



## Beginning Lyrical

(Ages 7-10)

(Ages 10-12)

(Ages 13+)

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](http://www.AllstarsDanceStudio.com)

[www.AmericanAllstarsKids.com](http://www.AmericanAllstarsKids.com)

### Attire Requirements

**Hair:** Ponytail

**Leotard:** Any color leotard; shorts optional

**Tights:** Capezio, color: caramel, transition tights

**Shoes:** Bare-foot

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

**Shoes:** Bare-foot

### Warm-Up

#### **Cardio:**

Ability to complete cardio exercises without stopping:

- Running/Walking
- Chasse, ball change
- Full Body Isolations- head, shoulder, ribs, and hips
- Ab exercises- planks, crunches (30 secs)
- Plié's, Tendus, Déagés with upper body contractions

#### **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
- Laying down- leg swings

### Across the Floor:

Recognition of all terminology with proper placement/alignment and execution. Ability to utilize core to contract and move the upper body while maintaining balance of lower body:

- Chasse
- Chaîné Prep- Half Turns, arms on shoulders
- Battements – Right/Left/ Center
- Six Step - pirouette prep & single turn
- Pas de bourrée
- Pirouettes- Single Right/Left
- Piqués - Front/Back/Center- regular, off center

### Center Combo:

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