# Showcase Dance Studio Dance Classes

We offer a variety of academy dance classes for dancers of all ages.

## Acro (Acrobatics/Tumbling)



We are certified with Acrobatic Arts and follow their curriculum! Acro is centered on fundamental acrobatic technique to increase flexibility, strength, balance, endurance, and confidence. Classes focus conditioning, proper hand placement and body alignment, and flexibility required to perform proper technique. Class levels have required skill lists that ensure dancer's safety. Levels Preschool, 1, 2, 3, 4, 5, 6.

### **Ballet & Tap Combination**

This class introduces the young dancer to movement, music, steps, and vocabulary. Each level builds off the previous level. Dancers will work at center, across the floor and learn short dance combinations in a fun safe learning environment. Levels Teddy Bear and Unicorn.

#### Ballet

Ballet is the foundation of many dance forms and will maximize technique and longevity in a career of dance. It provides grace, poise, and technique needed to be proficient in all other areas of dance. Ballet classes will help dancers with posture, flexibility, fitness, balance, self-discipline, and selfconfidence. Levels Prep, Tween, Junior and Senior.

#### **Hip Hop**

Hip Hop incorporates a variety of old and new urban, street and pop dance styles. The dancing represents body movements that go with the beat and rhythm of hip hop music. Hip hop dancing is very dynamic and helps the dancers improve flexibility, develop body balance, and coordination. Levels Petite, Prep, Tween, Junior and Senior.

#### Jazz & Tap Combination

Jazz dance is stylistic, funky, fun, and expressive. Classes emphasize musicality and body alignment, conditioning, and rhythm. Tap is designed to develop rhythm, style and sound. Class includes a variety of tap styles from Broadway to Rhythm tap. Exercises focus on building flexibility of the knee and ankles, coordination, and speed of movement. Levels Petite, Prep, Tween, Junior and Senior.

#### Lyrical

This class is a combination of ballet and jazz that challenges dancers to use choreography and movement to interpret music and express emotion. Dancers learn to express emotions derived from lyrics to convey the dance's meaning. Recommended for dancers with prior experience. Levels Tween, Junior and Senior.

#### Poms

Class focuses on sharp arm movements, execution of choreographic visuals and dance team/cheer skills. Dancers will learn fundamentals of Pom positions, performance skills and pushes dancers to expand on their high energy, entertainment skills. Levels Petite, Prep, Tween, Junior and Senior.