

Cabarrus Dance Academy 2022-23 Class Descriptions

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Wiggle & Whirl is a playful creative movement class for children between ages 2.5-3. This class will stress the important skills of learning to move to different tempos, sequencing, and gaining confidence in one's own imagination through dance, music, and tumbling.

Pre-Dance Pre-Dance is specifically designed for students age 3-4 with no/little prior experience. The Pre-Dance class meets once a week for 45 minutes. Students will learn (1) the basic elements of movement and dance (2) musical rhythm, time, beat, (3) basic ballet barre terminology, (4) opposites and directions, (5) elementary tumbling skills (6) seasonal songs and dance games. (45 minutes)

Pre-Ballet Pre-Ballet will meet once a week for 45 minutes. This is a class for four year olds. Students will begin building a stronger classical ballet foundation. (45 minutes). Pre-Dance and Pre-Ballet are sometimes combined for scheduling.

Combo Classes These classes are suited young students in Kindergarten & First Grade. They are one hour classes that introduce students to two types of dance disciplines, Ballet & Tap. **Kindergarten Combo** is for those dancers enrolled in Kindergarten (not pre-K). **FIRST GRADE COMBO** is a Ballet & Tap combination for the dancer entering 1st grade.

Acrobatics These classes are designed to increase both strength and flexibility in the dancer while teaching progressions from forward rolls and basic balances to advanced tumbling, including walkovers and aerials. Acrobatics differs from gymnastics in that it focuses on the artistic side of floor work. It is a wonderful supplement to advance other dance disciplines. We offer classes for ages 4-6 and 7-10. (45 minutes) Acrobatic students will be placed according to skill level each dance season.

Ballet and Pointe We offer lessons in classical ballet beginning at age five. (Between ages 5-6 Ballet is taught in our combo classes). These classes meet once a week for 45 minutes. Students will learn the Cecchetti Method of ballet positions and follow the curriculum outlined by Dance Masters of America for classical ballet. Pointe lessons are offered to the serious ballet student (minimum age 11 and permission of instructor required). Pointe classes meet for 30 minutes immediately after or prior to ballet class.

Tap Tap lessons are offered to students beginning in Kindergarten in our Combo classes and later in 45 minute classes focusing on tap skills. Tap students will learn the techniques of both rhythm and contemporary styles of tap dancing. We follow the syllabus outlined by Dance Masters of America . (45 minutes)

Jazz Jazz classes will be offered to students in 2nd grade and up. Jazz students will learn the basic techniques by jazz pioneers Luigi, Jerome Robbins, Gus Giordanno, and Frank Hatchett, to name a few. Our students will be introduced to traditional, lyrical, and Broadway styles of jazz dancing. (45 minutes)

Hip Hop Hip hop classes will learn the latest in street style and pop moves to today's upbeat music. We use "clean edit" versions of the latest hip hop music. The hip hop classes will be taught in four age levels: Hippy hop, Elementary, Intermediate and High school. Our hip hop classes are appropriate for both girls and boys! (45 minutes)

Hippy Hop based on our regular hip hop classes, Hippy Hop is geared for the energetic Kindergarten and First Grade student. These youngsters will learn the basic hip hop, and pop moves to age appropriate music. This class is great for boys and girls! (45 minutes)

Sacred Dance This class explores dance as a form of worship. The class will focus on dancing from the heart to inspirational music, hymns, and contemporary Christian songs. The class is non-denominational and is open to dancers and non-dancers, 2nd grade and older. (45 minutes)

Modern/Contemporary is offered to middle and high school students. A ballet background is recommended. Modern Dance is based on the teachings of Graham, Duncan, and Horton as well as others. It is abstract and uses both jazz parallel and classical ballet positions as well as improvisation and lyrical movement. (45 minutes)