

DanceBreeze

Dance Classes 2020



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 Female Move (Isy), all level

Funky female moves are 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, female moves are combined with commercial techniques, here you get coordination, flexibility and creativity trained, and much without noticing! It is the fun class - sensual movements combined with sassy and sexy girl power – this is absolutely the right moment to put your heels shoes on and to turn on your “femme fatale” version!



★•Hip Hop (Isy), level I-II

Hip hop is famous for its edgy and complex beats. What started as a modern art wave of urban youth, is turned into one of the most popular dance styles. Creative and dynamic with a variety of forms and characters. This class consist of working at exact those urban vibes. You work on an energized choreography, with edgy but precise moves, which leads into a nice choreography. You will develop expressing yourself to the urban music as a combination of fluent dynamic and dancing exercises. Starting with a warming up, you will practise basic hip hop steps to get the body started into more movement and the urban feeling. Isy stands for "easy" learning of cool steps, his music mix is legendary crossing all music decades – take the opportunity to dive into that scene, the hip hop groove and get the right feeling.

★•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 "Lofing". 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 grove which does not feel like training. Get into the rhythm, get into the "trance".

★• Latin Groove Fun (Isy), all level

Latin groove is pure lust for life! A genre of jazz dance paired 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 isolation exercises of hips and shoulders. Hot Latin music accents, will promise dance fun and will prepare to begin the choreography without noticing. Train your agility and musicality with a Latin flavour – come, move and shake it. It is vacation feeling and beach time, feel the heat & the beat!

★•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!



