

DANCE BEAT — CLASS DESCRIPTIONS

TAP, COMBO, SPECIALTY



TAP I, II, III

Traditional tap technique combined with instruction in nerve and street tap gives the students a new love for tap. Concentration on creating rhythm allows the dancer to experiment with tempo. Class will focus on style and placement as well as sound.



CORE I, II, III

Using Pilates, and Yoga techniques along with strength training, dancers and performers will build and lengthen their inner core muscles and improve their overall physical health.



DANCE TEAM I, II, III

Dance Team offers to students who cannot commit to a full dance competition team the opportunity to experience many aspects of one. Dance Team students are only required to take the Dance Team class. They will participate in one dance competition in the spring along with a performance at our annual concert. They will be invited to attend workshops and competition events along with our competitive team but are optional.



SUGAR BEATS COMBO

Sugar Beats Combo classes offer students a full class with 2 subjects. Those subjects may be Jazz & Tap or Tap & Ballet. Each subject is taught in half hour segments with a few moments to change shoes in between.

PETITE POM

Join the Dance Beat Pom Team! This intro to pom is fun and great exercise. Basics of pom movements and short routines will be taught. Class price includes practice poms



ADULT DANCE

Exercise teamed with ballet, jazz or tap is the best way to describe Adult Dance at Dance Beat. These classes are sure to get you in shape while having a good time.



BALLROOM/SALSA

These short session classes will work with partners and individuals at a beginning to intermediate level. Learn to dance like the stars in no time.

