

2021-2022
Learning Syllabus
Expectations for our classes
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!**

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. 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
- Chasse
- Passe
- Arabesque
- Plie
- 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. 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
- Chasse
- Passe
- Arabesque
- Plie
- Tendu
- Batttement
- 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. Tights, skirts and tutus optional!

Skills Your Child Will Learn:

Same as parent and me unassisted by caregiver

Age 2/3 Ballet & Pop

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. 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, Tap Shoes, any color leotard with optional skirt or tutu or Dance Dress. Tights optional.

Skills Your Child Will Learn:

Everything listed in all classes above PLUS

Ballet arms all positions

Second position

Echappe

Intro to jete

Shuffle step

Stomps vs Stamps

Heel drops

Intro to syllables

Age 3/4 Ballet & Pop

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, Any color leotard with optional skirt or tutu or Dance Dress. Tights optional.

Skills Your Child Will Learn

Everything listed in all classes above PLUS

Ballet arms all positions

Second position

Echappe

Intro to jete

Body Isolations

Seat spins

Splits

Tap and Musical Theatre Boys 2-4yrs:

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: Tap shoes, Black sweatpants or leggings are encouraged with t-shirts but any comfy pants will do!

Age 4/5 Ballet & Pop

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, Any color leotard with optional skirt or tutu or Dance Dress. Tights 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 4/5 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, Any color leotard with optional skirt or tutu or Dance

Dress. Tights 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 and Into to time steps

Flaps

Age 4-6 and 5-7 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.

Examples of Additional Skills:

Changement

Center Floor Choreography

Age 4-6 and 5-7 Hip Hop or Jazz Funk

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

Age 4-6 and 5-7 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: Tap shoes, leotard with leggings or dance shorts, tights optional!

Skills:

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

Tap turns

Time Steps

Traveling time steps

Age 8 – 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 and tights. Skirt optional.

Age 8 – 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

Age 8-10 Hip Hop or Jazz Funk

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, tshirts or tanks tops with dance shorts, leggings or sweatpants are acceptable in this class.

Age 8 and 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.

