

# BSOTD Youth Dance Class Descriptions 2022-23



## DESCRIPTIONS

### BALLET

#### Pre-Ballet

Basic ballet skills, terminology, rhythm, and coordination are taught, practiced, and developed through creative movement, music, and mime in a supportive and supervised environment.

**Footwear** - Pink Ballet Slippers

#### Ballet (K - 3)

An organized and traditional style of dance. Students will learn all the positions of the feet and arms, as well as other basic skills. Ballet is a technical style of dance that helps students learn control and grace needed to execute technical elements of all dance styles.

**Footwear** - Pink Ballet Slippers

#### Ballet (4 - 12)

A classical dance form characterized by grace and precision of movement. Ballet is considered the foundation of all dance. This class focuses on placement, ease of movement and musicality. Careful explanations of exercises and theory help students to use the ballet vocabulary in a simple, practical way. Exercises at the barre prepare for more complicated rhythms and combinations in the center.

**Footwear** - Pink Ballet Slippers

#### Pointe Prep (4+)

Our Pointe Prep class's goal is helping students articulate quarter, half, three-quarter and full pointe. This strengthens the metatarsals and stabilizes the ankles so dancers relevé straight up and down in their shoes, instead of moving through a dangerous sickled or winged foot. In center, we break down piqué turns, pas de bourrée en tournant and chaîné turns. This gives the teacher an opportunity to identify problems before students advance. Ballet Technique classes are the foundation for training and focus on developing a solid ballet technique with emphasis on understanding correct body placement, proper use of turn out, coordination of the upper body (epaulement), and use of arms (port de bras).

**Footwear** - Pink Ballet Slippers



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## DESCRIPTIONS

### Pointe (6+)

Our Pointe classes are designed for our most technically proficient dancers who wish to take their ballet dancing to the next level. Because of the challenging nature of Pointe dancing, students must demonstrate a thorough understanding of proper body alignment and clean ballet technique in order to begin dancing en pointe. Our pointe classes are held separately from the student's ballet class, and the students will work on developing their technique and alignment en pointe while learning classical ballet variations and movements that are specific to pointe. This class will have a recital piece. Must be approved by Teacher to join this class.

**Footwear** - Pointe Shoes

## Combo Classes

### Ballet/Tap (K/1)

During Ballet, students will learn all the positions of the feet and arms, as well as other basic skills. During Tap, teachers will teach rhythm, coordination, basic tap terminology and choreography. This class is great for the dancer who wants to learn two different styles of dance!

**Footwear** - Pink Ballet Slippers and Tan Tap Shoes

### Ballet/Jazz (K/1)

During Ballet, students will learn all the positions of the feet and arms, as well as other basic skills. In Jazz, students will explore the rhythm and accents of music using movement that explores range of motion throughout the body (isolations). Students also learn basic technical skills, such as kicks, turns, leaps, and flexibility.

**Footwear** - Pink Ballet Slippers and Tan Jazz Shoes

### Tap/Jazz (K - 3)

This combo class will teach two different styles of dance. During Tap, teachers will teach rhythm, coordination, basic tap terminology and choreography. In Jazz, students will explore the rhythm and accents of music using movement that explores range of motion throughout the body (isolations). Students also learn basic technical skills, such as kicks, turns, leaps, and flexibility.

**Footwear** - Tan Tap Shoes & Tan Jazz Shoes



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## DESCRIPTIONS

### Tap

#### Tap (4 - 12)

This class teaches rhythm, coordination, basic tap terminology and choreography. Tap class will teach individual tap steps while learning to build combinations of steps together. Tap is very percussive and is a great way to learn about musicality and counting music. Tap is wonderful for those who wish to make their own music. We also incorporate Kickline, or Kick for short, style into our Tap classes! Kick is a precision-based dance style made most famous by the Radio City Rockettes whose signature move is an eye-high leg kick performed in perfect unison in a chorus line.

