

CLASS DESCRIPTIONS

ENCORE ELITE DANCE & CHEER PROGRAM AND LEVEL DESCRIPTIONS

Majority of our classes offer various levels. Please email the studio for placement in any levels above beginning PRIOR to registering.

COMBO CLASSES (Ages 2-4)

Combo classes allow students to dive into the fundamentals of dance while still enjoying a playful and creative environment. Dancers will learn to follow directions, self expression, listening skills, how to create rhythms and how to memorize simple choreography. It's a perfect class for the beginner student wanting to try dance for the first time! Please see specific genre details explained below.

TUMBLING

These classes focus solely on the tumbling skill set – bridges, handstands, cartwheels, walkovers, handsprings, etc. As they progress, we have different levels to accommodate where each student is at in their tumbling journey. Tumbling is a huge factor in a cheer routine and is a required skill set for our Cheer Program. Each class is designed to not only teach and guide but also show students the proper and safe way to practice and execute each skill.

Level II Requirements

1. Must be able to do a cartwheel and land in a standing position
2. Must be able to do a roundoff.
3. Must be able to hold a handstand and land in a bridge
4. Must be able to hold a bridge and kick over
5. Must have teacher approval

ACRO

Acro is very similar to the tumbling skill set. The difference between the two is that acro incorporates dance and contortion elements. Our Acro classes are personalized to each age and level with specific goals set for each class. Each class not only focuses on specific tricks and moves, but confidence and safety. They practice barefoot to showcase their lines, straight legs and pointed toes. Ballet is a recommended class to take with acro.

Level II Requirements

1. Must be able to do a cartwheel and land in a standing position
2. Must be able to hold a handstand and land in a bridge
3. Must be able to hold a bridge and kick over
4. Must be able to hold a headstand for 4 seconds
5. Must be able to hold an elbow stand for 4 seconds
6. Must have teacher approval

Level III Requirements

1. Must be able to do front and back walkover
2. Must be able to hold a headstand for 8 seconds
3. Must be able to hold an elbow stand for 8 seconds
4. Must be able to do a chin stand
5. Must be working on side aerial
6. Must be able to do toe rise to bridge
7. Must be able to do a valdez
8. Must have teacher approval

Level IV Requirements

1. Must be able to do side aerial on hard floor
2. Must be able to do back handsprings with or without spot
3. Must be able to do front aerals on hard floor with or without spot
4. Must have teacher approval

POM

This class focuses on a combination of jazz and cheer. The students will work on basic dance technique while incorporating pom poms, cheer motions and jumps. Our Pom class incorporates the best of both our Dance Program and Cheer Program. In each class, students will work on different elements related to the style, along with the proper knowledge and terminology. We recommend a technique class in either Jazz or Cheer to take along with our Pom class.

STUNTING

This class solely focuses on cheer stunts and strength building. Stunting is when one student is simply lifted into the air by 3-4 other students. Students will begin with simple thigh stands and work their way up to higher and more involved stunts. Stunting is a required skill set for all cheer routines. Each class is safely taught, and encouraged for those interested in taking a cheer class.

CHEER

Our cheer classes consist of 4 skill sets: Tumbling, Jumps, Stunt and Pom Dance. In this class, students will combine all 4 skill sets and begin learning how to incorporate them into one routine. This class gives kids the opportunity to learn the basics of Cheer, along with the necessary fundamentals needed to excel in this style. This is a jam packed class that gets the kids pumped!

Intermediate Requirements

1. Must be able to do a cartwheel and land in a standing position
2. Must be able to do a roundoff.
3. Must be able to hold a handstand
4. Must be able to hold a bridge for 8 seconds
5. Must be able to assist with basic stunts (ie. thigh stand, teddy sit)
6. Must be able to do a star jump and toe touch
7. Must know basic cheer motions
8. **Must have teacher approval**

BALLET

Encore Elite offers 3 levels of classical ballet, including Pre-Pointe, Demi-Pointe and Pointe. Each class has a focus on ballet technique, proper body alignment, terminology, and musicality. Our Ballet Program is designed to not only properly guide our dancers in strong technique, but also build a knowledgeable foundation in proper class etiquette.

**** All Ballet Level Changes Must Be Through Evaluations In Class. ****

Intermediate Requirements

1. Must have taken beginning ballet for a MINIMUM of TWO years to be considered
2. Must pass evaluation during a beginner class

Advanced Requirements

1. Must have taken intermediate ballet for a MINIMUM of TWO years to be considered.
2. Must pass evaluation during an intermediate class

STRETCH & TURNS

Stretch & Turns is for the dancer who is serious about giving extra attention to improving their dance skills. This class is a combination of deep stretching and technique improvement. The class includes several arms, abdominal, and leg exercises to strengthen the entire body and help improve technique. Our Stretch & Turns classes are also geared to help with injury prevention. Dancers will learn how to properly stretch, and the proper body structure to do numerous turns and extensions. Healthy muscles are important to let you move freely and keep your body strong.

Intermediate Requirements

1. Must Have a Clean Single Pirouette & Working on Doubles.
2. Must Have Leg Extension Center Floor on Both Sides
3. Must Have Right & Left Split
4. Must Have Solid and Full Needle & Working on Needle Variations
5. Must Have Front Leap & Surprise Leap

Advanced Requirements

1. Must Have Triple Turns in Different Positions
2. Must Have Leg Hold Turn on at least One Side
3. Must Have Calypso Jump, Center Leap, & Tilt Jump
4. Must Have A La Seconde Turns in Center Sequence
5. Must Have All Splits
6. Must Be Able To Execute Various Forms of Extensions and Leg Sequences
7. Must Have Had At least 3 Years Dance Training

HIP HOP

Hip Hop dance is a high-energy, high impact style. This energetic and fast-paced class will help students develop rhythm, musicality, coordination, and focus while having fun! Our Hip Hop classes are dynamic and technical while students work on isolations, body movement and freestyle. Students will be encouraged to find their own style and dance creatively.

