

Dance Technique Descriptions and Dress Code

Ballet: Pre, Essentials, Level 1, 2, 3, 4

Dress Code Girls: black leotard, pink tights, ballet shoes

Dress Code Boys: white t-shirt, black tights, shorts or leggings, ballet shoes



These are our core curriculum classes and are most valuable in the training of any dance student. Students will learn and practice proper ballet technique and vocabulary with emphasis on alignment, strength, flexibility, coordination, musicality and artistic expression.

Lyrical

Dress Code Girls: black leotard, tights, leggings, ballet shoes

A style that combines ballet and jazz technique, performed to music with lyrics to inspire expressions of strong emotions.



Jazz: Pre, Essentials, Level 1, 2, 3, 4

Dress Code Girls: black leotard, leggings or back tights, jazz shoes

Dress Code Boys: t-shirt, shorts or pants that are easy to move in but not too baggy, jazz shoes

A blend of traditional jazz with current jazz styles. Focuses on body isolations, rhythmic development and artistic style. This fun, energetic class combines the techniques of hip hop and jazz at an appropriate skill level

Modern

Dress Code Girls: leotard, med-long bike shorts (must cover bottom), leggings or back tights

Dress Code Boys: t-shirt, shorts or pants that are easy to move in but not too baggy



A form of dance exploring movement in terms of gravity, weight, space, focus and dynamics. Modern will expand an advanced dancers' range of movement and is also a great class for the older and new dancers who are wanting to explore dance. Classes are based on a variety of techniques including Horton and Graham.

Tap: Pre, Essentials, Level 1, 2, 3, 4

Dress Code Girls: Leotard, leggings or tights, tap shoes

Dress Code Boys: t-shirt, shorts or pants that are easy to move in but not too baggy, tap shoes

Our tap classes blend “rhythm style” “Broadway style” and “fun” emphasizing technique and clarity of sound. The main goals in the beginning tap levels are identifying, utilizing and demonstrating tap terminology as well as understanding tap as a form of entertainment. Higher levels of tap will begin to create more complex sounds and combinations while incorporating challenging tempos and rhythm changes to the students’ movements.

