

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

***All Sophie Dance West 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 in classes for ages 4-6 & up *MUST HAVE THEIR HAIR PULLED BACK* and out of their faces!**

Parent and Me: Ballet & Tap (18mo-24mo)

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 (18mo-24mo)

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 aka 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 aka 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
- Piqué Pointes

Age 4-6: 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 4-6: Ballet & Pop aka 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: Hip Hop/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

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
- Chasse step leaps
- Jazz Pirouettes
- Kick-Step Touch
- Crossing step variations
- Various ball changes and weight shifting steps

Age 4-6: 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

Age 4-7: Acro

Acro dance is the beautiful fusion of classic dance technique and the precision and athleticism of acrobatic elements. Often defined by unique choreography, acro dancers seamlessly blend musicality, emotional expression, line and extension with acrobatic movements in a dance context. It teaches flexibility, balance, strength, and coordination.

Attire: No shoes, leotard or tight fitted tank top, leggings or dance shorts. Hair pulled back!

Examples of Additional Skills:

- Somersaults
- Cartwheels

- Splits
- Bridge from the ground
- Standing backbend
- Kickovers
- Back/Front Walkovers

Age 6-8: Leaps & Turns

Leaps and Turns is designed to focus on strength, flexibility, and the technical aspects of dance movements. This class teaches dancers how to properly execute turns, leaps, jump variations, and various extensions.

Attire: Split sole leather jazz shoes or half soles, leotard or tight fitted tank top, leggings or dance shorts. Hair pulled back!

Skills Your Child Will Learn:

- Right, Left and Middle Splits
- Chasses forward with pointed toes
- Pivot Turn on Right OR Left
- Jazz Walks
- Grand Battements
- Chaiñés turns to the Right and Left
- Right and Left Ballet and Jazz Possé
- Right & Left Jazz Pirouettes
- Right and Left Leg Holds (Front, Side, or Both)
- Right Needle and Left Needle (Also known as a "6 O'Clock")
- Chasse Step Leaps or Runs into a Leap on both Sides

Age 8-12: Leaps & Turns

Leaps and Turns is designed to focus on strength, flexibility, and the technical aspects of dance movements. This class teaches dancers how to properly execute turns, leaps, jump variations, and various extensions.

Attire: Split sole leather jazz shoes or half soles, leotard or tight fitted tank top, leggings or dance shorts. Hair pulled back!

Skills Your Child Will Learn:

Everything listed in Leaps and Turns classes above PLUS

- Piqué Turns

- Illusions
- Fan Kick
- Leg Hold turn (or 1/2 turn)
- Chasse step Center leap
- Chasse Tuck Jump

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
- Jazz Pirouettes and proper preparations
- Grand Battement across the floor
- Pas de bourrée
- Three step turn
- Saut de chat
- Alternating chassés
- Triplets
- Chaîné turns
- Axle turns
- Chasse Step Leaps
- Piqué Turns
- Introduction to Leg Holds
- Leaps in second position
- Proper core training for strength and balance

Age 5-7: Beginner Ballet

(must have 1 year of any type of class that has the basics of ballet included)

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. They will learn what the beginning, middle, and end of a traditional ballet class entails, from roll call to curtsies and bows.

Attire: Pink split sole Ballet Slippers, Light Pink Leotard with skirt or tutu or dance dress and pink tights or black dance tights (not sheer) and white dancewear short sleeve. Hair pulled back in a bun!

Examples of Additional Skills:

- Fourth position
- Changement
- Center Floor Choreography
- Porte de bra
- Sauté
- Intro to pirouettes
- Glissade from 1st to 1st
- Grande jeté from chasse
- Reverence

Age 6-8: Beginner/Intermediate Ballet

(must have 1 or more years of Beginner Ballet)

Ballet is a highly formalized style of dance that focuses on body alignment, abdominal control, proper placement, strengthening and flexibility. This class includes a proper warm up at the ballet barre, center floor skills in combinations and moving across the floor with turns and leaps. This class includes a lot of repetition and development of muscle memory in order to solidify the foundation of the dancer's technique. Students learn discipline, structure of ballet class and ballet terminology. Ballet 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: Pink split sole Ballet Slippers, Light Blue Leotard & pink tights. Skirt optional or black dance tights (not sheer) and white dancewear short sleeve.

Hair pulled back in a bun!

Examples of Additional Skills:

- Barre work
- Petit allegro
- Chaîné

- Piqué turns
- Chassé into leaps
- Tombé pas de bourrée
- Jetés
- Pirouettes
- Pas de chat
- Grande jeté
- Reverence

Age 8-12: Intermediate Ballet

(must have 2 or more years of Beginner/Intermediate Ballet)

Ballet is a highly formalized style of dance that focuses on body alignment, abdominal control, proper placement, strengthening and flexibility. This class includes work at the ballet barre, center floor skills in combinations and moving across the floor with turns and leaps. At this level, the class will move swiftly through the skills learned in their previous training year and will advance those steps to their next level of difficulty. Students learn discipline, structure of ballet class and ballet terminology. Ballet 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: Pink split sole Ballet Slippers, Black Leotard & pink tights. Skirt optional or black dance tights (not sheer) and white dancewear short sleeve.

Hair pulled back in a bun!

Examples of Additional Skills:

- Barre work
- Petit allegro
- Center adagio
- Chaîné
- Piqué turns
- Chassé into leaps
- Tombé pas de bourrée
- Jetés
- Pirouettes from Tombé pas de bourrée
- Tombé pas de bourrée into grande jeté
- Reverence