



# DANCE DYNAMICS

## Class Descriptions and Attire

**HIP HOP**- Hip Hop focuses on the creativity of body isolations that are intertwined with musicality. Classical technique is not a focus in this class. Classes study the various styles of hip-hop. Students will love the high energy that hip hop brings. **ATTIRE:** Comfortable dance or athletic/converse shoes with non-marking soles. Please no street attire (i.e. Jeans, Skirts).

**\*\*\*\*T-SHIRTS NOT ALLOWED IN ALL CLASSES BELOW\*\*\*\***

**CREATIVE MOVEMENT**- Is a brilliant class for our youngest dancers that trains the students in basic ballet technique and allows them to explore the exciting world of Acrobatic Arts. Dancers will do 30 min of ballet and 15 of Acro.

**ATTIRE:** Any color leotard and convertible tights, with pink ballet shoes. Please have hair pulled back away from face.

**ACRO (TUMBLING)**- Certified in Acrobatic Arts! Students learn a variety of jumps, somersaults, handstands, back-bends, cartwheels, round-offs, walkovers, back handsprings, and aerials developing strength, balance, and coordination.

**ATTIRE:** Any color leotard with tight shorts (no baggie athletic shorts). Barefoot.

**BALLET/POINTE** - Body alignment, strength, strong technique, foot articulation, grace, and control are just a few of the things focused on. Ballet is the basic dance form for all styles of dance because of the strong focus on technique. Classes begin at the barre, progress to the center, and then move to across the floor combinations. Correct ballet terminology is stressed in all levels. We use a nationally recognized classical graded ballet system in all classes.

**ATTIRE:** Any color leotard and tights, pink ballet shoes for girls, and black for boys. *Hair must be in a bun for ALL ballet-only classes.*

**TAP**- Is great for all ages! Tap focuses on the rhythms that are articulated through the feet. From beginners to advanced levels the students are taught turns, intricate footwork, precision, speed, and musicality. Center floor combinations and various across the floor turns are introduced from beginner through professional level. Correct tap terminology is taught at all levels on a graded tap system.

**ATTIRE:** Any leotard with tights and dance pants, shorts, or skirt. Black tap shoes. Jazz tap shoes are required for Lev. 3 & 4 and are recommended for Intermediate Tap.

**CLOGGING**- If you like Tap, you will love clogging! Clogging is a percussive dance form like tap, keeping time with the downbeat. Highly energetic and fun!

**ATTIRE:** Any leotard with tights and dance pants, shorts, or skirt. Black clogging shoes.

**JAZZ**- Is energy packed! Jazz consists of stretching, conditioning, isolations, technique, and center floor combinations. Across the floor patterns are taught at all levels. Different combinations of kicks, jumps, turns, and leaps are introduced in all classes. Jazz classes will study the different styles of jazz (precision, lyrical, and musical theatre).

**ATTIRE:** Any leotard with tights and dance pants, shorts, or skirt. Tan slip-on jazz shoes.

**CONTEMPORARY** - Focuses on total body connectivity. The class develops a dancer that is aware of core support, the space around them, different energy qualities, and it enhances creativity. Developing the dancer in a holistic approach will increase their technique and expression.

**ATTIRE:** Leotard and tights with any tight shorts, leggings, or skirt and bare feet.

**DANCE TECHNIQUE**- This is a class for the beginning teen dancer. This class will teach Ballet basics and then also include Jazz technique across the floor. This is a great class to start in when beginning dance. This class will give the basic dance technique and challenge the student at a good pace.

**ATTIRE:** Any leotard with tights and dance pants, shorts, or skirt. Tan slip-on jazz shoes.