

The Ballet & Dance Center

Class Descriptions 2011-12

Ballet

Created by Louis XIV in the seventeenth century, as part of his court dances, ballet has evolved into the most ethereal of dance forms, which emphasizes beautiful lines, high extensions, brilliant jumps and turns, and breathtaking choreography. In the age of fast food and instant gratification, ballet is a welcome discipline, instilling strong work ethics, personal responsibility, and respect for self and others. Margot Fonteyn said that it takes ten years to make a dancer and Rudolf Nureyev said it takes a lifetime to make an artist. Any dancer, athlete or novice can improve agility, balance, control, speed and strength by taking ballet. Ballet is the foundation for all dance forms and the teachers at The Ballet and Dance Center strongly recommend that all dancers take ballet as part of their dance curriculum.

Modern

Modern dance has developed enormously from free spirited thinkers such as Isadora Duncan (who was one of the first to dance barefoot in rebellion against Pointe shoes), Ruth St. Denis, Doris Humphrey and Martha Graham, to name a few. Their motivation to move in a way that differed radically from classical ballet was inspired by: natural movement (Isadora Duncan), fall and recovery (Doris Humphrey) and the breath of life (Martha Graham). These pioneers have influenced other modern dance greats such as Jose Limon, Merce Cunningham and Lester Horton. The teachers at The Ballet and Dance Center will use these techniques as the foundation for the modern dance curriculum. As times change so will modern dance. New symbols and new motivations will conjure different thoughts and realities. Modern dance will function as reflections of our times

Jazz

Rooted in the traditions of African dance and music, jazz dance has been influenced along the way by music of the twenties through the fusion sounds of today resulting in many styles. Pioneers of jazz dance technique include Jack Cole, Matt Mattox, and Luigi. They have influenced the theatrical styles of Fosse, Robbins, and Ailey. Jazz explores rhythm, coordination, and dynamic performance energy. Join us for an energetic and upbeat class!

Tap

Shim Sham Shimmy, Timesteps, B.S. Chorus, all Classic Steps. Tap was developed in North America and involves rhythm, coordination and style. Learn traditional tap dances along with increasingly intricate tap patterns and rhythms. Experience tapping of the feet and style in the body with great music, become a "hooper"!

Jazz/Theatre Dance Repertoire

Youth - Theatre games will be introduced and explored to focus on team building, listening, spatial awareness, and character development. This will be followed by a technical jazz based warm up and specific jazz vocabulary required for youth theatre dance.

Teen - A jazz based technical warm up will be followed by jazz vocabulary across the floor linked into phrases to prepare the student for theatre dance styles and musical theatre repertoire. *West Side Story, A Chorus Line, Hair, Seussical, Hairspray*. Theatre Dance is great music, dance, and history through the decades incorporating many styles of dance from vaudeville to MGM to Broadway. Join us for a fun, invigorating dance class!

Partnering (Pas de Deux)

A class for the developmental and advanced skills required in the execution of lifts, balance, promenade and turns for a couple, as associated but not limited to, the Classical Ballet vocabulary. Pas de Deux's from the Classical Repertoire may be taught in addition to Contemporary and Musical Theatre repertoire.

Men's Class

A structured class geared toward Teen-Adult ages, with emphasis on core strength, arm strength and carriage, flexibility and vocabulary from Men's Classical Ballet Technique. Focus will include work on turns and jumps. Coverage of Male Variation's from the Classical Repertoire may be included.

Hip Hop

Hip Hop is a cultural movement developed in the 1970's. It's a collaboration of various creative movements that originated during the 1600's. With its 4 Elements, Deejaying or MCing, break dancing, Graffiti Art and Beat Boxing, the culture is widely expressed. We bring you dance from a new perspective that consist of attitude, confidence and energy from all ages!

Creative Movement

Creative movement is designed for children 3-5 years of age, and introduces them to the wonderful world of movement and dance. The class combines large and small locomotor movement, the Elements of Dance (time, space and energy), rhythm exercises and basic ballet terminology. Children have fun learning movement skills with bean bags, scarves, maracas, ribbon sticks, parachutes and books. The class will help the student achieve better coordination, flexibility, balance, and self-confidence in a respectful and caring environment.

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