

COMMERCIAL DANCE CONSERVATORY

YEAR	FALL	SPRING
Year 1 – 7th Grade	Jazz I Ballet I Modern I Tap I	Jazz I Ballet I Lyrical I Tap I
Year 2 – 8th Grade	Jazz II Ballet II Lyrical II Tap II	Jazz II Ballet II Modern II Tap II
Year 3 – 9th Grade	Dance Movement Education Jazz III Contemporary III Ballet III Modern III Tap III Dance Cond. (Hip hop) III Jazz III	Dance Psychology Jazz III Contemporary III Ballet III Modern III Tap III Dance Cond. (Hip hop) III Jazz III
Year 4 – 10th Grade	Dance History Jazz IV Contemporary IV Ballet IV Modern IV Tap IV Dance Cond. (Hip hop) IV Jazz IV	Dance History Jazz IV Contemporary IV Ballet IV Modern IV Tap IV Dance Cond. (Hip hop) IV Jazz IV
Year 5 – 11th Grade	Choreography I Jazz V Contemporary V Ballet V Modern V Tap V Dance Cond. (Hip hop) V Jazz V	Professional Development I Jazz V Contemporary V Ballet V Modern V Tap V Dance Cond. (Hip hop) V Jazz V
Year 6 – 12th Grade	Professional Development II Jazz VI or VII Contemporary VI or VII Ballet VI or VII Modern VI or VII Tap VI or VII Dance Cond. (Hip hop) VI or VII Music Theater Dance VI or VII	Choreography II Jazz VI or VII Contemporary VI or VII Ballet VI or VII Modern VI or VII Tap VI or VII Dance Cond. (Hip hop) VI or VII Lyrical VI or VII

COMMERCIAL DANCE CONSERVATORY

BALLET I - VII

This class is designed to build the strength, flexibility, endurance, control and artistry necessary for intermediate to advanced level exercises at the barre and in center work. Training basic exercises and terminology are vital to the consistency of technique and growth. Concentration will be placed on body alignment, technical accuracy, increased movement vocabulary, and performance quality. Pirouettes, petite batterie/allegro, and powerful grand allegros will be stressed.

CHOREOGRAPHY I, II

This class will provide the developing dance artist and choreographer with practical experience focusing on choreography as a form of human expression. Emphasis will be placed on the expansion of the individual's movement vocabulary through the use of improvisatory tasks and prompt-based movement generation activities and the use of choreographic devices and manipulation modes to create meaning and develop the choreographer's point of view. Choreography for the camera (video and film) will also be covered.

CONTEMPORARY I - VII

This course utilizes movement from various dance forms emphasizing relevant dance trends, current music and individual choreographic vision to create contemporary movement through learned choreography and individual improvisation.

DANCE CONDITIONING (HIP-HOP) III - VII

The emphasis of this class is to help build the necessary Hip Hop skills needed by a dancer for a professional career in the commercial dance fields. This class will consist of a warm-up, building individual technical skills, freestyle and combinations focused on different styles of hip hop.

DANCE HISTORY

In this class, students will read, write, think, speak and create as they explore the history of dance, and examine the influence of aesthetics, culture and media on the development of dance as an art form. Movement vocabularies, choreographers, cultures and periods of dance will be studied through lecture, video and creative analysis. Students will observe, discuss and respond to innovations in movement and art, and examine dance in contemporary society.

DANCE MOVEMENT EDUCATION

This class covers basic anatomy, the anatomical mechanics of moving, alignment assessment of posture/gait, common dance injuries, injury prevention and conditioning for dance movement.

JAZZ I - VII

The purpose of this class is to help prepare the serious dancer for a professional career in the commercial dance or concert dance fields. This class will consist of a warm-up promoting flexibility, strength, placement and full body coordination, center/across the floor training of technical skills, improvisation and combinations addressing different styles of jazz.

LYRICAL I, II, VI, VII

This class utilizes jazz, ballet and modern technique in the choreographic style of lyrical movement, with emphasis on performance quality, emotional intent and connection to the music. The emphasis of the class is on learning combinations and choreography.

MODERN I - VII

This class will challenge the experienced dancer to move in new and unconventional ways. Students will engage in a daily series of technical exercises, phrasework, task-based movement generation and improvisation as they explore freedom of movement, fluid transitions, groundedness, expansive moving, connection to breath, floor work, dynamic range, musicality and artistic choices. This course will equip the student with the necessary skills

MUSIC THEATRE DANCE VI, VII

Musical Theatre is a choreography-driven class that emphasizes character, storyline, and style using predominantly jazz based vocabulary. Through discussion, feedback, and movement exploration, students are encouraged to develop their own unique voice within the choreographic intent.

PROFESSIONAL DEVELOPMENT I, II

This course provides valuable information for the pre-professional dancer interested in pursuing dance as a career in various fields pertaining to the entertainment industry and college/universities. Students will have the opportunity to meet with agents, photographers, choreographers, authors and other professionals that will give advice and information leading to developing strong attributes preparing them for the demands of many areas related to a dance career.

TAP I - VII

This class will develop tap technique through the ideas of weight distribution, shift of weight, body alignment, mental approach, and musical approach. Class will consist of a warm-up promoting speed, dexterity, sound clarity, proper body placement, and coordination. Center/Across the floor training will refine specific steps and will increase knowledge of terminology, spelling, and definitions. Combinations will be taught in various styles to ensure the ability to recognize, differentiate, and appreciate all tap forms including rhythmic and classical.

DANCE PSYCHOLOGY

This course is to provide students with an understanding of the theories and concepts involved with the psychological aspects of dance. Dance Psychology is a field of study in which principles of sport psychology are applied in a dance setting. Applying these principles have potential to enhance overall wellbeing, create more enjoyment throughout the dance training process, and increase awareness of their personal relationship with dance. Students will be introduced to a variety of topics including: motivation, self-esteem, perfectionism, positive psychology, body image, nutrition, performance anxiety, injury, social support, imagery, somatics, burnout, and identity.