



## **Class Descriptions**

**Steps 'N Motion Dance Studio is a traditional dance facility with a progressive format. Our structured classes encourage proper technique and a strong commitment to the discipline of dance. Ballet is the basis of ALL dance, and without the basics of ballet, dancers are limited in their achievements as a dancer.**

*Please note: Students are placed in class according to ability level, not necessarily by age or number of years of training. Students are evaluated the first six weeks of class and may be placed in another level if necessary. The class description should be used as a guide, leaving the final decision of student placement to the Director and teachers of the studio.*

### **DANCE PREVIEW - (30 minutes)**

This 30-minute weekly class for ages 2 – 2 ½ will explore basic dance through creative movement and magical music. Pre-ballet and tumbling will enhance natural movement abilities and build coordination skills. Creative and imaginative stories will encourage self-expression and self-confidence. A new and exciting dance adventure each month will add flavor and fun for our very special beginner students. Class size is limited to 12. Students will not participate in the Dance Revue in June but will have a "Preview Night" of their own at the studio in May.

### **BEGINNER I - (45 minutes)**

This 45 minute class of ballet basics, tumbling and tap is sure to inspire and captivate the imagination of our 3 -4 year old beginners. Special dance days with Angelina Ballerina, Wild Things, and Cat In The Hat (just to name a few) will enable dancers to explore movement and music while developing coordination, self-confidence, rhythm, and fundamental dance skills. Class size is limited to 18.

### **BEGINNER II - (1 Hour)**

In this hour-long class students will learn basic dance fundamentals in tap, ballet, and pre-jazz. Designed specifically for our older beginners (ages 5-8), unique themes will bring excitement and creativity to these classes while building rhythmic and coordination skills. Class size is limited to 18.

### **PRIMARY I & II - (1 Hour) /PRIMARY III - (1.25 Hours)**

The Primary program will provide a natural transition for dancers with previous dance training and for older beginning students who have been evaluated. Careful thought is given to the creative structure of these classes as more complex combinations and progressions are introduced. Dancers will explore (the dance) with a variety of music and exciting props. Individual attention is given to each dancer as they gain confidence and progress to a higher level of dance training. Class size is limited to 18.

### **ADVANCED BEGINNER I - (1.25 Hours)**

This class offers an exciting year for dancers who have some dance experience or new dancers who have been evaluated for placement. This high-energy class will challenge and motivate dancers while nurturing their enthusiasm for dance. The 1¼-hour class includes ballet, tap, and jazz. Jazz class will combine simple jazz technique with exercise and movement. Tap rhythm and combinations continue to progress towards the Advanced Beginner II level while ballet barre and center work strengthen technique. **Students at this level are strongly encouraged to take a ballet technique class.**

### **ADVANCED BEGINNER II - (1.25 Hours)**

This class is for dancers who have previous dance experience and older beginner students who have been evaluated for placement. This 1 ¼ hour class will be taught for the dancer, ages 10 and up, with previous dance training. Class will concentrate on developing technique and refining dance skills preparing students for the Intermediate level. In jazz, the student will continue working to improve flexibility with jazz stretches in the center and at the barre. Tap class will provide more challenging rhythms and tap combinations. **Students at this level are strongly encouraged to take a ballet technique class.**

***Please Note: Wesley Chapel Intermediate, Advanced/Intermediate, and Advanced classes combine tap, jazz, and lyrical into one class. At our Wesley Chapel location, Intermediate classes are 1.5 hours, Advanced/Intermediate and Advanced classes are 2 hours each.***

**INTERMEDIATE JAZZ/LYRICAL - (1 hour) \ ADVANCED/INTERMEDIATE JAZZ/LYRICAL - (1.5 hours)**

Intermediate and Advanced Intermediate classes continue to lead the dancer to a more intricate level of technique improving upper body strength while working to develop more refined lines and body placement. More advanced combinations are taught for improving discipline and flexibility. These class levels are recommended for the student who has had minimum of six years of training. Students at this level are **strongly encouraged to take an extra classical ballet technique class** each week. This dance level offers high-energy classes that encourage physical activity!

**INTERMEDIATE TAP - (30 minutes)**

This 30 minute class is offered to our Intermediate level students and may be taken with Intermediate Jazz/Lyrical or by itself. Previous tap training is required. Dancers will work on strengthening tap techniques through challenging rhythm tap and combinations.

**ADVANCED JAZZ/LYRICAL - (1.5 Hours)**

This 1 ½ hour class is offered to our students ages 13 and up. It combines jazz, and lyrical instruction and provides a unique and challenging opportunity for the experienced dancer. Exercise for body placement, muscle control, flexibility, and strength are emphasized along with perfected technique. **Students are encouraged at this level to take an extra classical ballet technique class each week.**

**ADVANCED TAP – (45 minutes)**

This class is offered to Advanced/Intermediate and Advanced Dancers and may be combined with Jazz/Lyrical Instruction or taken separately. Previous tap training is required. Dancers will work on strengthening tap techniques through challenging rhythm tap and combinations.

**HIP HOP CLASSES**

Our hip-hop programs provide a high energy class for these fast moving dancers! Dancers can learn the latest hip-hop moves and technique while promoting physical agility and fitness. Combinations encourage the dancers to explore their own style and gain self-confidence! Classes are designed in appropriate age and experience levels. Careful consideration is given to appropriate music selections. May be taken alone or in combination with other classes.

**BALLET CLASSES**

Ballet is the basis of ALL dance forms and provides dancers with strength, balance, control, and flexibility. These classes are offered to students interested in a ballet only class or interested in enhancing their dance school curriculum. While Ballet 1 is a beginner level class, Ballet II, III, and Advanced Ballet require previous ballet experience or director approval.

**PRE-POINTE/POINTE (30 minutes)**

Placement by teacher appointment. Ballet technique class must be taken in addition to this class.

**ADULT TAP (45 minutes) / ADULT HIP HOP (45 minutes at The Fountains or 1 hour at Wesley Chapel)**

For our tapping adults, this class will be fun and challenging to all levels. Our Adult Hip Hop program will allow adult students to learn the latest hip-hop moves and technique while promoting physical agility and fitness. Adult Tap & Hip Hop classes may be taken together.

**Steps 'N Motion Dance Studio**

**[www.stepsnmotion.com](http://www.stepsnmotion.com)**

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