



BEST FOOT FORWARD DANCE STUDIO CLASS SYLLABUS

Magical Ballet — offered for children 3-5 years of age

This is a ballet-based class with the focus to have fun and create enjoyable and playful environment with a magical theme for young dancers as they are introduced to ballet technique. Dancers learn how to follow instructions and interact with other children, while at the same time developing coordination, balance, and improvisational skills. Dancers will learn ballet terminology and technique to prepare them for ballet classes in the future.

Dance With Me — offered for children 18 months to less than 36 months by 9/1

This class will follow our Magical Ballet outline to encourage musical awareness, creative expression, and a foundation in ballet technique. With your assistance, little dancers will practice taking turns, listening skills, and will become acclimated to the structure of our dance classes.

Combo Classes — offered for Combo 3 (age 3 by 9/1), Combo 4 (age 4 by 9/1), Combo 5 (age 5 by 9/1)

Combo classes are introductory classes for young dancers to start exploring the world of dance. In Combo Classes dancers will need both Tap shoes and Ballet Shoes. Classes are designed to teach children the fundamental techniques in an enjoyable environment. Ballet and Tap terminology will be incorporated into class to prepare dancers for beginning level classes.

Ballet — offered for Ballet Levels Beginning through Elite

Classical ballet is the foundation of all forms of dance. Best Foot Forward Dance Studio teaches from the *Vaganova*, *French*, and *Cecchetti* methods. Each style focuses on proper placement and complete range of motion which is an injury-free training, emphasizing the simultaneous development of both technical proficiency and individual artistry. Ballet will teach the dancer, balance, poise, strength, elevation, elasticity, and so forth.

Jazz — offered for Jazz Levels Beginning through Elite

The jazz curriculum at Best Foot Forward Dance Studio focuses on a foundation of contemporary technique with a strong ballet base. Flexibility, athleticism, and control are important skills at the center of every class. The dancers learn at a very progressive rate that is both age and physically appropriate.

Tap — offered for Tap Levels Beginning through Elite

Best Foot Forward Dance Studio's tap curriculum focuses on musicality and rhythm techniques. Each level works to improve and build balance and control of the body. A variety of styles ranging from Rhythm, Hooper, and Broadway are taught in our classes. The curriculum is designed to teach dancers progressive foot work to create an increased complexity of combinations, sounds, and rhythms.

Lyrical — offered for Levels Beginning through Elite

Lyrical dance style has its primary basis in ballet, combining the many technical elements of classical ballet with the freedom, fluidity, expressiveness and softer side of jazz, contemporary, and modern.

Musical Theatre — offered Beginning through Intermediate

Musical Theatre focuses on the execution of dance as a method of storytelling. This class will focus on different styles of musical theatre dance by exploring jazz based movement. Students will have the opportunity to learn Broadway choreography, and explore various aspects of dance as it relates to musical theatre.

Hip Hop — offered for Tot-Hop, Mini, Levels Beginning through Elite

Hip Hop is a street dance style primarily performed to hip-hop music which has evolved as part of hip-hop culture. It includes a wide range of styles.

Jumps and Turns — offered for Levels Advanced and Elite

Jumps and Turns is a technique based class to refine and grow Jazz technique. Dancers will be challenged to learn and extend their knowledge of Jazz dance that coordinate with their Jazz class technique. Choreography is not taught in this class.

Conditioning — offered for Levels Advanced and Elite

Conditioning is a rhythmic gymnastics based stretch and strengthening class. This class focuses on a variety of techniques to lengthen muscles and improve flexibility in the legs, arms, and back.

Acro — offered for Mini, Beginning, Intermediate, and Advanced/Elite

Acro dance is a class that combines acrobatic elements with classical dance technique. In this class, students will learn progressive skills on mats to improve flexibility and build strength. Dancers must demonstrate their ability to complete skills and "tricks" before advancing to the next level.