



URBAN BEAT DANCE

UBD CLASS DESCRIPTIONS

Hip Hop: These classes are an awesome way to learn the newest hip-hop moves. All ages can enjoy this up-beat urban approach to dance. Classes begin with a warm up followed by stretching, and then choreography. The choreography can change weekly and the music is usually up-tempo. Popping, locking, ticking, crumping, tutting and lyrical are just a few of the hip hop styles that our teachers incorporate into their classes.

Break Dance: These classes cover a true breaker-style warm-up including stretching, isolations, and strength training (i.e push-ups, sit-ups) to help with floor poses and other power moves. Some of the most basic steps are: Six step, Up-rock, Low-rock, Rock step, and freezes. Every hip hop dancer should take this class.

Jazz & Contemporary: If you want to learn how to dance like the performers on, *So You Think You Can Dance*, then this class is for you! These classes are great for learning pirouettes (turns), splits, jete` (leaps), jumps, and balances, as well as body posture, line, and proper technique. Dancers will work on cool progressions across the floor along with simple to complex routines. It is highly recommended to take a ballet with this style of dance.

Jazz Funk: This class will teach you all the basic Jazz Technique but will also integrate cool fun hip hop moves. Students will learn turns, splits, leaps, jumps, and balances, as well as body posture, line, and proper technique. Dancers will work on cool progressions across the floor along with simple to complex routines.

Ballet: These classes teach ballet technique and terminology which is the framework for many other styles of dance, including hip hop, modern/contemporary, and jazz. Students will learn to master all of the ballet positions, such as, 1st, 2nd, 3rd, 4th, and 5th, proper line and turn-out, as well as various pirouettes (turns), jete` (leaps) and jumps. Our teachers use fun up-beat music in class while incorporating classical methods, such as Cecchetti and Balanchine. It is highly recommended to take a Jazz &/or Contemporary with your ballet class.

Fairytales Ballet: These classes teach ballet technique and terminology which is the framework for many other styles of dance, including; modern/contemporary, and jazz. Students will be introduced to the ballet positions, such as, 1st, 2nd, proper line and turn-out. Costumes and storytelling are a great twist to this class to entertain and create a fun creative learning experience.

Tiny Tot Hip Hop: This is a great class for first time and young dancers to learn rhythm, and basic coordination all while having fun to upbeat music.

Adult Hip Hop: These classes offer some of the hottest hip hop moves with a fast-paced and fun workout. Our teachers begin with a warm up, and then move to strengthening and repetitive hip hop moves to give you a complete body workout. (18 and up)

Zumba: Mixes body sculpting movements with easy-to-follow dance steps mainly derived from Latin music. The routines feature aerobic interval training with a combination of fast and slow rhythms to tone and sculpt the body.

Latin Jazz Fusion: Come enjoy this fun Jazz and Latin combo class. Warm up, stretch and get moving with traditional Jazz and Latin dance moves to get a great workout!