

# DeMaira Dance Studios, Inc.

## Dance Class Descriptions & What to Wear

### **Ballet**

Ballet is the basis of all dance forms. Develop the fundamentals of dance through control, poise, precision, fluency and grace using the technique and style of ballet. With classical ballet barré, center work and progressions this class improves fundamentals including body alignment, vocabulary and correct positions of the legs, feet and arms. Beginning ballet will focus on the basics of ballet, including terminology and placement. Experienced and Intermediate levels will place emphasis on understanding the technique as well as posture and body positions. Advanced levels will be a continual study of fundamentals, including precision, technique and emotional expression. Students who are serious about improving as dancers will find that ballet classes are an important part of their training. Studying ballet improves balance, posture, coordination, flexibility, and musicality.

Required Dancewear:

- Pink tights and black leotard **are required**
- Pink ballet shoes
- Ballet skirts are optional

Boys: shorts or black dance leggings, white t-shirt, black leather ballet shoes.

### **Ballroom**

Students will learn leading, following, timing and rhythm to several styles of dances. In Introduction to Ballroom students will learn the basic steps of the Waltz, Fox Trot, Rumba, Tango, Swing and more. As students become comfortable with the steps they will learn more advanced moves to these dances in the continuing Ballroom classes. A partner is not required to enroll.

What to wear:

- Comfortable clothing and dance footwear (ballroom shoes).
- If wedding preparation, wear same height heels with a strap.

### **Belly Dance**

Oriental Belly Dance celebrates femininity in a beautiful and intricate manner. Students gain self-confidence. The dance moves are isolated and students learn control. In this class you will shimmy! Class can include learning to use veil, zils and saidi stick. This class is for girls and women only.

Required Dancewear:

- Leggings and form fitted top
- Bare feet
- Hip scarves are provided

### **Break Dance**

This is a form of dance popular by hip hop music. It includes intricate footwork, pantomime, spinning moves, tumbling, and elaborates improvised virtuosic movements. Students will learn to top rock, the 6-step, popping and locking, freezes and more.

Required Dancewear:

- Comfortable & loose fitting clothing, sweatpants and long sleeved tees are suggested
- Clean gym shoes or hip hop sneakers that are only worn in-doors

## **Combination**

Children get to interact with others their own age while learning the basics of dance. This class is designed to give the young dancer an opportunity to discover and explore different types of dance. It incorporates ballet with creative movement, tap, tumbling and as the students get older, jazz will be introduced. This variety also gives the teacher a base to make the class stimulating.

Required Dancewear:

- Any color leotard and tights
- Ballet skirts are optional
- Pink ballet shoes and black tap shoes

BOYS: shorts, t-shirt, black ballet shoes, black tap shoes

## **Contemporary**

Contemporary is a fusion of styles that can encompass the techniques of ballet, jazz, modern and even hip hop. Improvisational techniques may also be used in this class.

Required Dancewear:

- Leotard and tights or jazz pants, dance shorts are also permissible
- Dance paws or bare feet

## **Dance & Drama**

Get ready to act up! In this class, students will use their voices and body movement to create and tell stories. Jazz based, they'll develop choreography, and learn some of the tools of musical theatre.

- Leotard and tights or jazz pants, dance shorts are also permissible
- Jazz oxford/slip on style dance shoe

## **Hip Hop**

Choreography will be similar to that seen in music videos. An urban street style, danced primarily to Hip-Hop, Rap, and R&B music. Hip Hop mixes pop & lock techniques with street funk and can integrate jazz technique. This is a high energy intense dance class. Get a full body workout and improve your ability to execute body isolations while learning the latest, hottest moves. This class is popular for children and adults.

Required Dancewear:

- Comfortable & loose fitting clothing, no jeans
- Clean gym shoes or hip hop sneakers that are only worn in-doors

## **Jazz**

Jazz dance is what is seen in many Broadway type shows such as "Cats" and "Chicago". It is a more structured, stage style of dance. Jazz dance technique develops a dancer's coordination, flexibility, and rhythm with stylistic diversity. With the use of isolations, jumps, turns and stretching, jazz dance refines how a dancer's body moves as well as teaches versatility. All classes will have a strong emphasis on correct technique. Classes consist of a center floor warm up, stretching, progressions across the floor, and center combinations. Routines are set to modern and contemporary music.

