



Beginning Jazz

(Ages 5-7)

(Ages 6-8)

(Ages 8-10)

(Ages 9+)

Please look over the following goals for your child's class and let us know if you have any questions we can help you answer.

Dear Parents and Dance Students!

We welcome you to our Allstar family! Our goal is to create a fun, positive environment within each of our classes while building technical and knowledgeable dance students. Our dance instructors will make the most of the time allotted in each class by progressing the students through the goals you will find below. You will be notified when your child has mastered each of these steps and can progress to the next level. Your child's safety is our top priority and our instructors will ensure proper technique, coordination, and flexibility is explained while each step is presented. If you have any questions regarding this, please let the front desk or the dance instructor know!

We are so very excited to have you as part of our Allstar Dance family and cannot wait to watch your child grow in their dance technique!

Again, we welcome and thank you for giving us the opportunity to teach and mentor your dancer(s) during their experience here.

If you have any questions please call our front desk at 248-668-9805.

Sincerely,

Allstars Dance Studio at American Allstars

www.AllstarsDanceStudio.com

www.AmericanAllstarsKids.com

Attire Requirements

Hair: Ponytail

Leotard: Any color leotard; shorts optional

Tights: Capezio, color: caramel, full footed

Shoes: Bloch – Tan #470

Boys: All ages must wear a plain color t-shirt or tank with black athletic pants or shorts.

Shoes: Bloch - Black #470

Warm-Up

Cardio:

Ability to complete cardio exercises without stopping:

- Step Touch
- Grapevine- turning and regular
- Jazz Square
- Chasse, ball change
- Pivot Turns
- Full Body Isolations- head, shoulder, ribs, and hips
- Kick Ball Change
- Gallops

Flexibility:

Ability to complete all stretches with proper alignment by recognition of name:

- Standing lateral stretching of upper body
- Controlled flat back
- Left/right/center standing X position toe stretches
- Left/Right Lunges
- Left/Right Lunges- Quad Stretch
- Left/Right Pretzel
- Seated/Standing Pike toe stretches
- Butterfly
- Seated Straddle- Left/Right toe stretches

Across the Floor:

Recognition of all terminology with proper placement/alignment and execution:

- Jazz Walks
- Jazz Runs
- Skips/Hops
- Chasse
- Chaîné Prep- Half Turns, arms on shoulders
- Battements – Right/Left/ Center
- Six Step
- Pas de bourrée
- Piqués

Center Combo:

Integration and utilization of above technical steps combined in a monthly jazz combination. Students will require the ability to recognize terminology to execute on the movements with proper placement and alignment.