

DANCE STYLE DESCRIPTIONS

MOMMY & ME MOVEMENT is a fun-filled, creative, and educational program for children 9 months to 3 years old and a parent or caregiver. Classes include stretching, creative movement, dance, stories, ABC's, colors and numbers. This is an opportunity for parents to bond with their children while working on some core exercises and basic skills to aid in the development of fine and gross motor skills. All activities will have levels of modification based on dancers' ages and abilities. Dads are also welcome!

CREATIVE BALLET/TAP/JAZZ offers an introduction to dance for ages 3-5. Combining the basics of Ballet /Tap/Jazz with imaginative, purposeful play, these classes provide an understanding of dance technique and its relation to intuitive movement. They also form the foundation for future pursuits in specialized areas of the performing arts.

TINY TOTS HIP HOP is a fun and upbeat class for energetic pre-schoolers. Using child-appropriate popular music and dance moves, students learn patterns, rhythm and the art of both group and individual expression.

BALLET is the premier technique of all modern dance forms. Created over 500 years ago, ballet is the foundation from which other dance disciplines borrow from. Students develop poise, strength and precision. Ballet has a strict dress code to encourage visual uniformity and structure and also to more easily monitor students' posture and technical development.

TAP DANCE makes frequent use of syncopation. In Tap, the feet become instruments and movement becomes music. Dancers learn Tap vocabulary including shuffles, flaps, etc. The dancers warm up and then use steps they used in the warm up to build tap combinations. Choreography typically starts on the eighth or first beat count.

JAZZ uses elements of ballet mixed with energetic personal expression to create a technically-based, yet entertaining, form of dance. Made popular by Broadway and movie musicals, jazz borrows from great choreographers such as Jack Cole, Bob Fosse and Gus Giordano. Jazz helps develop balance, musicality, and precision while also encouraging intuitive expression. Students also learn the Locust Technique, developed by the studio's Artistic Director, Jimmy Locust.

JAZZ FUNK builds on the art and structure of Jazz with a street-style Hip Hop/Funk flavor and upbeat music.

HIP HOP is a popular genre of high-energy dance that started with urban street performers and has taken the world by storm. This expressive form of dance is largely beat-driven, with attention to rhythm and sequence. Within the broad spectrum of Hip Hop movement, many styles have emerged. Each Hip Hop teacher brings his or her own signature style to class, so that each class is a unique experience.

CONTEMPORARY & LYRICAL draw from Jazz and Ballet to create emotionally-charged movement. Lyrical focuses on story-telling through dance, reflecting on the lyrics or theme of a song. These styles of dance mostly uses music with slower tempos.

MUSICAL THEATRE is designed for those with an appreciation of dance made popular by Broadway, film and television musicals. With Broadway music as the backdrop, the class concentrates on jazz choreography and helps the student develop an expressive stage presence while telling a story through movement.