

# **Style Descriptions**

## **Acro**

Acrobatic Dance is the beautiful fusion of classic dance technique and the precision and athleticism of acrobatic elements. It is often defined by unique choreography, flexibility, stretch, balancing, limbering, and tumbling. Acro dancers blend musicality, emotional expression, lines, and extension with acrobatic movements in a dance context.

## **Broadway**

Broadway/Jazz class, students will use jazz dance as the basis of their class technique. While exploring a diverse collection of family-friendly musicals, students will participate in a wide variety of theatrical movement styles. This class tends to be high-energy and face-paced while still emphasizing the proper technique needed for student safety as well as technical and artistic growth.

## **Classical Ballet**

Ballet is a type of performance dance that originated during the Italian Renaissance in the fifteenth century and later developed into a concert dance form in France and Russia. It has since become a widespread and highly technical form of dance with its own vocabulary. Ballet has been influential globally and has defined the foundational techniques which are used in many other dance genres and cultures. Various styles like Cecchetti, Vaganova, RAD, etc. have been created throughout the years as an evolution of the original Italian style. Ballet is the cornerstone of Colorado Ballet Society's curriculum. We currently follow the American Ballet Theatre's National Training Curriculum.

## **Conditioning**

Conditioning class is vital for our dancers to strengthen the body both with attention and care. We break down the muscle groups being used during specific exercises while focusing on repetition and control throughout the body as a whole. Conditioning will ensure that the dancers are using their muscles properly while executing exercises in daily dance classes and even in day-to-day life. This will complement the dancers training to help prevent injuries. We also study and discuss the Kinesiology (studying the body's movements) as well to not only broaden the understanding of our bodies physically but to also train our minds.

## **Contemporary Dance**

Contemporary dance classes have a large focus in modern technique mixed with elements of ballet and jazz. Dancers will explore different movement styles, a wide range of floor work and movement through multiple levels of space all while maintaining proper placement and alignment. Dancers are encouraged to strengthen their technique and physicality, enhance their movement quality, and expand their versatility as dancers.

## ***Hip-Hop***

Hip-hop dance refers to street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. It is a fun, high energy class that encourages individual style and creativity while learning and developing coordination, confidence, and a wide variety of styles. It includes a wide range of styles primarily breaking, locking, and popping which were created in the 1970s and made popular by dance crews in the United States. All students are given the opportunity to showcase their talents in a year-end performance.

## ***Jazz Dance***

Jazz is an energetic and athletic style of dance where students work on strength, flexibility, and stylistic techniques. It combines elements of Ballet, Contemporary, African, and Modern dance. This style of dance is often influenced by the pioneers of Jazz dance such as Katherine Dunham, Bob Fosse, Jerome Robbins, and Jack Cole. Jazz dance has an emphasis on strong lines, musicality, and performance skills.

## ***Men's Class***

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## ***Pas de Deux***

Pas de Deux class (partnering class) is designed to prepare young dancers, males and females, to learn the art of partnering in classical dance. The dancers will learn essential technique and skills for partnering.

## ***Pre Pointe***

Invitation Only

The curriculum for the class includes a look into history and how dancing on pointe evolved; a basic understanding of the anatomy of the foot, as well as the structure of the pointe shoe; proper foot care; and how to care for and sew ribbons and elastic onto pointe shoes. Most importantly, you will be taught TheraBand, Pilates, and physical therapy exercises designed to strengthen the structures of the foot and ankle, while continuing to work on placement and strengthening of the legs and core.

## ***Progression***

Progression class will work on virtuosic skills such as technical, artistic and choreographic concepts needed for the stage in professional companies or colleges. Students will learn variations and repertoire from classical ballets as well as Character dance, Classical Spanish dance and Neo-Classical choreography. Classes may also be devoted to virtuosic skills such as turning, jumping, flexibility and pantomime.

## ***Progressing Ballet Technique***

PBT is a unique and innovative program designed to help students understand the depth of training in muscle memory in achieving their personal best in classical ballet. PBT uses fit ball, therabands, fusion balls and other tools to aid dancers in their training. PBT has amazing success in guiding dancers in their understanding of core strength, stability, and alignment. This program will benefit any dancer wanting to enhance technique and strength by offering an understanding of how to use muscles correctly and safely.

## ***Tap***

Tap is a type of dance that is defined by the rhythmic, percussive sounds made by the metal taps on the bottom of the dancer's shoes. The style features creative and interpretive body movements that allow a dancer to express themselves. Tap helps dancers improve their musicality by emphasizing the downbeat of the music, and clear rhythm.

## ***Spanish Classical Dance***

The class teaches the basics of the traditional Sevillanas, folk dances originated from Sevilla, as well as Flamenco technique, style, musicality and artistry.