

DANCE AND MOVEMENT DESCRIPTION

By Flora Leptak-Moreau

CARIBBEAN DANCE

Get a feel of the Caribbean islands while learning the dances of the region. This workshop will introduce a range of Caribbean dance vocabulary (Wine, Tambou, Fiddle, etc.) that will help you find or enhance your rhythm. Involve your body from head to toe, limbs and body and swivel your hips as you move joyously and confidently across the dance floor. When you visit the Caribbean you won't feel left out. Get ready to move. Bring all the *freedom* you have and loosen up.

JAZZ DANCE CLASS for Beginners/ Level I/ Level II

Enjoy a jazz class as you improve your dance technique through new and exciting combinations, which you can use and develop for your performances. Actively learn the attributes of a good performer; how to bring out the best of your personality on stage and in general look more experienced.

JAZZ DANCE FOR MUSICAL THEATRE :

Learn the basic Jazz dance vocabulary (Grapevine, Vegas walk, turning pas de bouree, etc.) that forms the basis for most choreography in musical theatre. Learning these fundamentals before auditions and rehearsals will streamline the entire production process, making life easier for everyone involved.

INTRODUCTION TO MOVEMENT

If you can walk, bend, and stretch to music—you can dance. This introductory class will teach you the basics of dance and refine your natural abilities. You will learn how to use your body in the most efficient and comfortable way.

INTRODUCTION TO AFRICAN DANCE

Learn to move several body parts at once—polyrhythm—as you learn dances and movements such as the gahu, lengen and the ostrich. Also, learn the song that goes with this West African dance, Gahu. This workshop will help you develop your stamina and rhythmic potential, strengthen your body and provide lots of enjoyment and fun.

BALLET

The foundation of ballet is a great asset that will compliment your dance technique. You will gain a great sense of your body coordination and isolation as you work on beautiful lines, stretch, flexibility, agility and strength while working at the barre and in the center. You will develop an ability to execute movement with proper alignment, grace and poise as

you immerse yourself in this fun and flexible class as you increase your movement vocabulary and performance skills. So come and explore some ballet vocabulary such as ballet routines as you utilize your fundamentals skills including pliés, tendu, ronde jambes, sautés, entendre, glissades, jetés, ensembles, arabesque, chainée turns, pirouettes, pique turns, fouettés, jetés, ensembles, glissades, port de bras, positions of the head and body, développés, entrechats, balance, battement, etc. as you experience a traditional ballet class in a fun and exciting way.

MODERN / CONTEMPORARY DANCE

A free form which allows for self expression with characteristics such as form, movement development and dynamics, direction and floorwork to convey an idea. Technique, expression and performance are all a part of the training.

All levels of classes focus on both technique, self-expression, dance elements and performance while executing movement combinations based on various styles including Graham, Cunningham and Limon techniques intertwined with ballet principles, Salsa, Merengue, Zouk and Afro- Caribbean dance style.