

Pillar. School of Dance- Class Descriptions

Ballet

A classical dance form characterized by grace and precision of movement through formal steps, gestures, and poses. Ballet is the basic foundation of all dance and is absolutely necessary for the technical development of a dancer. In addition, it builds proper posture, carriage, and discipline in the student.

Proper attire for this class is leotard and tights as foundation, ballet slippers, and hair neatly fastened and off the face.

Hip Hop

Inspired by urban culture today, this class is always popular. Hip-hop has roots in African, tap, jazz, step, and martial arts. This stylized urban movement is about personal style, expression, and re-invention. This high energy, athletic, fast paced class can be taught to anyone with a passion to move, so no dance experience is required, but be prepared to sweat! *Comfortable clothing and sneakers are usually the attire for this class.*

Tap

A type of dance in which the rhythm of the music is sounded out by the clicking taps on the heels and toes of the dancer's shoes. Tap transforms the dancer into a percussive musician. It is a lively and popular genre around the world.

Proper attire for this class is comfortable but fitted clothing; tap shoes are required.

Jazz

Typically the style of dance seen on Broadway, it is closely connected to both Ballet and Tap. Jazz is usually fast-paced with accented movements danced to popular music.

Comfortable, tight-fitting dance clothes and either jazz shoes, ballet slippers, or bare feet is required.

Modern(Horton Technique)

Horton is a major modern dance technique reputed to strengthen, stretch, and fortify the human body. Horton puts emphasis on using large, full movements to "move through space on all levels-on the floor, standing, and in the air." Horton dancers are known for their strong technique and the dramatic quality of their movement.

Attire for this class should be fitted. No tees or sweats. Bare feet is required.

Yoga

Yoga creates balance in the body through developing both strength and flexibility, and increasing stamina. This is done through a series of poses and postures that create heat in the body. A vigorous heat-building dynamic flow of breath and movement provides a cardio intensive, strengthening workout that also induces relaxation, burns calories, helps retain bone density and improve flexibility.

Proper attire for this class consists of comfortable clothing that isn't too loose, and bare feet.

Contemporary(Lyrical)

Contemporary is characterized by its versatility. It is not a specific method of dance but a fusion of techniques developed from ballet, modern, jazz, and lyrical styles, with an emphasis on emotion. The popularity of Contemporary dance has grown in recent years, due to dance shows such as “So You Think You Can Dance.”

A black leotard and black tights or fitted pants required, with bare feet and hair off face.

Tahitian

A dance characterized by the use of the hips, miming movements of the arms and hands, and usually accompanied by rhythmic drumbeats and chants. *Comfortable but fitted clothing is to be worn for this class, with bare feet.*

Break-dancing

A form of dancing that involves rapid acrobatic moves in which different parts of the body touch the ground; normally performed to the rhythm of rap music. *Proper attire for this class is comfortable street clothes and sneakers.*

Pointe

In ballet, dancing that is performed on the tips of the toes. Dancing en pointe requires considerable strength and skill and is a central part of a female ballet dancer's [training](#) . To a lesser extent, pointe work is also practiced by male dancers.

Proper attire is a leotard and tights, along with pointe shoes. Hair off face and neck.

Improv

The creation of a dance while it is being performed. It is a personal exploration of movement. *Comfortable clothing is recommended for this class, with an option of bare feet or dance shoes.*