



Teen Hip Hop

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

Top: Any leotard or tight plain color shirt

Bottoms: Black leggings or dance pants

Shoes: Scuff-less tennis shoes (closed toe.) No black soled shoes. Tennis shoes must lace up or Velcro.

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

Shoes: Scuff-less tennis shoes (closed toe.) No black soled shoes. Tennis shoes must lace up or Velcro.

Warm-Up

Cardio:

Ability to complete cardio exercises without stopping:

- Jogging
- Jumping jacks
- Step Touch- moving, stationary, slide/push
- Full Body Isolations- head, shoulder, ribs, and hips

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
- Seated/Standing Pike toe stretches
- Seated Straddle- Left/Right toe stretches

Terminology:

Ability to recognize and demonstrate the following while adding their own unique style:

- Fully body isolations within combinations
- Popping/Locking/Breaking
- Musicality
- Grooving
- Floor work
 - Stalls
 - Rolls
 - Donkey kicks
- Jumps or turns to ground
- Angles/Pictures
- Clean lines

Center Combo:

Integration and utilization of above technical steps choreographed in a monthly combination. Our Hip Hop Allstars will pair their own personalities with body isolations and jazz technique to develop their own style. Students will learn to recognize terminology and execute the movements to the music while adding their own personalities.