Z: [3-5-5]L
- Alt F8s F-B *qt db R* Z: [5-5-3]L
- Alt F8s U-D *qt db R* Z: [3-5-1-3]L
- Und U-D *ht db UB* Z: [3-1-5-3]L

Sync-Pvt-Sft-St layered with:

- Alt Rc slides *ht* db R Z: 4s
- Alt Rc cir CW *ht* db L Z: 4-1-4-1-4
- Alt Rc Lks *ht* db F Z: 4-4-7
- Alt F8s F-B *qt* db R Z: 4-7-4
- Alt F8s U-D *qt* db R Z: 4-5-5
- Und U-D *ht* db UB Z: 5-5-4

4-4-Sh layered with:

- Alt Rc slides *ht* db R Z: 4-5-1-4
- Alt Rc cir CW *ht* db L Z: 4-1-5-4
- Alt Rc Lks *ht* db F Z: Alt 4s & 5s
- Alt F8s F-B *qt* db R Z: [4s]L
- Alt F8s U-D *qt* db R Z: [4-1-4-1-4]L
- Und U-D *ht* db UB Z: [4-4-7]L

5-Ct layered with:

- Alt sgls *dt* db L Z: [4-7-4]L
- Alt $\frac{3}{4}$ - $\frac{3}{4}$ -Sgl-Sgl- $\frac{3}{4}$ *dt* db R Z: [4-5-5]L
- Int hip cir CCW *ft* db R Z: [5-5-4]L

V-St-w/Pvt-Sft-St layered with:

- Und D-U *ht* db LoAb Z: [4-1-5-4]L
- Rc cir CW *ft* db F Z: [4-5-1-4]L
- Alt Rc Lks *ft* db B Z: 2s

X-St layered with:

- Alt Rc Lks *ht* db B Z: 2-1-2-1-2
- Alt Rc F8s B-F *qt* db R Z: 2-2-7

Pvt-Sft-St-w/Full-Sp layered with:

- Rc cir CW *ft* db L Z: 2-7-4
- Alt $\frac{3}{4}$ Rc Lks *ft* db F Z: 2-5-5

Samiha layered with:

- Und U-D *ht* db UB Z: 5-5-2
- Und D-U *ht* db UB (note: UB is not a typo; keep db in UB) Z: 2-5-1-2

Algerian-Sh layered with:

- Alt $\frac{3}{4}$ Rc slides *ft* db R Z: 2-1-5-2
- Alt Rc cir CW *ht* db F Z: [2s]L

A-1 layered with:

- Alt sgls *ht* db R Z: [2-1-2-1-2]L
- Alt F8 U-D *ht* db R Z: [2-2-7]L

Whip-Sp-w/Tw layered with:

- Rc cir CW *ht* db F
- Und D-U *ht* db UB (db is UB even though und is D-U)

Z: [2-7-4]L

Z: [2-5-5]L

8-Ct layered with:

- Rc cir CW *ht* db F
- Alt Rc slides *ht* db R

Z: [5-5-2]L

Z: [2-5-1-2]L

Salaam-St-Cir layered with:

- Alt Tw *ft* db L (twists will replace the Pivot-Shift-Step)
- Rc cir CW *ht* db L

Z: [2-1-5-2]L

Z: LRR

Goosh-St layered with:

- Alt Pv Lks *dt* db B
- Und U-D *ht* db UB

Z: 7s LRT

Z: 3-3-7 LRT

Cir-St CW *qt* db L layered with:

- Alt Tw *ft* db L
- Int hip cir CCW *ft* db R

Z: 3-7-3 LRT

Z: 5s LRT

Dk-1 layered with:

- Alt Rc slides *ht* db L
- Alt sgls *dt* db L

Z: 3-5-5 LRT

Z: 5-5-3 LRT

Dk-3 layered with:

- Alt Tw *ft* db R
- Alt sgls *ft* db R

Z: 3-5-1-3 LRT

Z: 3-1-5-3 LRT