DANCE STYLES

QUICK REFERENCE

- The foundation of ALL dance styles
- · Graceful, yet strong movements
- For those that like structure and precision.

May also enjoy: Lyrical, Jazz, Pre-pointe (if old enough)



IF YOU LIKE TO
BE GRACEFUL

JAZZ

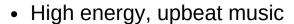
IF YOU LIKE TO MOVE & SHAKE

- High energy, upbeat music.
- A mix of technique and style
- · A great chance to show personality

May also enjoy: Hip Hop, Cheer, Acro

HTP HOP

IF YOU LIKE
UPBEAT & FREESTYLE
MOVEMENT



- · A chance to add YOUR flair to the moves
- Fun floor work can be involved

May also enjoy: Tap, Jazz, Tricks

Can't decide between JAZZ or HIP HOP?
Then you'll love JAZZ/HIP HOP



• A mix of Jazz technique & Hip Hop funk



- Make music with your feet!
- Basic moves to learn, then the challenge comes with tempo and combinations
- Lots of fun rhythms to explore!

May also enjoy: Hip Hop, Jazz, Tricks



LYRICAL

IF YOU LIKE TO EXPRESS YOUR FEELINGS

- A mix of ballet and jazz
- Tell a story with your movements
- Freedom of expression is encouraged

May also enjoy: Ballet, Jazz, Tricks

- · A blend of dance and cheer moves.
- Bring your voices, as you will use them.
- And did we mention, POM POMS!!

May also enjoy: Jazz, Tricks, Hip Hop



IF YOU HAVE
SPIRIT AND ENERGY



- · Build strength and flexibility
- Cartwheels, bridges, hand, chin stands and MORE!
- Learn gymnastic moves, without hours in the gym
 May also enjoy: Tricks, Hip Hop, Jazz
- · Jazz based class, with upbeat music!
- Great as your only class OR an add on class
- Work on turns, leaps, flexibility and other skills!

May also enjoy: Hip Hop, Jazz, Acro



IF YOU LIKE TO LEARN NEW MOVEMENTS

STAR LEADERSHIP

IF YOU WANT TO BE A STRONGER LEADER

- Structure and thorough leadership curriculum
- Includes 100+ page workbook!
- Learn SO MANY life skills to improve your life