

DanceBreeze 2019 - Dance Classes

★•Ballet Workout (Thierry), all levels

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 first develop ballet exercise basics.

★•Burlesque Dance (Nunzio), all levels

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 out your high heel shoes and sensuality, the temptation is also going gracefully down on the floor. (Knee pads recommended)

★•Funky Jazz (Jorge), level I-II

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 levels

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!

★•Hip Hop (Aida), all levels

Hip hop is famous for its edgy and complex beats. What started as a modern wave of urban youth has turned into one of the most popular dance styles, creative and dynamic with a variety of forms and characters. In this class, you will be working on the most current urban styles. You will work on an energetic choreography, with edgy yet exact movements that simultaneously flow through the dynamics of the music and are great fun. Starting with a warm-up, you will practice hip hop steps to get your body prepared for more movement and the right feeling. Basic steps and moves will be learned easily, leading into a hip hop choreography. The dance style is combined with groovy music in a playful approach.

★•Funky Latin Jazz (Jorge), all levels

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 and feel the beat!

★•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!

★ Musical Dance (Nunzio), all levels

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 "Cats" 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 worked himself with Gillian Lynne, he will give you besides learning the original moves and steps also exclusive insight about the interpretation and performance as a musical dancer and "how to be a character".

The class is dedicated in fond memory to honour the recently deceased Gillian Lynne – the original choreographer of the Musical "Cats".

★ Pop & 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!

★ Urban Street (Aida), all levels

A street dance is an improvised dance style that evolved outside dance studios in any available open spaces, such as streets, dance parties, block parties, parks, school yards and nightclubs. The term is used to describe vernacular dances in urban context. Inspired by the Eighties hip-hop scene, street dance has become a global craze and regularly features in talent or TV shows. In this class you will work on a choreography with flowing, elegant steps. Harmonious yet fast and very precise movements will be performed to both iconic and older, as well as brand new songs. To begin, a warm-up will address certain body parts and go over into little step sequences. Here you should learn to practice steps and movements to bring them into the choreography. This class invites to bring out your sensual and elegant alter ego, which is still agile and groovy within the street dance style. Express your femininity – groove in a fresh and refined street dance style!

