

Introduction to Dance (Jazz, Ballet, Tap) classes provide young dancers with the building blocks of dance in a nurturing, age-appropriate environment. Students will learn essential **classroom etiquette**. Classes focus on developing **controlled body movements, strength, flexibility, and balance**. Dancers will explore **weight shifting, rhythm and timing**, and an **introduction to spotting**.

Classroom etiquette:

- **No gum**
- **Use bathroom before class**
- **Shoes on and hair pulled back**

In Intro Ballet, students will be introduced to foundational ballet steps and vocabulary, including:

- Barre work
- Introduction to the five ballet positions (arms and legs) with emphasis on first and second position.
- Turnout basics
- Pointing and flexing toes
- Saute
- Tendus
- Rond de jambe
- Échappé (2nd to 1st)
- Plié
- Battement
- Introduction to Développé
- Port de bras
- Passé
- Piqué
- Step Passé
- Arabesque
- Curtsy

Dancers will also learn traveling and turning movements such as:

- Side chassé
- Introduction to front chassé
- Simple turns
- Introduction to ballet runs
- Bourrées and bourrée turns

In Intro to Jazz, students will be introduced to foundational jazz steps and vocabulary, including:

- Introduction to feet in parallel (1st and 2nd position)
- Pointing/flexing toes
- Hand placements (on hips/shoulders)
- Marching
- Hopping
- Jumping
- Tendus
- Rond de jambes
- Skipping
- Isolations (head, shoulders, ribs, hips)
- Knee pops
- Introduction to Jazz Square
- Plie
- Relevé
- Passé
- Piqué (ding ding ding)
- Step passé
- Ball change
- Step ball change
- Side chassé
- Introduction to front chassé
- Hands: jazz hands, fists, blades
- Grapevines

In Intro to Tap, students will be introduced to foundational tap steps and vocabulary, including:

- Marching
- Stamps
- Toe taps
- Heel taps
- Heel drops
- Ball changes
- Brush
- Spank
- Side-to-side leaps
- Shuffles
- Cramp rolls
- Paradiddles
- Irish
- Body percussion
- Step touch
- **Travelling Steps:**
- Ball-heel walk
- Toe-heel walk
- Introduction to flaps
- Side-to-side leaps

Dancers will begin with basic movements like **toe taps**, **heel taps**, **toe and heel drops**, **ball changes**, and **side-to-side leaps**. As they gain confidence and control, students will progress to beginner steps including **shuffles**, **cramp rolls**, **paradiddles**, and the **Irish**.

For those ready for more challenging steps, the class will introduce additional steps such as **buffaloes** and **Shirley Temples**, along with simple, age-appropriate combinations that help dancers connect movements together.