

DIANE'S SCHOOL OF DANCE

STUDIO D CLASS DESCRIPTIONS

STUDENTS MUST BE ENROLLED IN A REGULAR DSOD CLASS
TO BE ELIGIBLE FOR STUDIO D CLASSES.

CLASS TITLE	CLASS DESCRIPTION
2ND - 5TH GRADE ACRO	Class focuses on basic tumbling skills for dancers. Specific skills include handstands, walkovers, handsprings and cartwheels.
3RD - 5TH GRADE JAZZ TECHNIQUE	Specific skills include chaînés in plié and relevé, piqué turns, grand jetés with a chassé prep, center leaps, battements, leg holds, single pirouettes and double pirouettes. Class focuses on proper placement and alignment, center work, strength, mobility and core engagement.
6TH - 8TH GRADE JAZZ 1 TECHNIQUE	Specific skills include chaînés, grand jetés, double pirouettes, piqué turns, battements, leg holds, center leaps, calypsos, fouettés, tilt kicks and straddle & sissonne jumps. Class focuses on proper placement and alignment, center work, strength, mobility and core engagement.
6TH - 8TH GRADE JAZZ 2 TECHNIQUE	Specific skills include triple pirouettes, double coupé turns, double pencil turns, axel turns, a la second turns, skater turns, firebird leaps, switch leaps and tilt leaps. Class focuses on placement and alignment, strength, mobility and core engagement.
6TH - 8TH GRADE HIP HOP TRICKS	Class focuses 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.
9TH - 12TH GRADE TURN TECHNIQUE	Specific skills include pirouettes, coupé turns, pencil turns, a la second turns, skater turns and specialty turning sequences. Class focuses on placement and alignment, strength, mobility and core engagement.
9TH - 12TH GRADE LEAPS & TURNS	Class focuses 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 strength while toning 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.