

Class Descriptions 2022-2023
***Includes Dancewear, Shoe, and Hair Requirements**

Pre-Core Classes (Ages 3 - 6)

Fairytale Dance: Pre-Ballet

Ages: 3-4

This imaginative and creative class develops rhythm, flexibility, musicality, listening skills, and social skills. Throughout the year, students will explore different fairytales/stories including Trolls, Frozen, Moana, Peter Pan, Snow White, Three Little Pigs, Beauty and The Beast, Rapunzel, and many more! Proper vocabularies for dance steps are introduced and students will apply learned movement concepts and locomotive skills.

Attire Requirements: Tights (any color), Leotard/Ballet Skirt/Ballet Dress (any color; many options sold through studio) for Ladies; Black Shorts and White T-Shirt for Gentlemen

Shoe Requirements: Stretch Canvas Ballet Shoes (sold at studio); Classic Pink for Ladies and Black for Gentlemen

Hair Requirements: Ladies need to have hair pulled back and out of face in a bun, ponytail, or another hairstyle of their choosing

Pre-K Combo: Ballet/Tap

Ages: 4-5

Students will continue to enjoy expressing themselves through the art of dance in this fun and interactive class. This class is built on the basic movements learned in Fairytale Dance, but is still appropriate for the first-time dancer. In this class, students will learn more challenging dance skills, proper dance vocabulary, how to follow directions, and movement through motor skill development games!

Attire Requirements: Tights (any color), Leotard/Ballet Skirt/Ballet Dress (any color; many options sold through studio) for Ladies; Black Shorts and White T-Shirt for Gentlemen

Shoe Requirements: Black U-Shell Tap shoes (sold at studio) and Pink Stretch Canvas Ballet shoes (sold at studio) for Ladies and Black Intro JT Tap shoes (sold at studio) and Black Stretch Canvas Ballet shoes (sold at studio) for Gentlemen

Hair Requirements: Ladies need to have hair pulled back and out of face in a bun, ponytail, half pony, or another hairstyle of their choosing

Kinder Combo Ballet/Tap/Jazz

Ages: 5-6

Students will continue to enjoy expressing themselves through the art of dance in this fun and interactive class. This class is built on the basic movements learned in Pre-K Combo class, but is still appropriate for the first-time dancer. Jazz portion of the class includes an introduction to proper warm-ups and stretches for the body combined with across-the-floor progressions and mini combinations; Tap portion of the class will concentrate on rhythm, style and sound; Ballet portion of the class develops technique, proper alignment, musicality, and control.

Attire Requirements: Tights (any color), Leotard/Ballet Skirt/Ballet Dress (any color; many options sold through studio) for Ladies; Black Shorts and White T-Shirt for Gentlemen

Shoe Requirements: Black U-Shell Tap shoes (sold at studio) and Pink Stretch Canvas Ballet shoes (sold at studio) for Ladies and Black Intro JT Tap shoes (sold at studio and Black Stretch Canvas Ballet shoes (sold at studio) for Gentlemen

Hair Requirements: Ladies need to have hair pulled back and out of face in a bun, ponytail, half pony, or another hairstyle of their choosing

Hip Hop Kinder-1st Grade

Ages: 5-6

This class introduces youngsters to the funky style of hip hop! Students will learn the fundamentals of isolations, finding the “groove”, footwork, rhythm, and flexibility. This class will encourage students to dance outside of the box and bring their own personality to each movement. We pride ourselves on being a family oriented dance studio and go out of our way to find clean age-appropriate music.

Attire Requirements: Athletic clothes and/or proper dance wear (shorts, leggings, joggers, sweats, tanks, leotards, etc... in any color; many options sold at studio)

Shoe Requirements: Black Sparkle Sneakers (sold at studio) *Shoes meant for studio use only, not to be worn outside

Hair Requirements: Ladies need to have hair pulled back and out of face in a ponytail, half pony, or another hairstyle of their choosing

Core Classes (Ages 6 - 19)

Beginning/Intermediate (Beg./Int.): Geared toward dancers with zero to three years of experience in the specific style.

Intermediate (Int.): Geared toward dancers with at least 2 or more years of experience in the specific style. Classes will move at a faster rate and include more challenging style, technique, and performance. Please email sunshine.dance.info@gmail.com with any questions or to set up a teacher evaluation.

Intermediate/Advanced (Int./Adv.): Geared towards dancers with significant experience in the specific style. Classes will move at a fast rate and include more challenging style, technique, and performance. Please email sunshine.dance.info@gmail.com with any questions or to set up a teacher evaluation.