Intermediate Requirements

1. Must be ready to build upon skills learned in beginning hip hop
2. Must be able to recognize hip hop terminology and feel confident increasing their vocabulary
3. Must be versatile in various hip hop styles
4. Must be able to retain choreography quickly and ready for greater length combinations with more complex rhythms
5. Must be able to perform intricate footwork and capture specific styles
6. Must be comfortable performing freestyle
7. **Must have teacher approval**

TAP

Tap classes consist of rhythm and musicality through intricate footwork. From Broadway tap to Rhythm tap, we work on creating clear and precise rhythms that mirror the music. Tap technique focuses on clarity, musicality, and strengthening the mind and body. Students will gain knowledge in traditional tap vocabulary through learning and practicing a variety of tap steps, short phrases, tap turns, and choreography using different rhythms supported by a wide range of music.

Intermediate Requirements

1. Must know and be able to produce clear shuffles - single and double time
2. Must know and be able to do running flaps, flap heels, flap heel heels, flap ball change
3. Must know and be able to do an irish - front and back
4. Must know and be able to do a buffalo - left and right
5. Must know and be able to do a cramp roll
6. Must know and be able to do a maxie ford
7. Must know and be able to do a toe stand
8. **Must have teacher approval**

Advanced Requirements

1. Must know all intermediate terms and be able to apply / follow the rhythm of a song.
2. Must know and be able to do jump shuffles
3. Must know and be able to do a toe roll
4. Must know and be able to do single and double time steps
5. Must know and be able to do broadway
6. Must know and be able to do a double pull back
7. Must know and be able to do a cramp roll crawls
8. Must know and be able to do cramp roll turns, flap ball change turns, and maxie ford turns
9. Must know and be able to do various riff combinations
10. Must know and be able to do paradiddles
11. Must know and be able to do cincinnatis
12. Must know and be able to do drawbacks
13. Must be working on wings
14. **Must have teacher approval**

Elite Requirements

1. Must know all advance terms and be able to apply *precisely* at various speeds
2. Must know and be able to do a wing
3. Must be working on alternating wings
4. Must know and be able to do toe rolls with alternating shuffles
5. Must know and be able to do a bombershay
6. Must know and be able to do grab offs
7. Must know and be able to do barrel rolls
8. Must know and be able to do double syncopated pullbacks
9. Must know and be able to do triple time steps
10. **Must have teacher approval**

LYRICAL

Our Lyrical dance classes use the mood of the music to bring out the movements from the dancers. This class is where dancers learn to connect their dance moves and emotion to music while working on proper technique, body alignment, extension, and style. Encore Elite is dedicated to allowing our dancers to thrive within their movements and emotions related to the music.

Intermediate Requirements

1. Must have taken the same genre for at least ONE year.
2. Must be enrolled in another Intermediate Level Class.
3. Be able to execute sequences across the floor.
4. Must have same skill level as stretch & turns requirements (Contemporary is excluded)
5. **Must have teacher approval**

Advanced Requirements

1. Must have taken the same genre for at least TWO years.
2. Must be enrolled in another Advanced Technique Class
3. Must be able to pick up choreography and sequences quickly.
4. Must have the same Skill Level as Stretch & Turns Requirements.
5. **Must have teacher approval**

JAZZ

Our jazz classes are high energy classes that focus on technique and musicality. Encore Elite Jazz classes work through a detailed warm-up, across the floor techniques, and combos. Dancers will learn skills in leaps, turns, and jumps. Each class is filled with proper knowledge of terminology along with exercises to help improve body focus and movement within this high energy style.

Intermediate Requirements

1. Must have taken the same genre for at least ONE year.
2. Must be enrolled in another Intermediate Level Class.
3. Be able to execute sequences across the floor.
4. Must have same skill level as stretch & turns requirements (Contemporary is excluded)
5. **Must have teacher approval**

Advanced Requirements

1. Must have taken the same genre for at least TWO years.
2. Must be enrolled in another Advanced Technique Class
3. Must be able to pick up choreography and sequences quickly.
4. Must have the same Skill Level as Stretch & Turns Requirements.
5. **Must have teacher approval**

CONTEMPORARY

Elite Encore Contemporary dance classes are designated to be expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. This class will strive to connect the mind and body through fluid dance movements. Learn to combine different dance styles along with discovery of new body movement and technique in our Contemporary classes.

Intermediate Requirements

1. Must have taken the same genre for at least ONE year.
2. Must be enrolled in another Intermediate Level Class.
3. Be able to execute sequences across the floor.
4. **Must have teacher approval**

Advanced Requirements

1. Must have taken the same genre for at least TWO years.
2. Must be enrolled in another Advanced Technique Class
3. Must be able to pick up choreography and sequences quickly.
4. Must have the same Skill Level as Stretch & Turns Requirements.
5. **Must have teacher approval**

MUSICAL THEATER

Musical Theater classes are geared to introduce students to the three points of Broadway; Dancing, Acting, & Singing. Students are given tools to learn different variations of these three points along with gaining knowledge in stage etiquette. A high energy class to get students involved with different aspects of this style!