



# DANCE DIMENSIONS

## Technique/Lyrical

Lyrical dance is a dance style that blends ballet and jazz dance. Lyrical is generally smoother and a bit faster than ballet, but not quite as fast as jazz. Lyrical dancers usually perform to music with lyrics...the lyrics of the chosen song serve as inspiration for movements and expressions. Music used for lyrical is typically emotionally charged and expressive. Music may consist of many genres including pop, rock and hip hop. Powerful, expressive songs are often used in lyrical dance to give dancers a chance to express a range of strong emotions through their dancing. Movements in lyrical dance are characterized by fluidity and grace, with the dancer flowing seamlessly from one move to another, holding finishing steps as long as possible. Leaps are exceptionally high and soaring, and turns are fluid and continuous.



## Contemporary

Contemporary dance incorporates a collection of methods and techniques found in, jazz, lyrical and classical ballet. It explores self-expression, awareness of space and body movement, use of gravity and the efficiency of muscle use and safe body alignment. Classes start with a comprehensive warm-up and gradually build up to more elaborate dance routines.

## Hip Hop

Hip Hop is urban, it's street, it's diverse and forever changing. It is a high energy class that uses the latest sounds in RnB and pop music together with movements influenced by some of today's hottest video choreographers. It includes a wide range of styles primarily breaking, locking, popping, whacking, krumping and robotics as well as freestyle movement to give the students the opportunity to develop their own sense of style. Our tutors work hard to keep our routines fresh and up to date. Our music is carefully selected and our choreography is age appropriate. This class will perform in the end of year show.

## Boys Only Hip Hop

Have fun and be part of an all-boys hip hop class designed to develop Hip Hop technique and style incorporating, Krumping, Popping, Locking, Iso, and Swag. A strong focus is placed on performance skills to deliver a strong and entertaining hip hop performance in the show at the end of the year. .

## Teeny Boppers

The ultimate dance experience for Pre-schoolers The ultimate dance experience for your pre-schooler - fostering dance, creativity, motor skill development & musical skills all whilst having fun! This class is for children 3-4yrs. It is an energetic and dynamic dance class that incorporates different styles of dance using a wide range of music, themes and fun dance props to enhance dance skills. Our classes are the perfect balance of structure and fun and are taught in a safe and nurturing environment.

## Dance Fusion

This class blends all the elements of Hip Hop and Street Funk whilst introducing you to the qualities of Jazz. It is a high energy class which focuses on technique, style, choreography and stage performance. All our music is carefully selected and we ensure that all of our choreography is age appropriate. Students 10 years+ will perform two routines in the end of year production. The first routine will be geared towards the Hip Hop/Street funk genre and the second will explore themed choreography which often has more of a Jazz flavour. No exams just pure fun.