Ballet 1st - 12th grade

These classes will help students build strength, musicality, and a passion for ballet in a nurturing and inspiring environment to help them grow as dancers and individuals. Additional attention will be given to proper alignment and ballet vocabulary.

Attire Requirements: Pink Tights, Black Leotard, Skirt (optional) for Ladies; Black Bottoms (shorts, tights, or leggings) and white top (form fitting t-shirt or leo) for Gentlemen

Shoe Requirements: Stretch Canvas Ballet Shoes (sold at studio); Classic Pink for Ladies and Black for Gentlemen

Hair Requirements: Bun for Ladies

Jazz 1st - 12th grade

These classes will utilize upbeat and energetic movements to help students build a passion for dance in a nurturing and fun environment. We focus on musicality, technique, expression, flexibility, and encouraging the dancers to find their own personal style.

Attire Requirements: Athletic clothes and/or proper dance wear (shorts, leggings, leotards, tanks, etc... in any color; many options sold at studio)

Shoe Requirements: Tan Premium Pull-On Jazz Boots (sold at studio)

Hair Requirements: Ladies need to have hair pulled back and out of face in a ponytail, half pony, or another hairstyle of their choosing

Musical Theatre 1st - 12th grade

These high energy classes will focus on performance and expression while exploring the various dance styles used in Broadway shows! Class curriculum is based on Broadway style jazz movement and includes a warm-up, stretches, isolations, across-the-floor progressions, and combinations. Emphasis will also be placed on learning performance skills such as connecting with the audience and telling a story through dance and facial expressions.

Attire Requirements: Athletic clothes and/or proper dance wear (shorts, leggings, leotards, tanks, etc... in any color; many options sold at studio)

Shoe Requirements: Tan Premium Pull-On Jazz Boots (sold at studio)

Hair Requirements: Ladies need to have hair pulled back and out of face in a ponytail, half pony, or another hairstyle of their choosing

Contemporary 3rd - 12th grade

This class combines ballet and modern techniques to develop new and unique movement. Dancers will learn movement across the floor and combinations in center that focus on proper technique while also encouraging individual style and artistic expression.

Attire Requirements: Athletic clothes and/or proper dance wear (shorts, leggings, leotards, tanks, etc... in any color; many options sold at studio)

Shoe Requirements: Foot Undeez (sold at studio)

Hair Requirements: Ladies need to have hair pulled back and out of face in a ponytail, half pony, or another hairstyle of their choosing

Hip Hop 1st - 12th grade

These classes explore the funky style of hip hop! Students will learn the fundamentals of isolations, finding the “groove”, footwork, rhythm, and flexibility. This class will encourage students to dance outside of the box and bring their own personality to each movement. We pride ourselves on being a family oriented dance studio and go out of our way to find clean age-appropriate music.

Attire Requirements: Athletic clothes and/or proper dance wear (shorts, leggings, joggers, sweats, tanks, etc... in any color; many options sold at studio)

Shoe Requirements: Black Sparkle Sneakers (sold at studio) *Shoes meant for studio use only, not to be worn outside as “street shoes”

Hair Requirements: Ladies need to have hair pulled back and out of face in a ponytail, half pony, or another hairstyle of their choosing

Tap 1st - 12th grade

These classes are designed to help dancers develop rhythm, proper tap technique, produce clear tap sounds, and have fun! Students will garner a better understanding of music in a nurturing environment all while creating music with their feet!

Attire Requirements: Athletic clothes and/or proper dance wear (shorts, leggings, leos, tanks, etc... in any color; many options sold at studio)

Shoe Requirements: Black Intro JT Shoe or Black Premium Full-Sole (sold at studio)

Hair Requirements: Ladies need to have hair pulled back and out of face in a ponytail, half pony, or another hairstyle of their choosing

Company Classes (Ages 5 - 19)

Company Ballet Classes (by audition only)

Students will learn classical ballet techniques and terminology in this foundational class that supplements technique and performance in all other dance styles. Each class includes barre exercises (Junior and up), center floor work, and across-the-floor combinations where dancers will focus on technique, proper alignment, musicality, control, and artistry. The ballet curriculum is based on a combination of the French, Vagonova and Cecchetti methods. As students progress through each level, curriculum will become increasingly more complex and intricate.

