

# Description of Types of Dance

(Both pairs of shoes will be required for all combo classes)

## **Ballet**

Ballet is characterized by grace, flow, and precision of movement. In this class, your child will learn ballet techniques and correct placement (body alignment).

Shoes: pink ballet slippers (leather or canvas)

## **Contemporary**

Contemporary combines techniques found in jazz and ballet. There is also the aspect of being grounded, as well as moving your body through space both on your feet and on the ground. Ballet and jazz background are recommended.

Shoes: foot undies

## **Jazz**

Jazz is an umbrella term that can refer to several related dance styles. All of them are connected via common roots, namely tap, ballet, and jazz music. In this class, your child will learn jazz techniques, which consist of strong rhythmic and isolated movements.

Shoes: black jazz shoes

## **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. It includes a wide range of styles created in the 1970s and made popular by dance crews. In this class, your child will learn fun, rhythmic, hip-hop movements from the past and present.

Shoes: black hip hop sneakers

## **Pom**

In pom, your children will incorporate different dance styles including hip hop, jazz, and lyrical. In this class, your children will participate in high energy and sharp movements that can closely resemble cheerleading positions. This style is typically used by dance/cheerleading teams for dancing at half time for sporting events such as football and basketball games!

Shoes: black jazz shoes

## **Tap**

Tap dance is strongly based in rhythm. In this class, your child will be using all aspects of their feet as musical instruments to explore and learn music, rhythm, and timing.

Shoes: black tap shoes