

## Class Descriptions

**Tap** is a form of dance in which the rhythm or rhythmical variation is made with the toe or heel by a dancer wearing shoes with taps on the bottom. Dancers will be taught a lot of technique as well as fun and complex footwork.

**Jazz** is a form of dance influenced by the rhythms and techniques of jazz music. Jazz is upbeat movement fused with a lot of technique.

**Ballet** is a form of dance demanding grace, precision, poise and posture through body alignment and positions. Ballet is very technical and is the basis of all other dance styles.

**Lyrical** is a form of dance that fuses ballet and jazz dance techniques. It challenges dancers to use motion to interpret music and express emotion. A lot of ballet technique is incorporated into lyrical dance.

**Hip Hop** is a form of dance that evolves from an entire culture. Typically danced to hip hop music it can include many different forms of street dance styles mixing funk, breaking, popping, locking, house etc.

**Modern** is a form of dance as a performing art. Characterized by body movements and rhythms less formalized than in classical ballet, free movement. Dancers will use special techniques for developing the use of the entire body in movements expressive of abstract ideas.

**Acro** is a form of dance derived from gymnastics. Acro is physical exercise learning to develop and display strength and balance. Combined with dance techniques dancers will work on flexibility along with tumbling.

**Creative** is designed for 3 and 4 year old dancers to be introduced to dance in a fun and creative way. Class consists of 20 minutes of ballet, 20 minutes of tap and 20 minutes of tumbling.