

# CLASS DESCRIPTIONS

**CLICK ON CLASS TO FIND DESCRIPTION QUICKLY**

Ballet
Ballet Character Class
All About Turns
Broadway Jazz
Choreo Workshop
Contemporary
Jazz
Adult Jazzercise
Jazz Funk
Lyrical
Open Combo
Hip Hop
Tap
Acro
Bucket Drumming
Commercial Dance / Industry
Dance and Film Workshop
Heels
Improv
Latin Dance
Legs Feet & Flexibility
Makeup & Hair
Music Theory
Social Media for Dancers
Song & Dance
Stretch Strength & Balance
Mommy & Me
Tiny Tots 1
Tiny Tots 2
Disney Character Class
Creative Rhythm and Movement
Musical Theater
Vocal Workshop

## **ALL ABOUT TURNS:**

In this class, we're going to focus on turning elements! All different kinds of pirouettes, chaine, and pique variations will be covered along with fouttes and a la seconde turns. We'll also work on exercises to improve your balance and strength while turning. Let's bring your turns to the next level!

## **ACRO:**

### **TINY TUMBLERS**

Come learn the fundamental building blocks of acro! This class is geared towards our tiniest of beginners and will work on developing the strength and flexibility needed to perform basic acro skills such as forward rolls, cartwheels, and bridges.

**Requirements:** NONE

### **BEGINNING ACRO**

Beginning Acro - Come learn the fundamental building blocks of acro! This class is geared towards beginners and will work on developing the strength and flexibility needed to perform basic acro skills such as forward rolls, cartwheels, and bridges.

**Requirements:** NONE

### **INTERMEDIATE ACRO**

Gain more confidence in your intermediate acro skills! This class is geared towards intermediate students and will work on developing the strength and flexibility needed to perform intermediate acro skills such as handstand, backbends, and kick-overs.

**Requirements:** Strong cartwheel, strong bridge (shoulders against the wall with straight arms), 10 pushups with elbows in, 15 V-Ups

## **ADVANCED ACRO**

Take your acro skills to a new level! This class is geared towards advanced students and will work on developing the strength and flexibility needed for advanced acro skills such as aeriels, rolling tinsicas, kip ups, and more!

**Requirements:** Strong front and back walkovers, strong cartwheels on both sides, strong handstand, 20 push ups w/ elbows in, 30 V-ups

## **BALLET:**

Here at Premiere Dance Center, we firmly believe in the importance of ballet studies for any and all dancers. Our ballet program combines Cecchetti, English and Vaganova technique to help establish a strong core and proper flexibility for each dancer. The students will master proper placement, turn out, and technique while learning and understanding ballet history and language. The ballet classes are very structured and strive to help attain healthy work ethics, discipline, and self-esteem. Advanced dancers will also train and study Pointe after meeting specific requirements.

## **BALLET CHARACTER CLASS:**

Most classical ballets feature character dance, a specific subdivision of [classical dance](#). Character dance is integral to [classical ballet](#) training and repertoire, and is a stylized representation of different national folk dances from various countries such as Spain, Scotland, Hungary, Poland and Russia. Character dance can be seen in classical and romantic ballets such as La Sylphide, Swan Lake, Coppelia, Giselle and Don Quixote among many others.

## **BROADWAY JAZZ:**

Finesse, lines, technique, and class all right from New York City. Jazz meets glamour and style in this fun class. Learn technique and combinations that you'd often see in the top studios and theatres across the "Big Apple"!

## **BUCKET DRUMMING:**

From the subways of NYC, to the Broadway stage, to the big screen, bucket drumming has become a ubiquitous form of public performance art. Learn the basics of this surprisingly expressive form of percussion while strengthening your knowledge of rhythm and musicality.

### **CHOREO WORKSHOP:**

Ever wanted to choreograph your own piece? In this workshop, you'll learn the basic elements to do just that! We'll discuss use of stage, music choice, and how to create your very own choreography. Then, you'll have the chance to choreograph your own mini piece! Let's build confidence in our young creators!

### **COMMERCIAL DANCE / INDUSTRY:**

In this class we will dive into the commercial dance industry. Focusing on dancing on camera, audition prep and personal style. Advanced dancers will prepare for any obstacle in the dance industry while growing an understanding for options in dance as a career. All students will gain a better understanding of the ins and outs of being a professional in the dance industry. Topics covered include headshots, resumes, financial planning, social media, personal branding/marketing, agencies, contracts, costuming, makeup, photography for dancers, video for dancers, creating choreography, and so much more!

