

Class Descriptions

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1. General Information about my dance classes

My dance classes prioritize up-to-date, didactically correct, and safe procedures to cater to the diverse needs of participants in a healthy and inclusive manner. Each session begins with a comprehensive warm-up designed to prevent injuries and promote flexibility, incorporating elements of dynamic stretching and cardiovascular exercises.

Following the warm-up, the class progresses through structured technical exercises, aligning with current teaching methodologies. I provide clear and precise demonstrations, ensuring students understand and execute movements correctly. Individualized attention is given to address specific needs, fostering a supportive learning environment.

I emphasize artistic expression while maintaining a focus on anatomical correctness and safe dance practices. Creative elements are incorporated to encourage personal interpretation and foster a sense of ownership over movements.

Safety protocols are strictly followed throughout the class, including proper flooring, adequate hydration breaks, and injury prevention strategies. I regularly check in with participants to ensure their well-being, accommodating any modifications needed for individual abilities and physical conditions.



The overall class atmosphere promotes a positive and inclusive environment, emphasizing the importance of holistic health and well-being. Participants are encouraged to communicate their needs, and I am committed to providing a safe dance experience for everyone involved.

2. 60+ Dance Class “Dance Legends”

My **60+ dance class**, called “Dance Legends”, **is suitable for mature women and men** who love to move, laugh and socialise. This 45 min dance class is held in a welcoming and safe environment right for everyone. The choreographies are tailored to be inclusive and accommodating to varying mobility levels, promoting physical activity, mental challenges and social engagement.

The songs used for this class are a compilation of musical hits spanning decades, featuring beloved tunes from the 1950s to today. This variety allows participants to reminisce and connect with the music of their era while exploring different dance genres.

Throughout the class, there are opportunities for freestyle movements and improvisation, encouraging individual expression and creativity. The atmosphere is festive and supportive, fostering a sense of community and camaraderie among participants.

Incorporating elements from the past century's dance styles and musical hits, this class provides a unique and enjoyable way for elderly individuals to stay active, socialize, and relive the joyous moments associated with the music of their time.

3. Contemporary

This contemporary dance class is characterized by its fusion of various movement styles, encouraging creativity, and self-expression. In this class, dancers explore a wide range of movements, from flowing and organic sequences to sharp and angular gestures. The emphasis is on versatility and individuality, allowing participants to infuse their own style into the choreography.

Across the floor elements often involve traveling exercises that focus on dynamic footwork, directional changes, and spatial awareness. Dancers may engage in fluid floorwork, exploring levels and transitions between standing and ground movements. These elements help develop strength, flexibility, and a heightened sense of body awareness.

Contemporary dance classes frequently incorporate improvisation exercises, fostering spontaneity and personal interpretation. Movements may include contractions, releases, spirals, and weight shifts, challenging dancers to explore the full range of their bodies.

The class often features a combination of structured choreography and opportunities for dancers to contribute their own movements, promoting a collaborative and experimental atmosphere. Overall, contemporary dance classes celebrate the freedom of expression and encourage dancers to break traditional boundaries.

4. Adult Lyrical/ Contemporary

This adult lyrical jazz class combines the technical precision of jazz dance with the expressive and emotive qualities of lyrical dance. Participants focus on fluid, graceful movements, often set to contemporary music with poignant lyrics. The class places a strong emphasis on storytelling through dance, encouraging dancers to convey emotions and connect with the audience.

Lyrical jazz incorporates elements of ballet, jazz technique, and modern dance, creating a seamless blend of strength, flexibility, and artistry. Dancers engage in exercises that enhance musicality, encourage expressive interpretation, and build a strong foundation in lyrical jazz techniques, such as controlled turns, extensions, and easy floorwork.

The overall atmosphere is one of creativity and emotional exploration, allowing dancers to convey a narrative through the fusion of technique and personal expression.

5. Adult Funk Jazz

This adult funk jazz class is characterized by its vibrant, energetic, and rhythmic style that draws inspiration from funk music and jazz dance techniques. The class exudes a lively and upbeat atmosphere, often set to funky and contemporary music with strong rhythmic elements.

Key characteristics of a funk jazz class include dynamic isolations, sharp movements, and a strong emphasis on groove and musicality. Dancers learn to execute quick footwork, syncopated steps, and intricate patterns that reflect the rhythmic complexity of funk music. The style encourages individual expression, allowing participants to inject their personality into the movements.

Funk jazz classes typically incorporate elements of traditional jazz dance, including kicks, turns, and leaps, but with a modern and urban flair. The choreography often involves playful and stylized movements, engaging the dancers in a dynamic interplay between precision and personal interpretation.

The class environment is fun and high-energy, fostering a sense of community among participants. Dancers are encouraged to embrace the spirit of funk, celebrating the fusion of technique, creativity, and the infectious joy that defines funk jazz dance.

6. Adult Dance Flow

This Dance Flow class is a **beginner-friendly** adult dance class with gentle whole-body movements and occasional stretch exercises. This class is designed to provide a nurturing and accessible environment for entry-level dancers.

Throughout the session, the participants are guided through graceful lyrical jazz movements. The choreography is designed to be gentle on the body, encouraging a seamless flow between movements and allowing dancers to connect with the emotional essence of the music.

Also incorporating elements of yoga, the class includes moments of mindful breathing and postures to enhance body awareness and balance. Stretch exercises focus on improving flexibility and releasing tension, ensuring a comfortable experience for participants at varying skill levels.

Whole-body movements are introduced gradually, encouraging a holistic approach to dance that involves the arms, torso, and legs. The emphasis on simplicity and accessibility makes this class beginner-friendly, allowing participants to build confidence in their movements while enjoying the fusion of lyrical jazz, yoga, and stretching exercises. The overall atmosphere is supportive, fostering a sense of joy and well-being in the dance experience.

7. Competition Preparation Class

This is a dance class only for intermediate and advanced students aged 8 to 17 that are preparing and practising for jazz and contemporary dance competitions. It's a requirement that participating students are already enrolled in at least one Jazz or Contemporary class in a local dance school.

The class begins with a thorough warm-up that includes stretches and exercises aimed at enhancing flexibility, strength, and overall conditioning.

Following, the class emphasizes extending skills and techniques crucial for jazz and contemporary dance styles. Students are guided through intricate footwork, turns, leaps, and expressive movements that define both genres. The focus is on refining techniques while encouraging individual artistic expression.

Throughout the training, there's a focus on precision and alignment, ensuring that students increase their technical skills. Professional feedback will provide constructive criticism to help students refine their movements and enhance their overall dance proficiency.

The atmosphere is one of discipline and dedication, balanced with encouragement and support. The goal is to prepare students not only for competitions but also to instil a love for the art of jazz and contemporary dance while fostering team spirit among the participants.