

CENTRE STAGE DANCE ACADEMY

Class Description & Requirements

The staff at CSDA is very careful and dedicated to choosing the correct class level for each student. If you have chosen CSDA to be the studio for your child's dance training, you are agreeing to TRUST our decisions in class placement as this is our profession and we have every child's best interest at heart. There are many factors that a teacher uses to determine advancement of a student – flexibility, natural ability, speed at which a student picks up choreography, knowledge of dance terminology and execution of steps. Many students “know” a lot of dance steps, but don't yet have the technique or musicality to execute them with style. CSDA staff members base class placement on ability rather than solely on age is important.

Students must have a basic knowledge of the below requirements in order to be in a particular level, however, unlike academics, dance cannot be measured entirely by age. Class placement is at the sole discretion of the CSDA staff. New students and parents – Please give the staff the opportunity to observe your child in various classes, so we may place them in the correct level.

Ballet is offered from pre-ballet through advanced levels. Ballet training provides the foundation for all other forms of dance. Ballet students at CSDA will gain grace, posture, confidence, and an appreciation for the most challenging and beautiful form of dance.

***Students must be able to execute the following steps and know the definition BEFORE they may advance to the next level.

Tots Ballet & Pre-Ballet 1: Students will be taught basic ballet positions (of the feet, body, head and arms) by doing barre and center floor work.

Ballet 1:

Plié	Tendu
Chainé turn	grand battement
changement	pas de chat
bouree	stepping arabesque
balancé/waltz	rond de jambe

Ballet 2:

ballet 1 requirements +	
Frappé	rond de jambe en l'air
adagio	sauté arabesque
grand jete	piqué turn
pirouette	reverance

Ballet 3:

ballet 1, 2 requirements +	
Fondu	attitude
Sisone	petite allegro w/beats
tour jeté	Russian pas de chat
Pas de waltz	assemblé
longer combinations	

Ballet 4, 5 & pointe: ballet 1, 2, & 3 requirements
Teacher approval required.

Jazz class focuses on proper technique & artistry at each level. Students will learn how to stretch and strengthen the muscles by an extensive warm-up; turn, kick, and leap across the floor combinations; and different styles and techniques through a center floor combination. Students enrolled in jazz are STRONGLY encouraged to also take ballet as many steps/terms cross over from class to class.

***Students must be able to execute the following steps and know the definition BEFORE they may advance to the next level.

Jazz 1: This class will focus on teaching students a proper jazz warm-up, jazz progressions across the floor and a center combination. Students will be taught how to properly work on the splits, spotting, pointing the feet and body isolations.

Jazz 2: jazz 1 requirements +
chainé turns battements
Chassé pas de bouree
Pirouette piqué turn
Grande jeté sautechat
splits

Jazz 3: jazz 1, 2 requirements + min of 1 ballet class
pas de bouree turns double pirouette
leg hold second leaps
sauté basque battement pitch

Jazz 4: jazz 1, 2, 3 requirements + min of 1 ballet class
Scissor leaps calypso
Somersault kick back pencil turn
Leg spin A la seconde turns

Jazz 5: jazz 1, 2, 3 & 4 requirements + enrollment in 2 ballet classes.
Teacher approval required.

Lyrical/Contemporary Jazz is the integration of jazz, ballet, modern and contemporary dance techniques with a focus on self-expression and exploration. This class is designed to let the dancer tell a story through the combination of music, lyrics and choreography. Lyrical classes levels 3-up are offered to students who have shown an advanced level of technical mastery and who are currently enrolled in at least 1 ballet class, 1 jazz and/or turns & leaps class and have a CSDA teacher's approval.

Lyrical class requirements follow a similar pattern to those of CSDA's jazz requirements. Advancement in this class will be at the teacher discretion.

Hip Hop is all about fun!! CSDA students will learn the latest dance styles with a fusion of jazz, funk and street dancing in this class. Classes include a warm-up and a fast-paced routine. Advancement in this class will be at the teacher discretion.

Tap focuses on the dancer using their feet as the instrument. Rhythm and syncopation, "hoofing" it, classical Broadway styles, we teach it all! Training includes a warm-up, across the floor and center combinations focusing on the concept of ear training and integrating both visual and auditory components.

***Students must be able to execute the following steps and know the definition BEFORE they may advance to the next level.

Beg Tap:

flap
Buffalo
Military step

Shuffle
Maxi ford

Tap 1:

shuffle hop
Flap ball change
cramp roll
running flaps
back essence

flap heel
shuffle ball change
waltz clog
flap heel turn
shim sham

Tap 2:

tap 1 +
time steps
maxi ford turns
rolling shuffles

Alexander
cramp roll turns
bombershay

Tap 3:

tap 1, 2 +
Toe stands
Pull backs
Paddle rolls

wings
split pull backs
drawbacks

Tap 4:

tap 1, 2, 3 +
Slurps
Riffs
Shuffle toe stands

shuffle wings
toe stand turns
grab offs