

DIANE'S SCHOOL OF DANCE

STUDIO D CLASS DESCRIPTIONS

CLASS TITLE	CLASS DESCRIPTION
3 RD - 5 TH GRADE HIP HOP TRICKS	Class will focus on headstands, headsprings, kip ups, stalls and other specialty hip hop trick sequences. Strong emphasis is on strength training and core engagement to allow for proper technique.
3 RD - 5 TH GRADE JAZZ 1 TECHNIQUE	Specific skills taught include chaînés on relevé, grand jetés, jazz pirouette preps, single pirouettes and battements. Focuses on proper placement and alignment, strength, mobility and core engagement.
3 RD - 5 TH GRADE JAZZ 2 TECHNIQUE	Specific skills taught include chaînés in plié and relevé, piqué turns, grand jetés with a chassé prep, center leaps, battements, leg holds, single pirouettes and double pirouettes. Focuses on proper placement and alignment, center work, strength, mobility and core engagement.
6 TH - 8 TH GRADE HIP HOP TRICKS	Class will focus on headstands, headsprings, kip ups, stalls and other specialty hip hop trick sequences. Strong emphasis is on strength training and core engagement to allow for proper technique.
6 TH - 8 TH GRADE JAZZ 1 TECHNIQUE	Specific skills taught include chaînés, grand jetés, double pirouettes, piqué turns, battements, leg holds, center leaps, calypsos, fouettés, tilt kicks and straddle & sissonne jumps. Focuses on proper placement and alignment, center work, strength, mobility and core engagement.
6 TH - 8 TH GRADE JAZZ 2 TECHNIQUE	Specific skills taught include triple pirouettes, double coupé turns, double pencil turns, axel turns, a la second turns, skater turns, firebird leaps, switch leaps and tilt leaps. Focuses on proper placement and alignment, center work, strength, mobility and core engagement.
9 TH - 12 TH GRADE TURN TECHNIQUE	Specific skills taught include pirouettes, coupé turns, pencil turns, a la second turns, skater turns and specialty turning sequences. Focuses on proper placement and alignment, center work, strength, mobility and core engagement.
9 TH - 12 TH GRADE LEAPS & TURNS	Class will focus on specialty leaps and jumps with an emphasis on proper technique and strength training.
ADULT CARDIO DANCE BODY SCULPTING	A cardiovascular, sculpting and toning workout that incorporates dance choreography as well as floor work. Class is designed to improve endurance and coordination as well as tone muscles with free weights.
ADULT INTERMEDIATE TAP	Perfect for adults who have a basic knowledge of tap! Tap technique is taught along with a tap routine.
ADULT BEGINNER JAZZ	Perfect for adults who have never taken a jazz class before! Basic jazz skills are taught along with a jazz routine.