Ms. Tanya’s School of Dance

**Dance Class Description**

Ballet, Tap, Jazz, Contemporary, and Hip Hop

**Ballet** is a traditional, formal style of ballet that adheres to classical ballet technique. It is known for its rigorous technique, turn-out of the legs, and high extensions. Classical ballet is graceful with flowing, precise movements and an ethereal quality.

Students typically learn ballet terminology and the pronunciation, meaning, and precise body form and movement associated with each term. Emphasis is placed on strengthening the legs and body core (the center, or abdominals) as a strong core is required for many ballet movements (especially turns), and on developing flexibility and strengthening legs and feet.

For Class they **will need**:

Black leotard

Pink tights

Ballet skirts are allowed

Split soled ballet shoes

Hair- classical bun

**Tap** and Broadway tap are the two major types of tap dance. Broadway tap is widely performed as a part of musical theater and focuses more on the dance moves. Rhythm tap focuses more on the musical aspect and is considered to be more traditional.

Tap dance is a synchronized form of dance characterized by using the sound of tap shoes hitting the floor or other surfaces to create a form of music.  The sound is made by shoes with a metal "tap" on the heel and toe.

For Class they **will need:**

Any color leotard

Black legs or capris

Dance shorts accompanied with leotard and tights

Hair- pulled back away from face

Throughout history, **jazz** dance has developed in parallel to popular music, integrating syncopated rhythm and improvisation, a low center of gravity and high level of energy.  Jazz dance includes a broad range of dance styles from its earliest roots and to our now popular street jazz.

At Ms. Tanya’s School of Dance students receive specialized instruction and can progress annually from beginner jazz classes to intermediate and advanced classes.   Each class level introduces new concepts and helps the students learn, expand, and fine tune their techniques.

Musical theatre is a form of theatrical performance that combines dance, acting songs, and spoken dialogue.

For Class they **will need:**

Leotards or Crop Top

Leggings or Capris

Dance shorts with tights must be worn

Tan slip on jazz shoes

Hair must be in a ponytail

**Contemporary** dance, sometimes referred to as Lyrical dance, has become one of our most popular dance styles as it is dynamic in nature, trendy and continually evolving. Contemporary borrows from classical, modern, and jazz styles. This class is offered to experienced dancers in all forms of dance.

For Class they **will need:**

Crop top or leotard

Dance shorts with convertible tights

Half soles, paws, or bare feet

**Hip-hop** dance is a high energy street dance style primarily performed to hip-hop music and incorporating urban culture.  It includes a wide range of styles including breaking, locking, and popping. It is also seen in current music videos.

For Class they **will need:**

Comfortable, loose fitting clothing

Jazz or tennis shoes