**Footwear** - Tan Tap Shoes

### Jazz

#### Jazz (4 - 12)

Jazz dance combines techniques of classical ballet and modern dance with the current forms of popular dance. Jazz also has its own movement vocabulary ranging from the isolation of certain body parts to the movement of the entire body with the accents of musical rhythms. Jazz dance can take on many different characteristics and styles, including Street Jazz, Percussive, Broadway, Contemporary and Lyrical. Jazz classes can be patterned in any of these styles or a combination of them. Emphasis is on the importance of energy, rhythmical accuracy, and style.

**Footwear** - Tan Jazz Shoes

### Creative Movement

#### Creative Movement (K/1)

Creative Dance will focus on learning the Elements of Dance including; Body, Motion, Energy, Space and Time. Students will be guided in the creation process of choreography, developed as a result of decisions and choices they make during fun exploration of movement.

**Footwear** - Pink Ballet Shoes



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## DESCRIPTIONS

### Lyrical & Contemporary/Lyrical

#### Lyrical (2/3)

This level teaches a combination of skills and terminology used in beginner ballet and jazz classes. Grace and fluidity of movement are prioritized, in addition to proper body alignment, center of balance, and beginning turns, jumps, and floor work.

**Footwear** - Dance Paws

#### Contemporary/ Lyrical (4 - 12)

Contemporary blends creative dance and artistry with athletic technique found in Jazz or Ballet. Classes integrate various traditional disciplines of modern dance foundations with current contemporary styles and fusion forms. These classes are for dancers who like creative challenges, connecting dance to other mediums, and physical challenges that require persistence and practice. Exercises focus on increasing flexibility and strength, total body connectivity, and creative problem solving.

**Footwear** - Dance Paws

### Hip Hop

#### Hip Hop (2/3)

The cultural revolution that is hip-hop spawned entirely new forms of dance. Hip Hop is a fast paced, high energy style class full of fun and "cool" moves, set to modern day upbeat music.

**Footwear** - We sell Black Pastry Hip Hop Sneakers. Should only be worn in the STUDIO!

#### Hip Hop (4 - 12)

An intermediate/advanced choreographed dance class focusing on stylized Hip Hop. A dynamic, fast-paced dance extravaganza that will have you dancing like a pop-star & taking your Hip Hop style to the next level. As seen on TV and music videos, Hip Hop is a blend of today's high energy "Street Style" Movement.

**Footwear** - We sell Black Pastry Hip Hop Sneakers. Should only be worn in the STUDIO!



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## DESCRIPTIONS

### Acro Jazz

#### Acro Jazz (K - 8)

In combination with dancers learning Jazz technique and skills, beginning and advancing Acro students will focus on safety, flexibility, strength, beginning and finishing positions, and proper body, foot, and leg positions. Skills include splits, bridges, forward rolls, handstands, cartwheels, and round-offs.

**Footwear** - Barefoot

### Musical Theater Performance Group

#### MTPG (2 - 12)

Musical Theater is a form of theatrical performance that combines music, acting, and dancing. These upbeat classes teach Broadway-style choreography, show-stopping stage presence, and acting, with a focus on learning song-and-dance numbers from a variety of musical productions, past and present. This class will help sharpen dancers PERFORMANCE skills which include facial expression, connections with the audience and overall performance energy.

**Footwear** - Tan Jazz Shoes

### Competition Team Practice

#### Comp Team Practice (4 - 7) & (8 - 12)

We are incredibly passionate about dance and that's why we offer more performance opportunities for those students who just can't get enough. Our competition program is designed to help them learn discipline, teamwork and to achieve their personal best. Competition gives our students a chance to show their dedication to dance and build a higher level of leadership, self-confidence and self-reliance. Through participation in competitions and conventions, we hope to instill in our students an appreciation for other dancers and teachers. We intend to motivate and inspire by exposing them to the highest level of talent available. Being part of a team requires a more serious time commitment, additional expenses and dedication beyond the normal dance year. There will be additional fees for Competition Registrations later in the Season.

Must be enrolled in at least 3 different styles of classes (one must be Ballet)

