



STEP IT UP DANCE ACADEMY

2021.22 SEASON CLASS DESCRIPTIONS

Tiny Classes for 2-3 year olds

Tiny Tots

This is an introductory class for those tiny movers who are just starting their first class! Dancers will stretch, learn music movement, following directions and basic dance steps. Props, fun music, and lots of singing, playing and dancing are included in this fun interactive creative class. One parent is welcome to join until your dancer feel comfortable to attend class without a parent or caregiver included.

Female dancers are asked to wear leotards, pink ballet tights, pink ballet shoes & hair must be out of face. Tutu's, booty shorts or ballet skirts are optional. Boy dancers wear t-shirt, shorts & black ballet shoes.

Pre-School Classes for 3-5 year olds

Dancing Divas and Dudes

This is an introductory creative movement class for younger and first time dancers. This class focuses on the basic fundamentals of movement, rhythm, stretching, and ballet/jazz technique. Students should be ready to attend class without a parent or caregiver included within the first few weeks.

Female dancers are asked to wear leotards, pink ballet tights, pink ballet shoes & hair must be out of face. Tutu's, booty shorts or ballet skirts are optional. Boy dancers wear t-shirt, shorts & black ballet shoes.

Pre-K Acro

An introduction to acrobatic limbering, balancing, strength and flexibility worked into choreography. Our acrobatic program is based on safe and effective progressions with proven results!

Dancers are required to wear fitted dance attire. Tank tops, bras tops, leotards, booty shorts, or leggings are acceptable. & hair must be pulled back. Classes will be done barefoot. Leggings are optional. **NO baggy clothes are allowed**

Pre-K Hip Hop

Littles love to shake their groove thing and we love dancing with them! This high energy class will be full of upbeat songs as dancers are introduced to some hip hop moves and grooves

Dancers can wear comfortable clothing that they can easily move around in, please wear clean, non-street tennis shoes. ** NO jeans**

Mini Classes for 5-6 year olds

Acro Level 1

An introduction to acrobatic limbering, balancing, strength and flexibility worked into choreography. Our acrobatic program is based on safe and effective progressions with proven results! Engaging activities will keep young ones learning and growing.

Dancers are required to wear fitted dance attire. Tank tops, bras tops, leotards, booty shorts, or leggings are acceptable. & hair must be pulled back. Classes will be done barefoot. Leggings are optional. **NO baggy clothes are allowed**

Hip Hop Level 1

An introduction to fundamentals of hip hop moves and grooves. This high energy class will be full of upbeat songs for dancers to learn funky choreography.

Dancers can wear comfortable clothing that they can easily move around in, please wear clean, non-street tennis shoes. ** NO jeans**

Tap/Ballet Combo Level 1

This combo class will cover an introduction to Ballet and Tap fundamentals. Dancers will be taken through warmups, barre exercises, and rhythmic introductions to captivating music as they learn new styles of dance.

Female dancers are asked to wear leotards, pink ballet tights, pink ballet shoes, black velcro tap shoes & hair must be out of face. Tutu's, booty shorts or ballet skirts are optional. Boy dancers wear t-shirt, shorts & black ballet shoes and black tap shoes.

Tap/Ballet/Jazz Combo Level 1

This combo class will cover an introduction to Ballet, Jazz and Tap fundamentals. Dancers will be taken through warmups, barre exercises, and rhythmic introductions to captivating music as they learn new styles of dance. Dancers should be age 6, and it is recommend to have taken Tap/Ballet Combo Level 1.

Female dancers are asked to wear leotards, pink ballet tights, pink ballet shoes, black velcro tap shoes, tan "pulse" jazz shoes & hair must be out of face. Tutu's, booty shorts or ballet skirts are optional. Boy dancers wear t-shirt, shorts & black ballet shoes.



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Petite Classes for 7-9 year olds

Acro Level 2

An introduction to acrobatic limbering, balancing, tumbling, strength and flexibility worked into choreography. Our acrobatic program is based on safe and effective progressions with proven results! Engaging activities will keep young ones learning and growing. It is recommended dancers have taken Acro Level 1 or have gymnastics experience prior to this class. Students should be able to hold a bridge up and have a cartwheel.

Dancers are required to wear fitted dance attire. Tank tops, bras tops, leotards, booty shorts, or leggings are acceptable & hair must be pulled back. Classes will be done barefoot. Leggings are optional. **NO baggy clothes are allowed**

Hip Hop Level 2

An introduction to fundamentals of hip hop moves and grooves. This high energy class will be full of upbeat songs for dancers to learn funky choreography.

Dancers can wear comfortable clothing that they can easily move around in, please wear clean, non-street tennis shoes. ** NO jeans**

Jazz/Lyrical Combo Level 1

Explore multiple genres with this combo class of fun upbeat jazz choreography, soft and inspiring lyrical moves. Dancers will learn proper fundamental technique, progressions across the floor and inspiring choreography. Dancers are encourage to take Leaps & Turns with this class.

