



STYLES OF DANCE

BALLET | An artistic dance form performed to music using precise and highly formalized set steps and gestures. Classical ballet, which originated in Renaissance Italy and established its present form during the 19th century, is characterized by light, graceful, fluid movements and the use of pointe shoes (when appropriate).

** Enrollment in Pointe classes is at teachers discretion. Must take a placement class prior to enrolling.*

JAZZ | An umbrella term for a several related dance styles including ballet and tap done to jazz style music that has evolved into dynamic style characterized by bold moves and sharp angles.

TAP | Tap dance is a form of dance characterized by using the sounds of tap shoes striking the floor as a form of percussion. Two major variations on tap dance exist: rhythm (jazz) tap and Broadway tap. Broadway tap focuses on dance; it is widely performed in musical theater. Rhythm tap focuses on musicality, and practitioners consider themselves to be a part of the jazz tradition.

HIP HOP | Hip-hop dance refers to street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture.

LYRICAL | Lyrical dance is a style of dance created by merging ballet and jazz styles. Lyrical dancing is performed to music with lyrics to inspire movements to express strong emotions the choreographer feels from the lyrics in the chosen song.

** Requires enrollment in Ballet IV and Jazz IV or higher for Mini, Junior & Pre-Teen age groups.; Level III or higher for Teens & Seniors. Please email before enrolling to ensure proper placement.*

CONTEMPORARY | Contemporary dance is a dance performance genre that developed during the mid twentieth century and has since grown to become one of the dominant genres for formally trained dancers throughout the world, with particularly strong popularity in the U.S. and Europe. Although originally informed by and borrowing from classical, modern, and jazz styles, it has since come to incorporate elements from many styles of dance. Due to its technical similarities, it is often perceived to be closely related to modern dance, ballet and other classical concert dance styles.

** Requires enrollment in Ballet III and Jazz III or higher in any of the age categories. Please email before enrolling to ensure proper placement.*

MODERN | Modern dance, theatrical dance that began to develop in the United States and Europe late in the 19th century, receiving its notoriety and widespread success in the 20th. It evolved as a protest against both the balletic and the interpretive dance traditions of the time.

** Requires enrollment in Ballet V and Jazz V or higher in the Mini, Junior, or Pre-Teen age categories. Level IV or higher for Teens & Seniors. Please email before enrolling to ensure proper placement.*

MUSIC THEATRE | A combination of song, dance and acting for use in Broadway style theatre productions. While mostly rooted in jazz technique, other styles can be incorporated.

LEAPS & TURNS | A specialized technique class focusing on the foundational technique need to do proper leaps and turns in all styles of dance.

** Requires enrollment in Ballet III and Jazz III or higher in any of the age categories. Please email before enrolling to ensure proper placement.*