

# 2022-2023 Learning Syllabus Expectations for our classes and Requirements to move forward

**\*All Sophie Dance classes for ages 18 months – 7 years include basic acro instruction: somersault, cartwheels, bridging and eventually walkovers, etc and opportunities for personal creative movement!**

**\*All Sophie Dancers age 5-7 & up *MUST HAVE THEIR HAIR PULLED BACK* and out of their faces!**

## **Parent and Me: Ballet & Tap**

This class is for the little one who is always dancing and the parent looking to introduce socialization! We keep your kiddo moving throughout class learning the basics of ballet and introducing the fun of tap shoes! Parents or caregivers accompany your child to give them extra support and inspiration along with your teacher! Dancers learn how to be in a structured class while having fun and gaining coordination.

***Attire: Ballet Slippers and Tap Shoes with any color leotard or dance dress.***

***Tights, skirts and tutus optional!***

*Skills your child will learn below:*

- **Pointe and flex**
- **First position**
- **Introduction to ballet arm positions**
- **Introduction to the ballet barre**
- **Introduction to turn taking**
- **Chassé**
- **Passé**
- **Arabesque**
- **Plié**
- **Tendu**
- **Battement**
- **Tap Digs**
- **Tap Knocks**

## **Parent and Me: Ballet & Pop**

This class is for the little one who is always dancing and the parent looking to introduce socialization! We keep them moving throughout class learning the basics of ballet and feeling the beat of Pop! Ballet & Pop is encouraged for the child who has sound sensitivities as the tap shoes can be noisy. Parents or caregivers accompany your child to give them extra support and inspiration along with your teacher! Dancers learn how to be in a structured class while having fun and gaining coordination.

***Attire: Ballet Slippers with any color leotard or dance dress. Tights, skirts and tutus optional!***

*Skills your child will learn below*

- **Pointe and flex**
- **First position**
- **Introduction to ballet arm positions**
- **Introduction to the ballet barre**
- **Introduction to turn taking**
- **Chassé**
- **Passé**
- **Arabesque**
- **Plié**
- **Tendu**
- **Battement**
- **Step touch**
- **Introduction to body isolations**

## **Age 2-3: Ballet & Tap**

This class is for the little one who is always dancing and the parent looking to expose their little one to tons of music! Get ready for Miss Sophie's famous playlists! We keep them moving throughout class learning the basics of ballet and tap. Dancers learn how to be in a structured class on their own while having fun and gaining coordination.

***Attire: Ballet Slippers and Tap shoes with any color leotard or dance dress.***

***Tights, skirts and tutus optional!***

*Skills Your Child Will Learn:*

- **Same as parent and me, unassisted by caregiver**

### **Age 2-3: Ballet & Pop or Hip Hop**

This class is for the little one who is always dancing and the parent looking to expose their little one to tons of music! Get ready for Miss Sophie's famous playlists! We keep them moving throughout class learning the basics of ballet and feeling the beat of Pop! Dancers learn how to be in a structured class on their own while having fun and gaining coordination.

***Attire: Ballet Slippers with any color leotard or dance dress. Tights, skirts and tutus optional!***

*Skills Your Child Will Learn:*

- **Same as parent and me, unassisted by caregiver**

### **Age 3-4: Ballet & Tap**

This combo class is designed to introduce Ballet and Tap to the beginner dancer. Students spend  $\frac{3}{4}$  of class in ballet shoes for stretching, warm up and ballet instructions and  $\frac{1}{4}$  in tap shoes. Students learn pre-ballet skills, coordination, body positions, ballet terminology and the beginning basics of tap.

***Attire: Ballet Slippers and Tap shoes with any color leotard or dance dress. Tights, skirts and tutus optional!***

*Skills Your Child Will Learn:*

**Everything listed in all classes above PLUS**

- **Ballet arms all positions**
- **Second position**
- **Échappé**
- **Intro to jeté**
- **Shuffle step**
- **Stomps vs Stamps**
- **Heel drops**
- **Intro to syllables**

### **Age 3-4: Ballet & Pop or Hip Hop**

This combo class is designed to introduce Ballet and Pop to the beginner dancer. Students learn pre-ballet skills, coordination, body positions, ballet terminology and the beginning of isolations, Hip Hop tricks. Students are exposed to a variety of Hip Hop

and Pop music. Ballet and Pop is recommended for a child with sound sensitivities as tap shoes can be noisy.

