

JUNEAU DANCE UNLIMITED CLASS DESCRIPTIONS

Creative Movement

Utilizing songs, music and children's literature, children will enhance their body awareness by learning about breath, body structure and functioning; brain development by creating and participating in rhythmic and locomotor movement patterns and social communication skills by learning to participate, follow and to lead in a group setting.

Studies In Movement

Designed for the rapidly developing coordination of students ages 4-6, this class will explore variations in both small muscle and large muscle movements. This class will also include work with movement sequences and rudimentary ballet skills.

Ballet Basics

Ballet Basics is a developmentally appropriate introduction to ballet positions and movements for young children. Class work will include loco motor skills and musical concepts.

Ballet I

Ballet I is an introduction to ballet technique for children. Class work will include locomotor skills and musical concepts. Both adagio and allegro movement sequences will be presented.

Ballet II

Ballet II is a ballet technique class for children. Class work will include locomotor skills and musical concepts. Adagio, allegro, and turning sequences will be presented. The class is geared toward children who have had previous dance experience.

Ballet III

Ballet III takes the vocabulary and comprehension of ballet technique to the next level. The class includes barre and center work. All basic ballet principles are applied on simple terms. Several relevé combinations are given at barre and center to prepare students for Pointe work in the future.

Ballet IV

Ballet IV is the most advanced class offered. The class consists of a full ballet class including barre and center work, combinations, and an understanding of ballet on a much higher level. Students are given the opportunity to dance at a level to be admired. Pointe work is included for those en Pointe.

Hip Hop - Children

No prior dance experience needed. This fun-filled class is meant for children who want to get out and try something new. The class teaches rhythm, musicality, coordination, and age appropriate hip hop and pushes children to work on their creativity with different kinds of free style hip hop. We will also work on basic dance technique and skill building, while learning a fun and up to date routine.

Hip Hop - Adult/Teen

This is a fun and exciting class for students with no prior dance training. "Old" and "new" school moves are introduced in this upbeat class for those who are willing to try something different. Flow to the beats of the latest songs as you warm-up and learn an exciting, lively dance routine. Also get ready to be working on building core strength and working up that stamina with lessons in basic dance technique while going over essential skills such as kicks, leaps, jumps, etc.

Hip Hop - Advanced

This class is meant for those with prior experience in dancing. Not only will we work with mainstream hip hop, but also experiment with newer venues such as contemporary expressions of hip hop. At the same time we will build up on muscle strength and stamina with important dance skills such as kicks, stalls, C jumps, leaps, turns, toe touches, etc. This class is meant for the strong willed and those who are up for trying something new, fun, and different, while also looking for creative ways to express themselves. Instructor placement only – Audition required.

Hip Hop - Beginner/Adult

Fun-filled Hip Hop class for the Beginner Adult who wants to exercise with creative dance movement, learning rhythm, musicality and coordination. No previous dance experience needed.

Modern

Modern Dance combines mastery of movement skills with individual artistic expression. Students will learn the basics in Modern technique and an understanding of self-expression and special awareness.

Theatre Dance

Students will study dances from the 20's Charleston, Ragtime, Soft Shoe, 30's Latin Rhythms, Samba, Rumba, Conga, 40's Boogie Woogie, Broadway Ballet and 60's Rock and Roll. Concentration will be on dance vocabulary and characterization on stage. Vocabulary gives the dancer versatility and knowledge of Broadway choreography. Characterization allows the dancer to develop the acting skills needed for work on the stage.