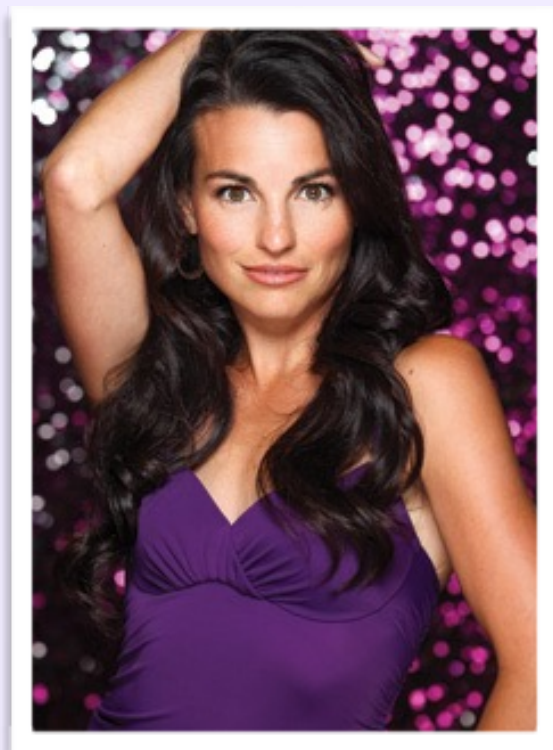


ASHLY COSTA

PROFESSIONAL COURSE & TRAINING CURRICULUM 2016 - 2017



Contact Information

PRO DANCE | CHOREOGRAPHY | TRAINING | PERFORMANCE
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Let's Dance
Studio Introduction

Ashly Costa | BIO

Ashly (DelGrosso) Costa grew up in a family of six dancing sisters and spent most of her life in her mom's dance studio. At age three Ashly began training in ballet, jazz and tap eventually being introduced to ballroom at the age of twelve. After seeing her first Latin ballroom competition Ashly knew that it was what she wanted to do.

In her teenage years Ashly's ballroom career took off winning multiple youth US Ten Dance championships and the US Amateur 10 dance championship. Ashly performed with Odyssey Dance Theater for 5 years before she made her Television debut on the hit ABC TV show Dancing with the Stars. She danced with DWTS for 4 seasons partnering with singer Joey McIntyre, Master P, Harry Hamlin and finally on season 10 with the American rocket hero Buzz Aldrin. Ashly has been featured on the Suite Life with Zack and Cody, Jonas Brothers, America's Funniest video's, Late Night with Jimmy Kimmel, Regis and Kelly, GMA, and many more but Ashly says her greatest achievement is her four amazing children Ammon(8) Enoch(3) Naomi(4) and Sam(18mos).



Ashly is also known as an influencer in social media where fans follow her professional and personal life on YouTube, Facebook, Instagram and Snapchat. Currently Ashly travels the country with her family teaching at studios and conventions and performing in live events. Her latest project called *The Dance Off* has become an exciting new highlight at social media conventions and corporate events around the world. Ashly is passionate about the important role dance plays in kids lives and strives to be a positive example by sharing her life experiences and encouraging kids everywhere to pursue their dreams.



POPULAR CREDITS

DANCING WITH THE STARS • SUITE LIFE WITH ZACK & CODY • GMA • LIVE WITH REGIS AND KELLY • ODYSSEY DANCE THEATER • VH1 MUSIC AWARDS • JIMMY KIMMEL • LARRY KING • JONAS BROTHERS • YOUTH UNITED STATES 10 DANCE CHAMPION • UNITED STATES PROFESSIONAL LATIN FINALIST

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Classes & Lectures

PRIVATE LESSONS
MASTER CLASSES
CHOREOGRAPHY

CLASS	DESCRIPTION
Intro Ballroom (BEG/ITM/ADV)	For dance students enrolled in modern, contemporary, hip hop, jazz, ballet or beginner ballroom dance classes interested in gaining introductory working knowledge and insight into the basics of ballroom dance form, style and technique. Through combos and across the floor exercises students gain valuable insights into the basic steps, walks and partnering techniques of ballroom and learn how to incorporate ballroom basics into their current dance forms and routines. No Partner Required.
Latin Ballroom (BEG/ITM/ADV)	Explores associated level patterns/figures and rhythms of the 5 latin dances including Cha Cha, Samba, Rumba, Paso Doble and Jive. Emphasis on rhythm, poise, footwork, foot positions, dance position, alignment, and correct leading and following. This course is ideal for dancers seeking to develop a strong working knowledge, strategies and practical applications of latin ballroom dance and at any level.
International Ballroom (BEG/ITM/ADV)	Teaches figures of International Style Waltz, Quickstep, Tango, Foxtrot, and Viennese Waltz at various levels of expertise. Emphasis, on international style rhythm, poise, footwork, foot positions, dance position, alignment, rise and fall, body flight and correct leading and following.
Ballroom Partnering (BEG/ITM/ADV)	Teaches concepts in correct partnering with an emphasis on hold, posture, positioning, rhythm, and poise. This class is designed to suit a wide range of dance studios and students, offering basic to advanced perspectives and training. This course is ideal for dancers seeking to learn versatile partnering techniques that can be easily incorporated into a variety of their current dance forms and routines. This class requires an even number of students for participation. The class focus can vary by studio preference and request ranging from focus on partnerships as they pertain to ballroom dance as well as in the use of ballroom partnering techniques in a variety of modern, jazz, hip hop, contemporary and other dance forms.
Ballroom Style (BEG/ITM/ADV)	For students interested in the ballroom dance experience. Teaches American, International Ballroom, and Latin techniques using choreography in performance and competitive disciplines. Includes choreography, stage performance, competition disciplines and demonstrations with increased emphasis on dance techniques.
Ballroom Music & Choreography (BEG/ITM/ADV)	Presents a fundamental approach to the basic elements of music and choreography and its relationship to ballroom. Offers strategies for practical application of music selection, composition and choreography. Studies simple and complex music styles, compositional principles in music selection, basic editing concepts and choreography. This class is ideal for students and teachers interested in becoming more intuitive choreographers and teachers. Offers key insights for those seeking to improve their own choreography and musical intuition in dance composition.
Ballroom Conditioning (BEG/ITM/ADV)	For dance students enrolled in modern dance, ballet, jazz, or ballroom dance classes and for students interested in dance-specific conditioning. This course emphasizes body balancing in strength, flexibility and endurance training supported by knowledge of stress management, nutrition, body image, and body connectivity work.
Ballroom Influence (BEG/ITM/ADV)	Learn new techniques for teaching students at all levels from professional to those with no previous dance experience. The course examines technical aspects of training with focus on teaching methods associated with various dances. Specific emphasis on training include strategies for coaching with authority and establishing trust, respect and gaining long term influence. Ashly also connects on the dancer level and discusses the importance of positivity, integrity, setting high expectations, and being an example within the industry. Finally especially the impact of negative body image and ways to counter it's destructive influence.

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