***Attire: Ballet Slippers with any color leotard or dance dress. Tights, skirts and tutus optional!***

*Skills Your Child Will Learn*

**Everything listed in all classes above PLUS**

- **Ballet arms all positions**
- **Second position**
- **Échappé**
- **Intro to jeté**
- **Body isolations**
- **Seat spins**
- **Splits**

### **Age 2-4: Tap and Musical Theatre**

Dancers will be exposed to Musical Theatre techniques in expression, confidence, and movement, in addition to learning basic tap techniques. Skills learned will be combined into tap routines set to Musical Theatre songs. Emphasis placed on expression and confidence through dance and movement.

***Attire: Ballet Slipper or Jazz Shoes, Tap shoes, Black sweatpants or leggings are encouraged with t-shirts but any comfy pants will do!***

*Skills Your Child Will Learn*

- **First & Second position**
- **Second position**
- **Plié**
- **Chassé**
- **Échappé**
- **Sauté**
- **Step touch**
- **Tap Digs**
- **Tap Knocks**
- **Shuffle step**
- **Stomps vs Stamps**
- **Heel drops**

## **Age 4-5: Ballet & Tap**

This class continues to build skills and advance students in Ballet and Tap. It also introduced students to the basics of Jazz. We focus on isolations, stretching, simple jazz dance steps, turns and leaps. In tap we introduce flaps, the time steps and work on tap phonetics.

***Attire: Ballet Slippers and Tap shoes with any color leotard or dance dress.***

***Tights, skirts and tutus optional!***

*Skills Your Child Will Learn:*

**Everything listed in all Ballet and Tap classes above PLUS**

- **Third and Fifth position**
- **Pas de chat**
- **Grapevine**
- **Stomp hop step**
- **Intro to time steps**
- **Flaps**

## **Age 4-5: Ballet & Pop or Hip Hop**

This class continues to build skills and advance students in Ballet and Pop. It also introduced students to the basics of Jazz. We focus on isolations, stretching, simple jazz dance steps, turns and leaps.

***Attire: Ballet Slippers with any color leotard or dance dress. Tights, skirts and tutus optional!***

*Skills Your Child Will Learn:*

**Everything listed in all Ballet and Pop classes above PLUS**

- **Third and Fifth position**
- **Pas de chat**
- **Grapevine**
- **Turns leaps**

## **Age 4-7: Ballet**

Dancers will progress in ballet skills and spend more time at the ballet barre focusing on proper technique. Choreography and routine retention begins in addition to technical instruction. Dancers are also asked to start remembering terminology and identifying the differences in steps.

***Attire: Ballet Slippers, Leotard with skirt or tutu or dance dress and tights.***

***Hair pulled back!***

*Examples of Additional Skills:*

- **Fourth position**
- **Changement**
- **Center Floor Choreography**
- **Chassé into jeté**
- **Glissade into pas de chat**
- **Intro to pirouettes**

### **Age 4-7: Hip Hop or Hip Hop & Jazz**

Jazz Funk is an energetic dance style that is usually performed to hip hop music that evolved from hip hop culture in addition to Pop music. Students learn isolations and a grounded style of movement very different from what they learn in ballet. In the age 4-6 and 5-7 classes there is a large focus on creative movement as well as routine choreography.

***Attire: Jazz shoes, leotard or tight-fitting tank with leggings or dance shorts***

***Hair pulled back!***

*Examples of Additional Skills:*

- **Waves**
- **Twist-o-flex**
- **Campbell lock**
- **Scooby doo**
- **CC's**
- **Kick out**
- **Around the clock**
- **Grapevine**
- **Pas de bourrée**
- **Jazz walks**
- **Chaîné turns**

## **Age 4-7: Tap and Musical Theatre**

In Musical Theatre students will explore Musical Theatre techniques in expression, character connection, confidence and movement, in addition to learning tap techniques. Skills learned will be combined into tap routines set to Musical Theatre songs. Emphasis placed on telling a story, becoming a character, and stage presence through dance and movement. Tap is a fun, fast paced style of dance that teaches rhythm, counting and coordination.

