

Intro to Dance Syllabus

Attire:

- Barefoot, Socks, Tennis Shoes (Hip Hop only please)
- Sweatpants, Shorts, Leggings, NO JEANS
- Any shirt will do, but please refrain from baggy clothing in Ballet because it gets in the way
- Ballet Shoes or Jazz Shoes if you have them, but DO NOT go out and buy them specifically for the class please (unless you're interested in continuing classes elsewhere)
- Leotards are good, but don't feel obligated to wear them (same with tights/leggings)
- Please pull long hair up into a ponytail or bun, to keep it off the neck

What to Expect:

- We'll be covering three genres of dance: Ballet, the base for all the other styles, Hip Hop, my personal favorite, and Jazz, somewhat of a happy-medium of the other two.
- In Ballet, we'll be going over a basic Barre exercise and perfecting on that, and dependent upon how you pick it up we may move into floor work, but as I have two other genres it may not happen with the limited time we have :)
- In Hip Hop, we'll be going through some combos I've put together--all pretty easy and hopefully you guys will pick it up no problems!
- In Jazz, we'll work on some of the different techniques, as it has its own vocabulary and technique compared to ballet that will change how you dance and how the body moves.
- Please bring a bottle of water--you'll need it. We will take water breaks throughout classes
- We'll probably only focus on two genres per week, as I'm limited to an hour of class, but that's plenty of time to learn the basics, and over the course of a few weeks you will have it down in no time!
- Ballet will probably be the constant class every week, beginning each class with a Barre exercise until about half way, and we'll take a water break, do some light stretching and start up on Hip Hop or Jazz, depending on the week.
- Be prepared to work hard! You won't make progress if you cheat things to look better, it'll hurt you in the long run.
- Please be respectful, I'm not a professional and I will make mistakes, so forgive me in advance
- Most importantly: Have Fun! That's why we dance in the first place isn't it?

Other Notes/Suggestions:

- If you really want to succeed and do better, try stretching at home, for a regular schedule, and if it works for you I highly encourage taking classes at a proper studio (it WILL help you, I promise)
- Don't push yourself too hard; we don't want injuries :(Also don't be afraid to tell me if you're hurt or have another serious injury, I don't want to push you guys too hard.
- Always ask questions! If you don't know if you're doing something correctly, or are confused, the best thing to do is ask! I don't bite. ☺

No Additional Cost for the class

Thanks for taking the class, I look forward to seeing you all do well and excel in dancing!