**Registration for this class is by audition only.*

Attire Requirements: Pink Tights, Black Leotard, Skirt (optional) for Ladies; Black Bottoms (shorts, tights, or leggings) and white top (form fitting t-shirt or leo) for Gentlemen

Shoe Requirements: Stretch Canvas Ballet Shoes (sold at studio); Classic Pink for Ladies and Black for Gentlemen

Hair Requirements: Bun for Ladies

Company Jazz Classes (by audition only)

These classes will focus on learning proper dance technique such as isolations of the body, improving performance quality and developing complex rhythms and patterns. Students will be exposed to various styles of jazz such as Broadway, Commercial, Latin, Funk, Classic, and Lyrical to help develop a well rounded dancer. Class curriculum is based on ballet technique layered with traditional jazz movement and includes a proper warm-up, stretches, isolations, across-the-floor progressions, and combinations. As students progress through each level, curriculum will become increasingly more complex and intricate.

**Registration for this class is by audition only.*

Attire Requirements: Leotard, Biketard, Crop Top (any color), Shorts (optional) for Ladies; Form-fitting athletic or dance clothes for Gentlemen

Shoe Requirements: Tan Premium Pull-On Jazz Boots (sold at studio)

Hair Requirements: Ladies need to have hair pulled back and out of face in a ponytail, half pony, or another hairstyle of their choosing

Company Tap Classes (by audition only)

Tap classes are designed to develop rhythm, style and sound. Students will learn a variety of tap styles from Broadway to Rhythm tap. The class emphasis is on developing proper tap technique, producing clear tap sounds, and having fun. As students progress through each level, curriculum will become increasingly more complex and intricate.

**Registration for this class is by audition only.*

Attire Requirements: Athletic clothes and/or proper dance wear (shorts, leggings, leos, tanks, etc... in any color; many options sold at studio)

Shoe Requirements: Mini/Petite only - Black Intro JT Shoe (sold at studio); Junior, Teen, Senior - Black Premium Full-Sole (sold at studio)

Hair Requirements: Ladies need to have hair pulled back and out of face in a ponytail, half pony, or another hairstyle of their choosing

Company Contemporary Classes (by audition only)

These classes combines ballet and modern techniques to develop new and unique movement. Dancers will learn movement across the floor and combinations in center that focus on proper technique while also encouraging individual style and artistic expression. As students progress through each level, curriculum will become increasingly more complex and intricate.

**Registration for this class is by audition only.*

Attire Requirements: Athletic clothes and/or proper dance wear (shorts, leggings, leotards, tanks, etc... in any color; many options sold at studio)

Shoe Requirements: Foot Undeez (sold at studio)

Hair Requirements: Ladies need to have hair pulled back and out of face in a ponytail, half pony, or another hairstyle of their choosing

Company Hip Hop Classes (by audition only)

These high-energy classes will infuse the latest styles of street dancing with dynamic movements, footwork and personality. Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements. Hip hop dance will give students the strength and stamina to successfully perform more intricate choreography and movement with fast-paced routines and music. As students progress through each level, curriculum will become increasingly more complex and intricate. - **Registration for this class is by audition only.*

Attire Requirements: Athletic clothes and/or proper dance wear (shorts, leggings, joggers, sweats, tanks, etc... in any color; many options sold at studio)

Shoe Requirements: Any gym or “street shoe” meant for studio use only, not to be worn outside as actual street shoes

Hair Requirements: Ladies need to have hair pulled back and out of face in a ponytail, half pony, or another hairstyle of their choosing

Company Musical Theatre Classes (by audition only)

These high energy classes will focus on performance and expression while exploring the various dance styles used in Broadway shows! Class curriculum is based on Broadway style jazz movement and includes a warm-up, stretches, isolations, across-the-floor progressions, and combinations. Emphasis will also be placed on learning performance skills such as connecting with the audience and telling a story through dance and facial expressions.

Attire Requirements: Leotard, Biketard, Crop Top (any color), Shorts (optional) for Ladies; Form-fitting athletic or dance clothes for Gentlemen

Shoe Requirements: Tan Premium Pull-On Jazz Boots (sold at studio)

Hair Requirements: Ladies need to have hair pulled back and out of face in a ponytail, half pony, or another hairstyle of their choosing

Company Stretch/Tech Classes (by audition only)

Attire Requirements: Leotard, Biketard, Crop Top (any color), Shorts (optional) for Ladies; Form-fitting athletic or dance clothes for Gentlemen

Shoe Requirements: Tan Premium Pull-On Jazz Boots (sold at studio) or Barefoot (based on instructor's request)

Hair Requirements: Ladies need to have hair pulled back and out of face in a ponytail, half pony, or another hairstyle of their choosing