

## **Welcome to Dance Dimensions**

We are dedicated to passing on our passion and lifelong love of dance to our students. We want to inspire them to be the best that they can be by nurturing creativity and encouraging them to discover their own distinctive style through developmental dance sequences.

You can expect a lot of fun in our high energy classes. We believe that everyone should have the chance to discover the benefits of dance, regardless of age, body type or experience. Whether you are a beginner or have a dance background of any type you will find you have a place in our dance family. Every student is cared for as if they were our very own.

## **Tutors**

Our team of tutors have all had years of experience teaching dance, each has had their own successful dance career both professionally and competitively, they all have one thing in common and that is the desire to inspire and pass on our passion and love of dance to our students. We like to keep things fast pace and fun whilst creating a positive and productive atmosphere that encourages all our pupils to do their absolute best.

## **Show Time**

Our pupils spend the year working towards our spectacular annual dance extravaganza in which they get to show case their hard work by performing professionally choreographed eye-catching routines. For this reason, attendance is high on our priority list. We guarantee that if you commit yourself 100% for the year you will achieve levels that exceed your expectations. The show is a fantastic experience, extremely entertaining and well worth the dedication.

## **Class Curriculum**

**All our classes have 3 components.**

- **Comprehensive warm up and stretch**
- **Skills and Technique.** Across the floor and Centre work.
- **Dance routine.** Students learn fun, fresh, challenging combinations to the latest up to date music. This choreography will usually be performed by the class in the end of year production.

We source and hire most of our costumes for the end of year production. There is a hireage fee for each dance a pupil performs in, and this is usually included in your term fees.

## **Uniform (Uniforms are not compulsory)**

- All students have the option to purchase a DD T shirt for \$25.00
- We recommend wearing comfortable clothing such as a T shirt, leggings, shorts, or tracksuit pants
- No skirts, jeans, or jean shorts to be worn.
- Please tie hair back neatly.
- Bring a drink bottle
- During winter it is okay to wear a long sleeve top under your singlet and warm up with a jumper.
- Shoes such as sneakers, or sport shoes are best, shoes must be clean.

## **Dance Style Descriptions**

### **Dance Fusion**

This class blends all the elements of Hip Hop and Street Funk whilst introducing you to the foundations 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 our choreography is age appropriate. No exams just pure fun.

### **Teeny Boppers – The ultimate dance experience for Pre-schoolers**

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.

### **LITTLE LYRICAL**

Very similar to our Teeny Boppers but the focus is more on Lyrical which is a more floaty style of dance

#### **Uniform**

- Anything goes whatever they feel like putting on that day.
- Preferably bare feet
- Bring a drink bottle

### **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.

### **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.

## **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.

## **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.

### **All our Lyrical classes have 3 components**

- Comprehensive warm up and stretch
- Across the floor and centre work such as Balance exercises, turns and leaps
- Fun and challenging dance combinations

## **Commercial Jazz**

This type of dance is very fun and energetic. It is typically paired with upbeat music such as Pop/Hip Hop music or show tunes to add a theatrical flair. Jazz dancers often have more freedom to express their own individual personality through their dance performances. These dances usually have quick footsteps, lots of leaps and turns and unique moves. A great class if you want to work on technique but Lyrical is not your thing.

## **Hip Hop Performance Crews (Silverdale Only)**

(Audition Only) - Performance classes are designed to challenge you mentally and physically and give you the chance to take your dancing to a higher level. You will be in a class alongside other pupils who have the same passion, drive, and commitment to dance as you do. This is a fantastic privilege and opportunity. Each class will compete in various Hip Hop competitions throughout the year.

Being part of a performance group does require extra commitment, responsibility, and expense for both the students' and the parents; all students are required to do two or more dance classes per week, we recommend Extension, Jazz, Lyrical or Contemporary as a second/third class.

## **Extension (Silverdale Only)**

Extension is an invitation only class, this is open to all performance class pupils. It is a blend of Hip Hop, Commercial Jazz, and Theatre Jazz. This class is designed to help you step outside your comfort zone and challenge you technically as your choreography pick up. If you are not in a performance class and are interested in doing this, have a chat to your tutor and we can discuss whether this would be the right fit for you.