

# 2017 DANCE FESTIVAL CLASS DESCRIPTIONS

**BODY WORK CLASSES:** Focus on core alignment, strength, and flexibility. *Students encouraged to bring their own mat.*

**Students will experience each of the following body work classes throughout the week:**

**Body Conditioning**

High energy class focusing on building stamina and strength.

**Pilates Mat Work**

Joseph Pilates' conditioning principles of core work incorporating breath, concentration, and flowing movement.

**Strength, Tone & Stretch**

Exercises designed to improve flexibility and muscular strength.

**Yoga for Dancers**

Class will introduce movement principles associated with yoga.

**TECHNIQUE CLASSES:** Improve technique and movement fundamentals.

**Advanced Modern**

Experience a fast paced technique class. Pushing off verticality, experiencing inversion work and full physicality. Not for beginners.

**Ballet Class on Pointe**

A classical ballet class for those dancers with experience dancing in pointe shoes. Not for beginners.

**Ballet for Beginners**

Progressive barre and center exercises that establish a strong foundation in dance. Designed for beginners and those dancers new to the style of ballet.

**Classical Ballet**

A traditional classical ballet class for those dancers familiar with ballet vocabulary. Designed for intermediate/advanced dancers.

**Contemporary Ballet**

Enjoy classical ballet work infused with modern dance. Concentrate on center and across the floor work. For intermediate level dancers.

**Intermediate Modern Technique**

Core work, intricate rhythms, challenging spatial patterns and more. For those dancers familiar with modern technique.

**Improvisation**

Challenge your movement invention skills while learning the foundational tools of improvisation.

**Modern Fundamentals**

A modern technique class designed for those dancers new to modern technique. A great class introducing the fundamentals of contraction/release and fall/recovery.

**COMBINATION CLASSES:** Learn complete dance combinations and focus on refining performance skills. *These classes will learn choreography to perform in the Friday showcase.*

**Advanced Hip-Hop**

A fast paced hip-hop class working on level changes, specificity of movement and performance. For advanced hip hop dancers only.

**Ballet Variations**

Learn a historical ballet work. Dancers may wear ballet slippers or pointe shoes.

**Beginning/Intermediate Hip-Hop**

Emphasizes timing, strength, and rhythm while incorporating performance attitude. Designed for beginning and intermediate hip hop dancers.

**CDE Modern Repertory**

Learn a full modern dance work from Collin Dance Ensemble repertory. Highly recommended for those interested in auditioning for CDE. Designed for advanced dancers.

**Contemporary**

Learn an expressive combination that merges modern and jazz techniques.

**Jazz Leaps & Turns**

This class will concentrate on challenging turn & leap combinations and performance qualities.

**Lyrical Jazz**

Learn a combination that blends jazz and ballet and allows you to focus on expression and musicality.

**Musical Theatre Tap**

This class emphasizes the style associated with Broadway dance forms through the use of rhythm and tap fundamentals. Tap shoes highly recommended or character shoes allowed. This class will encourage all to sing and act.

**Non-Traditional Modern Partnering**

Experience the fundamentals of contemporary partnering and weight sharing. Dancers will be working closely with one another.

**Swing**

Learn the basic steps associated with swing dance then progress to learning a swing dance combination.