

CLASS DESCRIPTIONS

2021-22

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ACRO:

Our tricks/acro program will develop the dancer's flexibility level. It focuses on stretching the hips and back as well as building muscle for tumbling. Our main goal is to increase flexibility so the student can work through contortion and gymnastics stunts in a fun and exciting way.

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.

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.

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.

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.

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!

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.