Dancers are expected to wear fitted dance attire. Tank tops, bras tops, leotards, booty shorts, or leggings are acceptable & hair must be pulled back. Dancers should wear tan "pulse" jazz shoes.

Leaps & Turns Level 1

This class focuses on technique required to learn skills that come with dance. Our technique program is built on working flexibility, drills, and progressions that allow dancers to grow with proper execution of challenging skills and dance elements.

Dancers are expected to wear fitted dance attire. Tank tops, bras tops, leotards, booty shorts, or leggings are acceptable & hair must be pulled back. Dancers should wear tan "pulse" jazz shoes.

Progressing Ballet Technique (PBT) Level 1

PBT is an innovative body-conditioning and strengthening program for students to understand the depth of training muscle memory in achieving their personal best. One of the important elements used in the PBT method is muscle memory which helps to improve students' understanding of core stability, weight placement and alignment. PBT is extremely beneficial to dancers wanting to improve their technique in Ballet, Jazz, or Lyrical classes.

Dancers are expected to wear fitted dance attire. Tank tops, bras tops, leotards, booty shorts, or leggings are acceptable & hair must be pulled back. Dancers should wear pink ballet shoes for females, black ballet shoes for males.

Tap/Ballet/Jazz Combo Level 1

This combo class will cover an introduction to Ballet, Jazz and Tap fundamentals. Dancers will be taken through warmups, barre exercises, and rhythmic introductions to captivating music as they learn new styles of dance. This class is a great starter class for new dancers this age.

Female dancers are asked to wear leotards, pink ballet tights, pink ballet shoes, black velcro tap shoes, tan "pulse" jazz shoes & hair must be out of face. Tutu's, booty shorts or ballet skirts are optional. Boy dancers wear t-shirt, shorts & black ballet shoes, black tap shoes, tan "pulse" jazz shoes.

Tap/Ballet Combo Level 2

This combo class will cover a progression to Ballet and Tap fundamentals. Dancers will be taken through warmups, barre exercises, and rhythmic introductions to captivating music as they grow these styles of dance. Dancers are recommend to have taken Tap/Ballet Combo Level 1 or TBJ Combo. Starting dancers are welcomed, but encouraged to have previous dance experience for this class.

Female dancers are asked to wear leotards, pink ballet tights, pink ballet shoes, black tie tap shoes & hair must be out of face. Tutu's, booty shorts or ballet skirts are optional. Boy dancers wear t-shirt, shorts & black ballet shoes and black tap shoes.



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2021.22 SEASON CLASS DESCRIPTIONS

Junior Classes for 9-12 year olds

Acro Level 3

A progression to acrobatic limbering, balancing, tumbling, strength and flexibility worked into choreography. Our acrobatic program is based on safe and effective progressions with proven results! It is recommended dancers have taken Acro Level 2 or have gymnastics experience prior to this class. Students should be able to do a back bend kick over and both right and left cartwheels.

Dancers are required to wear fitted dance attire. Tank tops, bras tops, leotards, booty shorts, or leggings are acceptable & hair must be pulled back. Classes will be done barefoot. Leggings are optional. **NO baggy clothes are allowed**

Clogging

A true favorite, if you like rhythm, sound and moving fast, you'll love clogging! It's a very energetic form of dance.

Dancers can wear comfortable clothing that they can easily move around in, please wear white clogging shoes ** NO jeans**

Hip Hop Level 3

A progression to fundamentals of hip hop moves, street dance and grooves. This high energy class will be full of upbeat, fun music and moves.

Dancers can wear comfortable clothing that they can easily move around in, please wear clean, non-street tennis shoes. ** NO jeans**

Jazz/Lyrical Combo Level 2

Explore multiple genres with this combo class of fun upbeat jazz choreography, soft and inspiring lyrical moves. Dancers will learn proper fundamental technique, progressions across the floor and inspiring choreography. Starting dancers are welcomed, but encouraged to have previous dance experience for this class. Dancers are encourage to take Leaps & Turns with this class..

Dancers are expected to wear fitted dance attire. Tank tops, bras tops, leotards, booty shorts, or leggings are acceptable & hair must be pulled back. Dancers should wear tan "pulse" jazz shoes.

Leaps & Turns Level 2

This class focuses on technique required to learn skills that come with dance. Our technique program is built on working flexibility, drills, and progressions that allow dancers to grow with proper execution of challenging skills and dance elements.

Dancers are expected to wear fitted dance attire. Tank tops, bras tops, leotards, booty shorts, or leggings are acceptable & hair must be pulled back. Dancers should wear tan "pulse" jazz shoes.

