

Adult Jazz

Class Description

This class focuses on developing strong lines, strengthening the dancer's technique and understanding the body's center of movement. Upbeat music sets the tone for the warm up and gets the dancer moving! Center work includes isolations, arm and head moves in intricate patterns that are fun and challenging. Traveling exercises are geared to develop coordination and flow of movement.

Prerequisite

None

Age

Not applicable

Attire

Any sort of leotard or t shirt and jazz pants.

Shoes

Black slip on jazz shoe

Hair

Must be tied back

Other

See suggested locations for purchasing dancewear