



MUSICEA ARTS
AND CULTURE
COUNCIL

BOLLYWOOD DANCE

SYLLABUS

Foundation II

January 2022



Foreword



Welcome to the Musicea Arts and Culture Council

Musicea Arts and Culture Council is a non-profit international educational institution incorporated as a Section 8 Company of the Indian Companies Act, 2013. The primary objective of incorporation is to prepare syllabi, offer examinations, assist in careers and jobs, recognise, award and honour achievements and promote young candidates in music, dance, theatre, language, arts and sports. Musicea Arts and Culture Council is a college of national and international educators sharing the dream of creating a world-class international institution based in India to provide opportunities, solutions and recognition to both students and teachers.

Musicea Arts and Culture Council offer different international graded levels of graded syllabi and assessment. Several innovative and path-breaking measures implemented by the college council make it inclusive, holistic, and apt for 21st-century music education. The pioneering initiatives are transforming the lives of thousands of educators and students. Musicea Arts and Culture Council initiatives play an active role in developing a nation by assisting millions of aspiring students and teachers. Several initiatives are in place to protect, serve, and empower the teachers and students. Member teachers and students receive a series of direct benefits, honour and advantages from the Musicea Arts and Culture Council. Two of the many pioneering initiatives are students receive Scholarships and teachers receive Pension Benefit Schemes.

Musicea Arts and Culture Council is also committed to preserving, nurturing, and promoting the rich heritage and traditions of Indian and World Music and the Arts. The syllabi are refreshing and educational. All aspects of the syllabi are in sequential order concerning the academic merit underlying each requirement. The selection of pieces and songs is a meticulous and progressive process. Breaking from the narrow-based idea of a fixed book for examination, Musicea Arts and Culture Council broadens the scope of learning and performing by prescribing a suggestive list of all-time favourite pieces and songs. Education is beyond the scope of one book and format. 21st-century learning demands a fun-filled, open and broad-spectrum far beyond forced education. The Free Choice option allows a candidate to perform pre-approved self-composition or arrangement. Modern subjects encourage a candidate to embellish and improvise. The Musicianship is a pioneering inclusion that makes the examination more interesting. Musicea Arts and Culture Council have been at the forefront in preserving, nurturing and promoting music and the arts.

Musicea Arts and Culture Council Examination

Musicea Arts and Culture Council examinations are comprehensive and cater for those interested academically or as a performer. The lists contain works ranging from early times to up-to-date contemporary examples, plus own choice options.

All works are carefully selected and sequentially graded. Teachers preparing students for Musicea Arts and Culture Council examinations will have a clear and detailed outline to develop their lessons. Musicea Arts and Culture Council examinations make provision for different abilities and provide a goal for candidates. Examination reports reflect a reliable assessment of progress and, by comments and marks, assist individual development. However, there are many ways to improve the skills and, candidates should look beyond the scope of only assessment-related studies.

In each Musicea syllabus, teachers will find the requisites of a training system for their students through the different Levels and Grades. The aim is to encourage personal development in music and dance in each individual. It is the wish of the Musicea to support teachers and their students in developing their skills, acquisition of knowledge and enhanced self-confidence according to age and experience, not to discourage and set impossible or unrealistic standards.

Examination Module

Musicea offers a diverse range of examination module. A candidate is free to select any one of the examination modules according to his/her choice, objective and strength. A candidate may or may not switch the examination module in the next higher level or grade examination. Followings are the examination module:

- Online and Physical candidate may choose to appear for Musicea Bollywood Dance Graded Examination. The three levels are: Foundation (Foundation I, II, Grade 1-3), Intermediate (Grade 4-5) and Advanced (Grade 6-8).
- A candidate will perform Technical Exercise I and II. 30x2=60 Marks
- A candidate will perform one item from each of the prescribed list of Performance 1-3. 30x3=90 Marks
- A candidate may choose the performance from the prescribed list or may select their own choice equivalent to the standard of the prescribed piece.
- The total examination time for each Grade is 12 minutes. Each performance and technical exercise is for 2 minutes maximum.

Musicea Arts and Culture Council offer several unique, pioneering and groundbreaking services. Musicea Arts and Culture Council offer **scholarships** to examination candidates. The feature of the scholarship is a historical first offered by Musicea Arts and Culture Council.

Bollywood Dance

Syllabus, January 2022

Foundation II

Technical Exercise I

Body Flexibility

Perform the following **Four** exercises with **eight counts**.

Squats

Mountain climber

Single leg dead lift

Dolphin stretch

Technical Exercise II

Beat Sync

Exercises with rhythm

Tempo = 130 BPM

Time = 2 min

[https://www.youtube.com/watch?v= B2G_TyyYT8](https://www.youtube.com/watch?v=B2G_TyyYT8)

Reference Music

<https://www.youtube.com/watch?v=qB5G6NOh-ww>

https://www.youtube.com/watch?v=VQrR_1G0CLE

Performance 1

The duration of each performance should not exceed two minutes.

Focus on body language and expression

Prescribed Songs

Piya Tose Naina Lage

Devdas 1955

Jashn-E-Bahaaraa

Jodhaa Akbar

Own Choice (same standard)

Performance2

The duration of each performance should not exceed two minutes.

Bollywood Traditional

Prescribed Songs

Jugni

Cocktail

Ude Jab Jab Zulfein Teri

Naya Daur

Own Choice (same standard)

Performance 3

The duration of each performance should not exceed two minutes.

Bollywood Dance

Prescribed Songs

Taal Se taal

Husn Hain Suhana

Own Choice (same standard)

Taal

Coolie No 1

Kindly follow the videos published by Musicea Arts and Culture Council.