Progressing Ballet Technique (PBT) Level 1

PBT is an innovative body-conditioning and strengthening program for students to understand the depth of training muscle memory in achieving their personal best. One of the important elements used in the PBT method is muscle memory which helps to improve students' understanding of core stability, weight placement and alignment. PBT is extremely beneficial to dancers wanting to improve their technique in Ballet, Jazz, or Lyrical classes.

Dancers are expected to wear fitted dance attire. Tank tops, bras tops, leotards, booty shorts, or leggings are acceptable & hair must be pulled back. Dancers should wear pink ballet shoes for females, black ballet shoes for males.

Strength & Conditioning

This class focuses on strength and cardio development, designed to tone up your dance body! Incorporates the use of exercise bands, stretching, and across the floor work.

Tap/Ballet Combo Level 3

This combo class will cover a progression to Ballet and Tap fundamentals. Dancers will be taken through warmups, barre exercises, and rhythmic introductions to captivating music as they grow these styles of dance. Dancers are recommend to have taken Tap/Ballet Combo Level 2 or have pervious Tap or Ballet experience. Dancers can choice to take this class as a combo or take either class separately.

Female dancers are asked to wear leotards, pink ballet tights, pink ballet shoes, black tie tap shoes & hair must be out of face. Tutu's, booty shorts or ballet skirts are optional. Boy dancers wear t-shirt, shorts & black ballet shoes and black tap shoes.



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2021.22 SEASON CLASS DESCRIPTIONS

Teen Classes for 12 year olds and up

Acro Level 4

A progression to acrobatic limbering, balancing, tumbling, strength and flexibility worked into choreography. Our acrobatic program is based on safe and effective progressions with proven results! It is recommended dancers have taken Acro Level 3 or have gymnastics experience prior to this class. Students should be able to do a front and back walkover.

Dancers are required to wear fitted dance attire. Tank tops, bras tops, leotards, booty shorts, or leggings are acceptable & hair must be pulled back. Classes will be done barefoot. Leggings are optional. **NO baggy clothes are allowed**

Clogging

A true favorite, if you like rhythm, sound and moving fast, you'll love clogging! It's a very energetic form of dance.

Dancers can wear comfortable clothing that they can easily move around in, please wear white clogging shoes ** NO jeans**

Hip Hop Level 4

A progression to fundamentals of hip hop moves, street dance and grooves. This high energy class will be full of upbeat, fun music and moves.

Dancers can wear comfortable clothing that they can easily move around in, please wear clean, non-street tennis shoes. ** NO jeans**

Jazz Level 3

Experience this upbeat opportunity to learn proper jazz technique, progressions across the floor and fun choreography.

Dancers are expected to wear fitted dance attire. Tank tops, bras tops, leotards, booty shorts, or leggings are acceptable & hair must be pulled back. Dancers should wear tan "pulse" jazz shoes.

Lyrical Level 3

Experience lyrical dance, which combines the fundamentals from both ballet and jazz technique, with expressive style choreography set to soft and inspiring music.

Dancers are expected to wear fitted dance attire. Tank tops, bras tops, leotards, booty shorts, or leggings are acceptable & hair must be pulled back. Dancers should wear tan canvas lyrical shoes.

Leaps & Turns Level 3

This class focuses on technique required to learn skills that come with dance. Our technique program is built on working flexibility, drills, and progressions that allow dancers to grow with proper execution of challenging skills and dance elements.

Dancers are expected to wear fitted dance attire. Tank tops, bras tops, leotards, booty shorts, or leggings are acceptable & hair must be pulled back. Dancers should wear tan "pulse" jazz shoes.

Progressing Ballet Technique (PBT) Level 2

PBT is an innovative body-conditioning and strengthening program for students to understand the depth of training muscle memory in achieving their personal best. One of the important elements used in the PBT method is muscle memory which helps to improve students' understanding of core stability, weight placement and alignment. PBT is extremely beneficial to dancers wanting to improve their technique in Ballet, Jazz, or Lyrical classes.

Dancers are expected to wear fitted dance attire. Tank tops, bras tops, leotards, booty shorts, or leggings are acceptable & hair must be pulled back. Dancers should wear pink ballet shoes for females, black ballet shoes for males.

Strength & Conditioning

This class focuses on strength and cardio development, designed to tone up your dance body! Incorporates the use of exercise bands, stretching, and across the floor work.

Tap/Ballet Combo Level 4

This combo class will cover a progression to Ballet and Tap fundamentals. Dancers will be taken through warmups, barre exercises, and rhythmic introductions to captivating music as they grow these styles of dance. Dancers are recommend to have taken Tap/Ballet Combo Level 3 or have pervious Tap or Ballet experience. Dancers can choice to take this class as a combo or take either class separately.

Female dancers are asked to wear leotards, pink ballet tights, pink ballet shoes, black tie tap shoes & hair must be out of face. Tutu's, booty shorts or ballet skirts are optional. Boy dancers wear t-shirt, shorts & black ballet shoes and black tap shoes.
