

2024-2025 Dance Class Descriptions

Acro: Acro is a style of dance/gymnastics that incorporates balance, strength, and flexibility. This class teaches acrobatic skills on the comfort of our safe mats!

Ballet: Ballet is the foundation of dance. The grace, strength, balance, and technique a dancer learns from this class carries over to all dance forms!

Ballroom: Ballroom dance is a type of social dancing that is performed by couples or individuals and follows prescribed steps. There is a wide variety of ballroom dance styles, here at Evolve, we mainly focus on Salsa, Cha Cha, Tango and Jive.

Combo: This class offers 15 minutes of ballet movements, 15 minutes of tap, and 15 minutes of developmental tumbling/acrobatics! The fun and creative environment helps develop coordination, rhythm and balance!

Company: This is an **INVITE ONLY** COMPANY dance class. Students are selected specifically to prepare/train for dance conventions and competitions. Evolve Dance Company represents EDF locally and nationally at a very high level. Auditions are held for COMPANY once a year in June.

Contemporary: Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Contemporary dancers strive to connect the mind and the body through fluid dance movements. **REQUIREMENT:* Must also be enrolled in a ballet class.

Dance Fusion: It's dance class and a great workout! Get your body moving and learn how to combine a variety of different dance styles into unique and fun movement and choreography!

Dynamic Flexibility: Involves making active movements that stretch the muscles to their full range of motion. These exercises often simulate functional movements and help prime the body for more intense training.

Hip Hop: Hip Hop has become a part of American culture. From pop and lock to break dancing, it is a true modern American art form. Dancers learn to feel and interpret the hip hop music used in class through intricate movements using coordination, strength, control and personality. Free style and improvisation are part of this dance style and self-expression is explored in this class!

Jazz: Jazz dance combines techniques of classical ballet and modern dance with the current forms of popular dance. Jazz also has its own movement vocabulary ranging from the isolation of certain body parts to the movement of the entire body with the accents of musical rhythms. **REQUIREMENT:* Must also be enrolled in a ballet class.

Kicks/Turns/Leaps: This technique class is dedicated to learning, improving and perfecting kicks, turns, and leaps. Dancers will focus on strength and conditioning with an emphasis on the safe execution of these skills that are used in all forms of dance.

Lyrical: Lyrical dance is a style that combines ballet and jazz dancing techniques. It is performed to music with lyrics so that it inspires expression of strong emotions the choreographer feels from the lyrics of the song. This style concentrates on an individual approach and expressiveness of such emotions as love, joy, hurt, or anger. **REQUIREMENT:* Must also be enrolled in a ballet class.

Musical Theater: Musical Theater is less of a particular dance style, and more of a description of dancing that is rooted in the diverse history of Broadway musicals. Relying heavily on a knowledge of ballet, tap, and jazz, musical theater dancers are, first and foremost, actors and place a high focus on musical interpretation.

Pointe: Pointe is a part of classical ballet technique that concerns pointe work, in which a ballet dancer supports all body weight on the tips of fully extended feet within pointe shoes.

Squad: This is an **INVITE ONLY** SQUAD dance class. Students are selected specifically to prepare dances for local performances and represent EDF out in the local community. This is a fun team to be a part of! It's perfect for any dancer looking for more performance opportunities. Auditions are held for SQUAD once a year in June.

Tap: Students learn "Theatrical" and "Broadway" style tap dance performed in musicals and on Broadway, as well as "Rhythmic" tap, the street style. Students wear tap shoes to create beautiful rhythms and sounds!