***Attire: Ballet Slipper or Jazz Shoes, Tap shoes, leotard with leggings or dance shorts, tights optional! Hair pulled back!***

*Examples of Additional Skills:*

**All tap skills taught from Parent and Me and up in addition to**

- Tap turns
- Time steps
- Traveling time steps
- Box steps

## **Age 5-9: Boys Hip Hop & Tricks**

This class combines the fun energy of hip hop with the strength of technique and floor work. Dancers will focus on a variety of things from body isolations and locking, to coffee grinders and tumbling. There is some freedom to work on creative movement at this age, though there is also a large focus on learning choreography.

***Attire: Sneakers, Black sweatpants or leggings/shorts are encouraged with tank tops or t-shirts, but any comfy pants will do!***

*Examples of Additional Skills:*

- Waves
- Isolations
- Grapevines
- Kick cross rock step
- Hip twist
- Forward rolls
- Cartwheels

## Age 7-10: Ballet

Ballet is a highly formalized style of dance that focuses on body alignment, abdominal control, proper placement, strengthening and flexibility. All classes include proper warm ups, ballet barre, center floor skills in combinations and moving across the floor with turns and leaps. Students learn discipline, structure of ballet class and ballet terminology. Ballet is the foundation of all dance and is strongly encouraged for any dancer looking to truly progress in their dance training, considering competition team and or looking to dance in middle and high school.

**Attire: Ballet Slippers, Leotard & tights. Skirt optional. *Hair pulled back!***

*Examples of Additional Skills:*

- Barre work
- Chaîné
- Piqué turns
- Chassé into leaps
- Tombé pas de bourrée
- Jetés
- Pirouettes

## Age 7-10: Jazz

Based on ballet technique, jazz incorporates the whole body with sharp and fluid movements to create a visually technical dance style. Students also train in transition steps, turns and leaps across the floor. Memory, performance qualities and stage presence are a focus in this class as we learn choreography.

**Attire: Jazz shoes, leotard or tight fitted tank top, leggings or dance shorts.**

***Hair pulled back!***

*Skills Your Child Will Learn:*

- Isolations
- Stylized jazz walks
- Pirouettes
- Pas de bourrée
- Three step turn
- Saut de chat
- Alternating chassés
- Triplets



- **Chainé turns**
- **Axle turns**

### **Age 8-10: Hip Hop or Hip Hop & Jazz**

In this class we introduce basic foundations of hip hop including pop and locking and body isolations. Students also train in transition steps, turns and leaps across the floor. Memory, performance qualities and stage presence are a focus in this class as we learn choreography.

***Attire: Sneakers, t shirts or tank tops with dance shorts, leggings or sweatpants are acceptable in this class. Hair pulled back!***

*Examples of Additional Skills:*

**All jazz funk/hip hop skills taught from 4-6 and up PLUS**

- **Six steps**
- **Stop and go's**
- **Coffee grinder**
- **Leo walks**
- **Tracer waves**

### **Age 8 & up Contemporary and Lyrical classes**

Contemporary dance is popular among our older students, tween and teens because it encourages dancers to be versatile in their self expressions.

Contemporary and lyrical dance are more fluid than ballet and include tricks and creative turns and leaps. These classes use body weight, floor work, technique, efficiency of muscle usage, musicality and safe body alignment. A contemporary dance class is a wonderful place to learn self awareness and emotional expression.

***Attire: Barefeet or toe undies, leotard or tight fitted tank top, leggings, dance shorts or tights. Hair pulled back!***

*Skills Your Child Will Learn:*

**All ballet skills learned up to age 7 PLUS**

- **Chainés**
- **Piqué turns**
- **Improvisational tools**

- Coupé
- Passé
- Pencil and leg turns
- Transition steps
- Choreography retention (30 second + combos)

### **Company Classes (Levels 1 - 3)**

This is an invite only class for dancers who have danced with Sophie Dance for a minimum of 1 year and show they are ready to take dance to the next level. Dancers must exhibit the desire and love to dance by actively participating in class and striving to do their best. Dancers must have good attendance, show proper technique in class, and love to perform in front of large audiences. This is a performance based class with additional show opportunities and will require additional technique training in addition to this choreography based class. These evaluations are made by teachers during the main season or camps by observing. This class also requires additional costs like company hoodie, additional costumes, Clippers tickets, and weekend or weeknight performances.

***Attire: Jazz shoes, leotard or tight-fitting tank with leggings or dance shorts.***

***Hair pulled back!***