

WINTER WORKSHOP WEEKEND

March 20-21, 2021

Class Descriptions

JODY'S CLASSES

Teen Lyrical - emphasizing technique, musicality and telling a story through the lyrics of the music.

Leaps and Turns - in this class we focus on different kinds of turns, jumps, leaps & kicks including more complicated combinations across the floor and center floor. Be ready to challenge yourself with fun, new and exciting tricks and turn combos!

Elbow, Wrist & Hand – learn style basics of Bob Fosse, the man who made the longest running American musical, CHICAGO!

Dance Teen Challenge – how good is your memory? Can you stump the teacher and your fellow classmates? Learn a choreography method used by the first modern dance companies.

Classical Ballet - Technique, technique, technique to strengthen the foundation of all movement.

Contemporary - Combination of jazz and modern with emphasis on making shapes with the body.

Broadway/Musical Theatre - Emphasis on STYLE, showmanship and technique. Current and classic Broadway repertoire will be explored.

Commercial Jazz - Jazz with edge focusing on technique, musicality and adaptability to the style of the music.

KEISA'S CLASSES

Tap Hooper Style - rhythmic, weighted tap dancing, with an emphasis on the down beat, and weight change to create different sounds.

African Contemporary - learn dance moves from multiple regions of Africa. Enjoy the blend of music and cultural movement of the Sub-Saharan regions.

Dance Conditioning & Injury - come learn the common injuries dancers get and how to prevent them by making your body strong and keeping it strong.

Modern - learn the basics of the Graham and Horton Technique. The preferred modern technique of the Alvin Ailey Company. Both techniques are wildly different yet similar. You will be learning a combo that incorporate them both.

Dance Challenge (ages 8-12) – how good is your memory? Can you stump the teacher and your fellow classmates? Learn a choreography method used by the first modern dance companies.

