

DanceBreeze offers more than dance classes, it offers fun and the same passionate people around. It is to try out and to challenge yourself. To go beyond your comfort zone – enjoy the classes, get inspired by your trainers and your dance community!

### ★•Ballet Workout (Thierry), all level

This ballet workshop is unique because it explores three components of dance. First you will begin to understand the muscle movement flow, then the importance of exercising the ballet movement correctly. 1/3 Floor Barre, 1/3 Stretching, 1/3 Basic middle work. You will receive an insight into anatomy, biomechanical and pathological processes. The music will underline the correct performance of the movements as you strengthen your body and develop first ballet exercises.

### ★•Burlesque Dance (Nunzio), all level

This class is seductive and provocative – it will focus on learning how to do burlesque style posing, elegant and sexy movement and have fun finding your individual expressions and performance within a classy choreography accordingly. The class will be starting with a jazz warm-up adapted to the style of movement the class will focus on. The warm-up will get you ready to dance and groove you into the language of the choreographies. Get ready to revitalize the wide spread theater performing from “Burlesque” from the 30ies of the US. Take your high heel shoes and sensuality, the temptation is also going gracefully down on the floor.

### ★•Contemporary Jazz (Eddie) level I-II, II

Contemporary Dance is a collaborative style that includes modern, jazz, ballet, and hip hop elements. This dance style showcases the performers' elegant grooves and focuses on the free expression of body movements. It requires particularly strong technique as well as rich emotional expression. In contemporary dance, the grounded movements are often fluid and lyrical and flow into each other. Of course, there are exceptions, and different styles and techniques of contemporary dance have different preferences. Feel your body's flow!

### ★•Funky Jazz (Jorge), level I

Jazz-funk is one of the youngest and commercially successful dance styles. It is mostly a mixture of the styles of hip hop, jazz and the latest dance steps. They are choreographed to pop songs and developed to fill the needs of backup dancers in certain videos, with an emphasis on impressive moves. Jorge's class starts with an extensive set warm up, based on classical, jazz and modern techniques that focus on contractions, weight exchange, balance and is designed to strengthen and increase flexibility. Followed by “across the floor” variations which gives the dancers an opportunity to work on turns, jumps, and fancy moves using your body to its full potential, knee pads recommended - Get your dance shoes on, let's groove!



### ★•Funky Female Jazz (Jorge), all level

Funky jazz is fascinating! On the one hand it's fast, groovy and has precise moves, which are a mixture of expression and performance elements that lead to a powerful energetic choreography. On the other hand, its soft lyrical movements find their way into the choreography too. In this class, technique, coordination, flexibility and creativity get trained, and much without noticing! The funky jazz scene nowadays is influenced by a new trend. More and more are soft and 'flowy' dance moves entering into the scene. That is the reason why an increasing number of dancers are interested in the combination of fast, precise, and sexy girly movements – if you like put your heels on and feel the girly female style while dancing!

### ★•Funky Latin Jazz (Jorge), all level

Latin jazz is a genre of jazz dance with Latin American rhythms and moves. Here it will be merged to the funky style. After a warming up and stretching part with functional strength exercises practiced, you will be working on and learning diagonal techniques. Isolation exercises, precise funky moves paired with Latin music accents, will prepare to begin the choreography. The dynamic music and rhythms will be energetic and fun. Train your agility and musicality with a Latin flavour – come, move and shake it, feel the heat & the beat!

### ★•House Dance (Eddie) all level

House dance is a specific style of free-form dance and stems from the core, or torso, of the body and uses elements like contact-release, floor work, fall and recovery, and improvisation. It is a social and street dance primarily danced to house music that has roots in the clubs of Chicago and New York. The main elements of house dance include "Footwork", "Jacking", and "Lifting". House dance is often improvised and emphasizes fast and complex foot-oriented steps combined with fluid movements in the torso, as well as floor work. The major source in house dance movement stems directly from the music and the elements within the music such as Jazz, African, Latin, soul, R&B, funk, Hip hop, etc. In house dance, there is an emphasis on the music's subtle rhythms and riffs, and the footwork follows them closely; it is a merge of movements and music movement. It is a constant groove which does not feel like training. Get into the rhythm, get into the "trance".

### ★•Lyrical Dance (Jorge), level I-II

This class topic is lyrical dance! It enables dancers to develop through the expression of more 'flowy' movements. It is a more deeply felt dance form containing modern, contemporary, and ballet. Starting with a classy warm-up you will lead into stretching moments and little strengthening exercises until you will go over into the dancing choreography. This class will focus on developing strength and flexibility with expressive, graceful choreography. You will explore lyrical music to the latest pop music. Let your heart feel and tell your story!

## ★•Modern Dance (Eddie) level I

Born in the early 20th century, modern dance is a dance style that focuses on a dancer's own interpretations instead of structured steps, as in traditional ballet dancing. It is a specific style of dance in free form and stems from the core, or torso, of the body and uses elements like contact-release, floor work, fall and recovery, and improvisation. Modern dancers favour movements derived from the expression of their inner feelings. During the 1900's, European dancers began rebelling against the rigid rules of classical ballet. Turning against the structured techniques, costumes and ballet shoes, these dancers favoured a more relaxed, freestyle form of dancing. For example, modern dance pioneers often danced bare foot and revealing costumes. In the United States, several dance pioneers paved the way for American modern dance, including the legendary Martha Graham. Follow Martha's tracks and feel the difference!

## ★•Musical Dance (Nunzio), level II

Musicals are loved all over, they are consisting in singing, acting and dancing. The dance part is an equal element on stage and can take the audience along a journey. In this captivating class you will dance the original choreography from Musical "A Chorus Line" that has been taught also in the auditions for the company. The class will be starting with a jazz warm-up adapted according to the musical style of movements and is heading into dancing. As Nunzio has auditioned himself for this musical piece, he will give you besides learning the original moves and steps also exclusive insight about the interpretation and emotional performance as a musical dancer. Dive into this magical world and get the feeling being part of a musical crew growing together!

## ★•Pop 'n' Rock meets Ballet (Thierry), level I-II

When ballet meets pop & rock! In this class the aim is to combine classical elements with new music styles. That means that you will focus on finding links between standardized ballet movements and different rhythms. It will start with a 40 minute warm up without any barre, then into a 15 minute workout in the middle, with pirouettes and small jumps, and finally into learning the choreography. Big music idols invite you to bring your dance to life! When will you get the chance to become inspired by the great icons of the music industry and let yourself be enchanted by Michael Jackson, Emelie Sandé, Rag'n Bone, Christina Aguilera, among others. Be excited to grow and develop your dance style, combine classic with Pop'n Rock!