### **CONTEMPORARY:**

Our contemporary program combines technique and modern dance practices with urban movement and style. Dancers will explore their personal movement and grow their own understanding of artistry. Contemporary classes will utilize improvisation and choreography to give dancers the opportunity to express their emotions and develop their movement.

### **CREATIVE RHYTHM AND MOVEMENT:**

Young dancers will have fun using rhythm instruments like egg shakers and tambourines. We'll clap our hands, stomp our feet, and feel the beat. Ballet based creative movement will also be part of the class, taking us into imaginative expression through dance

### **DISNEY CHARACTER CLASS:**

Each week we will play the music of a different Disney movie. Kids will be able to dress in their favorite character. Participants will be advised of the theme for the week. Come Play with us!! Learn the basics of ballet and tap.

## **DANCE AND FILM WORKSHOP**

In this class, students will learn Hip Hop based choreography and be filmed with industry level equipment. The purpose of these workshops is to give students the experience and grow confidence in performing on camera. Students will gain insights and knowledge on the best practices and skills used on a film set that will help them dance for TV/Film/and Commercials.

**HIP HOP:**

Our hip hop program encourages a well-rounded education of hip hop dance and its history. Our instructors provide a high energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers as well as focusing on the fundamentals of the genre. Hip-hop encompasses movements that have elements of popping, locking, breaking and more. In addition, freestyle movement is practiced and developed to give students the opportunity to develop their own sense of style.

**HEELS:**

It's not unusual for a dancer to come across a ballroom class at a dance convention, learn a Broadway jazz number for an audition, or get hired for a job and rehearse in sneakers for a week to then be handed a pair of heels for the performance. With a focus on foundation and strength, this class will prepare you to dance successfully, but most importantly, SAFELY in a heel. We will start with walking and weight shifts then eventually build into choreography within the styles of jazz, jazz funk and hip hop.

\*Heels not required but highly recommended. Ballroom heels, character shoes and/or stilettos.

**IMPROV:**

In our open level improv class, dancers will build confidence and artistry by experimenting with different ways to move. From practicing audition improv to choreographing phrases and exploring improvisational exercises, dancers will grow into educated artists with an understanding of their own style. This class is recommended for any experienced dancer wishing to improve their confidence and challenge themselves artistically.

## **JAZZ:**

Our jazz program concentrates on proper technique, flexibility, entertainment value and FUN! Dancers will study technical progressions in order to master turns, leaps and extensions. Jazz class incorporates center-work, across the floor, jazz history and jazz combinations to equally train a dancers' technical abilities, understanding of the genre and ability to pick up choreography. Premiere's jazz program is recognized for their dancers' stage presence and technical abilities.

## **JAZZ FUNK:**

This class is a combination of lines and strength from jazz and the groove of hip hop to create a unique hybrid of styles often found in music videos and tours. Dancers will have fun while working hard to fulfill challenging concepts and movement.

## **ADULT JAZZERCISE**

This one hour fun dance workout for all levels, beginners to professionals. Warm up head to toe. Swing your hips and your shoulders. Get a great stretch and strengthen your core. We'll put together short sequences of jazz dance moves to an eclectic variety of music styles. Bring a water bottle and a hand towel... we will sweat!

## **LATIN DANCE:**

Latin ballroom dance techniques have become essential techniques for young professional dancers to have in their repertoires with the evolution of tv shows such as Dancing with The Stars and So You Think You Can Dance. In this exciting and energetic class you will learn Cha Cha Cha, Samba, Rumba, Paso Doble and Jive basic actions along with the newest techniques and open choreography. Partners are not required.

## **LEGS, FEET & FLEXIBILITY:**

Our legs, feet & flexibility class is built on our firm belief that technique is crucial to a dancer's education. With refined focuses, this class will study the structure of a dancers body while repeatedly practicing exercises to solidify one's technical abilities. The class will be split into two 30 minute focuses - one being legs & feet, the other being flexibility. Legs & feet will provide dancers with knowledge of how to develop lengthened muscles & create clean lines in their movement. Dancers will increase their range of motion in their hips as well as improve their strength and flexibility in

their feet. Flexibility will allow dancers to create important stretching habits and encourage dancers to release and stretch to their fullest potential. This will allow a dancer's body to loosen up and create more expansive movement without feeling restricted.

