

# 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**

Private lessons are available in a variety of social dancing styles including waltz, swing, etc. Students will learn leading, following, timing and rhythm. A partner is not required to enroll in private lessons.

What to wear:

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

### **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

## **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

## **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**

Private lessons are available in salsa and Latin dance styles. 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.

What to wear:

- Comfortable clothing and dance footwear (ballroom shoes).
- Ladies wear shoes with a strap.

## **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

## **Werq**

WERQ™ is the fiercely fun dance fitness workout class based on pop, rock, and hip-hop music. The warm up previews the dance steps used in class and the cool down includes balance and yoga inspired poses. 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

## **Zumba + Cardio Fitness Classes**

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

## **Zumbini**

Zumbini is Parent & Tot Zumba! Designed to let you and your little ones ages 0-4; wiggle, sing, and learn together. The Zumbini program is where the science of child development meets the magic of Zumba.

What to wear:

- Wear comfortable athletic apparel
- Clean gym shoes or hip hop sneakers that are only worn in-doors
- Children may be bafefoot

### **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 Dancewear, 7601 W. North Ave. in River Forest, 773-745-5600, Tell them you dance at our school.
- Payless shoe source carries dance shoes & Target carries simple dancewear.
- 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.

*Thank you for choosing DeMaira Dance Studios, Inc.*

4705 W. Lawrence Ave. in Chicago 773-283-3593

1146 W. Chicago Ave. in Oak Park 708-386-1833