

# **TECHNIQUE CLASSES**

## "Elective Classes"

# TAD

Tap Technique teaches toe, heel, and foot repetitions to strengthen and quicken movement. Center exercises and combinations, turns, and time-steps, wings, and pullbacks. Ages 7 & up.

# FLAMENCO

Flamenco Technique includes Zapateado, muñecas, palmas, shawl, fan and castanet work. We recommend ballet classes in conjunction with flamenco. Ages 5 & up.

# MEXICAN FOLKLORIC

Mexican Folkoric Technique incorporates fast footwork and varied skirt technique from the different regions of Mexico. Ages 4 & up.

**Notice:** Elective classes are by recommendation and teacher approval only and may only be taken in conjunction with required technique classes.

## BALLET

Ballet Technique includes barre, center, variations, turns, jumps, allegro, adagio, and choreography. Levels III - V emphasize speed and strengthening feet, legs, back, core and proper technique. Ages 7 & up.

# JAZZ

Jazz Technique includes barre, floor barre and center exercises set to popular music. Work is on technique, rhythm, coordination, flexibility, turns, jumps and learning choreography. Combinations include New York Street Jazz, Jazz, Hip-Hop, funk, and lyrical jazz. Ages 7 & up.

## **MODERN**

Modern Technique includes floor work and center exercises based on natural body-movements of fall-and-recovery, release, control, and anti-control. Movements can be percussive or without rhythm, powerful, edgy, fluid, inverted, or unexpected. Strong Technique in ballet and jazz is recommended.

# Pointe (Ballet IV & Up)

Elective technique class focusing on the strengthening of the feet and ankles for proper work en pointe. Includes barre, center, turns, petit allegro, and adagio. Teacher recommendation required.

## Pre-Pointe (Ballet III-IV)

Students will follow their ballet class with special thera-band exercises to strengthen the feet, ankles, and calves. Barre-work includes exercises to ready the feet and legs to rise up on all toes in Pointe I. Teacher recommendation required.

## Lyrical

Choreography class focuses on fluidity of movement and strong sense of musicality. Strong technique in both classical ballet and jazz required.

Teacher recommendation required

## Hip-Hop

(Jazz II & Up)

Choreography class teaches the latest styles of Hip-Hop and Funk. Fast, hard-hitting movement that can include popping, locking, krumping, breaking and tricks. Strong jazz technique required. Ages 10 & up.

#### Ballroom

(Kid's & Teen Latin)

Ballroom will introduce and build strong technical and social foundation accompanied by choreography in the main ballroom dances which include foxtrot, waltz, tango, swing, rumba, salsa and cha-cha. Ages 7 & up.

## **Level Descriptions**

A = Beginner (Entry) Level B = 1-2 Years

# **Boys's Program**

## Boy's Hip-Hop (ages 7 and up)

Choreography class using the latest styles of Hip-Hop. Fast, hard-hitting movement that can include popping, tutting, locking, krumping, breaking, and B-boy tricks. Attire: Comfortable work-out clothes, and sneakers.

# **Children's Program**

#### Pre-K, Kinder, and Pre-Ballet (ages 3 - 6)

Introduces Classical Ballet with proper placement of feet and arms, taught with movement and singing, progressing to beginning ballet barre exercises, turn and jump combinations, and body alignment.

## Kinder Tap (ages 5 - 6)

Introduces basic tap steps and rhythms at the barre and centre, taught with movement and singing.

## Mexican Folkoric I (ages 4 and up)

Incorporates footwork and skirt technique from the different regions of Mexico. Slow paced and thorough.

# Flamenco I (ages 5 and up)

Introduces Zapateado and muñecas work. Slow paced and thorough. It is Highly recommended that students take one year of Mexican Folkloric prior to enrolling in Flamenco.

## **REQUIRED ATTIRE:**

LABEL NAME ON EVERYTHING!

#### Pre-Kinder, Kinder Ballet, and Pre-Ballet

- Pink leotard
- Pink Capezio ultra soft tights
- Pink ballet shoes
- Hair secured back in a ponytail or classical bun
- Pre-Kinder Tutu (purchased from SADA)
- Kinder Ballet Skirt (purchased from SADA)

#### Kinder Tap (Same as Kinder Ballet) or:

- Black leotard
- Black skirt
- Black footed tights
- Black patent leather tap shoes with ties
- Hair secured back in a ponytail

#### BALLET

- Black leotard
- Pink Capezio ultra soft tights
- Pink ballet shoes
- Hair secured in a classical bun
- Ballet skirt (optional) No Shorts

#### JAZZ / TAP / MODERN / LYRICAL / CONTEMPORARY

- Any leotard or SADA shirt (not oversized)
- Jazz pants or cropped pants
- Hair secured in a ponytail
- Tan flat jazz shoes (Jazz)
- Black oxford tap shoes (Tap)
- Bare feet (Modern/Contemporary)
- Bare feet, foot-undeez or half sole lyrical shoes (Lyrical)

#### HIP-HOP

- Comfortable clothes (no jeans)
- Sneakers
- No bare-legs with shorts
- Hair secured off face

#### **FLAMENCO**

- Black long sleeve leotard
- Black or tan tights
- Flamenco skirt
- Black flamenco shoes
- Hair secured in a bun or ponytail

#### **MEXICAN FOLKLORIC**

- Black short sleeve leotard
- Black or tan tights
- Red folkloric practice skirt
- Black folkloric shoes
- Hair secured in a bun or ponytail.