



Lyrical

Introduction to dance concepts with focus on technique, movement quality, style, emotion & improvisation. You will learn to create a story by expressing the mood, theme and lyrics of the music.

Contemporary

Is a form of dance integrating ballet, jazz and ethnic dance techniques. Classes focus on developing strong rhythmic connections, isolations, levels and spatial awareness. Contemporary dance is highly technical; requiring alignment, balance, coordination, control, flexibility, strength and stamina. It can be choreographed either against or with the music; it can follow conventional rules or be completely ground-breaking.

Dance teachers devise open Contemporary dance classes that challenge and inspire their dance students. Classes are designed to develop strength and flexibility through an exploration of fluid natural movement, free expression and interpretation through dance. These classes are great for students wanting to enhance their strength and versatility as a dancer and/or for students undertaking educational dance at high school.