### **LYRICAL:**

Lyrical at PDC allows dancers to practice connecting movement to emotions and understand details in choreography. Our dancers will master the performing aspect of the art while simultaneously mastering all challenges in choreography, such as weight changes, levels, textures and more. As for our younger lyrical classes, dancers will be introduced to the genre as an intro to the performing arts. They will dance to their favorite music, practice technique, learn skills to pick up choreography and explore improvisation.

### **MAKEUP AND HAIR:**

Take your makeup and hair skills to the next level with this fun summer-only class! Learn messy bun variations, French twists, braids, alternative eyeliner shapes, all about liquid lipstick, and more! Bring your questions, your beauty supplies, and all your creativity!

### **MUSICAL THEATER:**

This summer, students will learn a Broadway musical style song both vocally and choreographically. We'll learn/practice vocal techniques for singing, and work our dance skills. All levels are welcome. This is a great opportunity to learn the basics, or level up on skills you already have.

### **MUSIC THEORY:**

Learn and grow your understanding of music method and history. Learn the building blocks of music and how they weave their way through different genres and cultures over history. Deepen your connection with dance by looking beyond just the moves.



**MOMMY & ME:**

An extremely fun and creative class where children will be introduced to classroom skills, musicality, rhythm, motor skills for dance, and fundamental movements and positions through structured dance combinations, dance games, stretches and improvisation. One young dancer aged 18 months upwards with one adult.

### **OPEN COMBO (9+):**

This class is time dedicated to exploring a dancer's personal movement within choreography. The class will focus on learning a new combination of choreography each week in various styles. Dancers will explore personalizing movement, performing, letting go and beyond - all while practicing their skills in picking up choreography and improving their technique. Built on the belief that a dance studio is a safe, supportive space, this class will allow dancers to open up through their movement in a judgement-free zone. This class will support a dancers' ability to conquer a convention class or audition like a seasoned professional, as well as give them the confidence to be vulnerable in their art.

### **SOCIAL MEDIA FOR DANCERS:**

Learn the ins and outs of social media for dancers in this unique class! We will cover online safety, how to market yourself as a professional dancer, how to develop a personal brand, and more!

### **SONG & DANCE (Ages 9, younger dancers with permission):**

Sing and dance your heart out in the style of Broadway and Hollywood musicals. In this class, you will strengthen and exercise your voice. You'll also improve your dance technique and stage presence. Most importantly...You will have fun with your fellow song and dance performers learning music and choreography to famous showstoppers. All levels are welcome. Beginners will enjoy learning the basics of singing, and learn "do-able" dance steps that fit the songs. More advanced dancers and vocalists will find new challenges and ways to level up.

### **STRETCH AND STRENGTH & BALANCE:**

Come improve your strength and stamina in this essential class! Strength and cardio training will reduce your risk of injury, increase your endurance, and give you the ability to master new skills as a dancer! You'll also learn to balance with stability and control, with exercises to help you improve your turns, leg extensions, and overall strength of movement.

**TAP:**

Our tap programs offer classes from beginning to advanced levels. These programs introduce dancers to a variety of styles, while concentrating on rhythm tap. A wide range of skills will be covered including counter rhythms, rhythmic timing, intricate tap patterns, vocabulary, choreography and improvisation. Our students are recognized for their fast feet as well our unique, contemporary choreography.

**TINY TOTS 1:**

Our Tiny Tots 1 class is a great introduction to ballet, tap, and creative movement. Dancers are introduced to ballet and tap steps, along with basic vocabulary while exploring movement concepts. The dancers will begin basics in class discipline. This class also incorporates visual stimulation and creative movement games to help the dancers learn while having fun!

**TINY TOTS 2:**

Tiny Tots 2 will focus on establishing the basics of ballet and tap in a fun and structured learning environment. The students in this class will master basic dance positions, concepts and vocabulary, develop a strong sense of rhythm, while enhancing self-confidence.

**VOCAL WORKSHOP:**

In this class, students will learn/practice vocal technique with voice warm-ups and vocal exercises. We'll use our technique as a group to sing a popular song with movement. We'll touch on some basic music theory, and focus on stage presence. New singers and accomplished vocalists can have a great time putting it all together.