Required Dancewear:

- Leotard and tights or jazz pants, dance shorts are also permissible
- Jazz oxford/slip on style dance shoe

## **Lyrical**

This class is a contemporary form of dance that blends the grace of ballet and the soul of jazz techniques. This creates a beautiful dance style for dancers who want to increase their self-expression and technique with the use of their own interpretation of music. Combinations are choreographed as an interpretation of the music's lyrics.

- Leotard and tights or jazz pants, dance shorts are also permissible
- Dance paws, ballet shoes or tan slip-on jazz shoes

## **Music and Movement**

This class for the youngest dancers, ages 2-3 years old. It is 30 minutes and will incorporate musical instruments such as tambourines, maracas, etc. Musical instruments the students can hold and play. Dance movement focuses on large and fine motor skills. Children get to interact with others their own age while learning the basics of dance and the joy of different rhythms.

- T-shirt and shorts or pants that are easy to move in
- Bare feet or clean gym shoes
- Pull-ups or diaper if necessary

## **Pointe**

Pointe is an extension of ballet. Special shoes are worn. It requires solid, consistent, and current ballet training coupled with strength in the legs and the core of the dancer's body. Training on pointe begins only after the dancer has a strong, comprehensive understanding of classical ballet technique. The teacher and studio director must give approval for a student to begin pointe. Students are required to be enrolled in a minimum of two ballet classes per week.

Required Dancewear:

- Pink tights and black leotard **are required**
- Pointe shoes
- Ballet skirts are optional

## **Salsa/Latin**

Discover what salsa is all about. Learn the basic steps. The following steps are covered: basic salsa step, basic open footwork, hand and foot coordination, single turns, proper lead technique, application of tension in lead and follow, and cross body lead and follow. The primary focus will be salsa but other Latin rhythms, including Merengue, Bachata, and Cha Cha will be introduced.

What to wear:

- Comfortable clothing and dance footwear (ballroom shoes).

## **Pilates**

Pilates is a comprehensive exercise method for strengthening the core, increasing body awareness, developing proper breathing techniques, as well as, increasing flexibility through the spine and lower back. Pilates is a total body conditioning routine that helps to not only build flexibility, but also strength, endurance, and coordination in the legs, abdominals, arms and back. If you have never tried Pilates then now is the time!

What to wear:

- Wear athletic apparel
- Clean gym shoes or hip hop sneakers that are only worn in-doors
- Bring a towel and a water bottle

## **Tap**

Dancers will learn to create music with the use of their feet. Studying tap dance is an excellent way for a dancer to increase coordination of the mind and body and develop a sense of rhythm, timing and expression. Beginners focus on learning basic rhythm patterns including shuffles, flaps, stomps, and ball changes. Advanced level will include complex combinations focusing on speed, clarity, and intricate footwork.

Required Dancewear:

- T-shirt and capri pants or shorts, we need to see your ankles and feet
- Tap shoes

## **Voice**

These are 30 minute private singing lessons. Voice students have the same performing opportunities as the dance students.

What to wear:

- Comfortable clothing and clean shoes

## **Zumba**

The Zumba fitness program is a high-energy workout that is based on Latin music and dance. Zumba is an exercise class that combines low impact aerobics and Latin American dance moves, but can also incorporate hip hop, bolly wood, belly dance and much more! This is a fun class that welcomes the beginner.

What to wear:

- Plan to sweat, wear supportive athletic apparel
- Clean gym shoes or hip hop sneakers that are only worn in-doors
- Bring a towel and a water bottle

### **For all classes**

- Hair should be pulled back
- No jeans
- No street shoes
- No jewelry or watches

### **Where to purchase dancewear?**

- DeMaira Dance Studios, Inc. has a limited supply of leotards, tights and shoes available for purchase on site.
- We can also recommend Leo's Dancewear at 1900 N. Narragansett in Chicago. 773-745-5600, Tell them you dance at our studio.
- Shop on line for dance clothes and gifts at Dance World Bazaar [www.shopdwb.com](http://www.shopdwb.com). Save 10% on your first order, type in code DEM DAN STU at checkout.