

# MOVEMENT & SOUND DANCE LLC

1362 Barclay Blvd (within Buffalo Grove Gymnastics Center), Buffalo Grove 60089

847.404.4133

www.movementandsounddance.com  
movementandsounddance@gmail.com

## BOOKS N BALLET

### TEACHING PHILOSOPHY:

We believe that preschool and pre-k dance class should be about using imagination and themes to learn dance. We like a mix of discipline and fun; a blend of serious and silly; and a balance of proper technique and creative expression. We teach dance in a "building block" fashion. We learn our steps and dance technique in a developmentally and age-appropriate order -- meaning we don't skip ahead to do steps that are too difficult just because they are popular, until we have mastered our core technique. We feel strongly about doing things in the right order, to prevent injury and bad dance habits. In every Books N Ballet class, the students will be given moments to use their own creativity and dance where their imaginations take them!

### THE CLASS:

Mixing the magic of story time and fairy tales with ballet basics, the *Books N Ballet* program is the perfect entry into ballet for your preschooler. It will help cultivate a love for dance and dive into your child's imagination. Every class will begin with 2-3 minutes of story time, after which the dancers will act out elements of the story or poem, through the use of enchanting props and basic ballet technique. Your dancer will be introduced to the building blocks of ballet and muscle control, with an emphasis on fun and imagination.

This class will focus on balance, strength, coordination, and gross motor skills. In addition, the dancers will learn age and developmentally appropriate ballet steps, such as:

- Ballet positions of the feet (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>) and arms
- Strengthening steps like plie, tendu, and pique
- Balancing steps, such as passe, releve, and arabesque
- Traveling steps, such as chasse, temps lie, bourree'
- Jumping steps, such as saute, echappe', and temps leve'
- Turning steps such as chaine' and bourree' turn
- Balance and cross-body connections
- Different spatial levels and directions, such as right, left, high, low, in front, behind
- Different qualities of movement, such as sharp, smooth, and soft

The use of imagination will be the largest focus in this class, as the muscular control and strength needed for a class that is strictly ballet is not developmentally ready at this age.

Dancers who are already familiar with these steps will gain confidence and be able to do them equally with the right and left. Dancers who are catching on quickly will be challenged to add a new arm pattern or take a step at a faster speed. We will work on putting together sequences of steps in choreography too!

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## ROCKIN' RHYTHMS & DANCE DISCOVERY TAP

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### THE CLASS:

In this class, we will practice rhythmic patterning, so we will also sing songs, use rhythm sticks, maracas, and bells. We will learn and practice hand clapping games. The students will learn basics of tap dance, and our goal will be to cover some of the following steps:

- Heel drops, toe drops, rocking heels, rocking toes
- Crawls/wiggle
- Point together, heel together, toe back alternating feet
- Shuffle step
- Ballchange
- Dig ballchange
- Shuffle hop step
- Shuffle ballchange
- Right and left, and alternating legs
- Basic paradiddle

Dancers who are already familiar with these steps will gain confidence and be able to do them equally with the right and left. Dancers who are catching on quickly will be challenged to add a new arm pattern or take a step at a faster speed. We will work on putting together sequences of steps in choreography too!

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## DANCE DISCOVERY JAZZ & KID HOP

### TEACHING PHILOSOPHY:

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### THE CLASS:

We'll learn simple and fun jazz and hip-hop inspired steps. This class will be fun, upbeat, and fast-paced. The class will also have slower moments, focusing on balance, strength –building, and stretching. The students will learn basic steps related to hip hop, jazz dance, and ballet (the basis for most dance) such as:

- body awareness (right and left, isolating body parts)
- development of gross-motor skills like jumping, hopping, skipping, galloping
- an understanding of rhythmic patterns and sequences
- Step touch, step cross
- Grapevine
- 3-step turn
- Locomotor movement, alternating feet
- Bounce walks
- Tuck jumps
- Jumps apart and together
- Integrated movement with legs and arms
- Cross-lateral steps

We will use kid-appropriate popular music as well as fun games and props to master motor skills and coordination.

Dancers who are already familiar with these steps will gain confidence and be able to do them equally with the right and left. Dancers who are catching on quickly will be challenged to add a new arm pattern or take a step at a faster speed. We will work on putting together sequences of steps in choreography too!

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## MINI MOVERS PARENT-TOT

### TEACHING PHILOSOPHY:

For the 18-36 month age group, our goal is to foster a love of movement and music, and to support the dancers' budding gross motor skills; listening skills; and information processing. Mostly, we are interested in them having fun and dancing with their favorite partner – you!

### THE CLASS:

With your help, your little dancer will learn to balance, jump, and boogie down! This class will include familiar nursery rhymes and movement games; fun and captivating props; and many opportunities for hugs and snuggles while we dance. Your dancer will be introduced to the building blocks of dance and muscle control, with an emphasis on fun and imagination.

Some concepts that we'll cover are:

- Balance on tiptoes or on one foot
- Cross-body connections
- Different spatial levels and directions, such as side to side, high, low, in front, behind, on, off
- Different qualities of movement, such as sharp, smooth, and soft
- Large gross motor skills, such as jumping, hopping, leaping, galloping, tossing beanbags
- Waiting for turns and sharing props
- Rhythmic patterns and sequences
- Opportunities for free dance!

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## JAZZ FOUNDATIONS 1

### TEACHING PHILOSOPHY:

We believe that dance class should be a mix of discipline and fun; a blend of serious and silly; and a balance of proper technique and creative expression. We teach dance in a "building block" fashion. We learn our steps and dance technique in a developmentally and age-appropriate order -- meaning we don't skip ahead to do big leaps, turns, and tricks, until we have mastered our core technique. We feel strongly about doing things in the right order, to prevent injury and bad dance habits. In every jazz class, we'll let out our inner "jazz diva" and "hip hop princess" and we promise to always keep it age-appropriate. 😊

### THE CLASS:

To get the most out of our 30 -minute class, the students will learn a basic warm-up that we will do during the first 10 minutes of class, each week. From there, we will work on flexibility and strength, balance and control, by incorporating simple ballet exercises that are the basis of jazz dance. We will spend time learning and mastering steps like these, both in center and across the floor:

- Jazz square
- Grapevine
- 3-step turn
- Kick ballchange
- Lindy ballchange
- Jumps in every position
- Pirouettes
- Chasse'
- Chaine' turn
- Body isolations
- Mambo step
- Pivot turn
- Scissors
- Hip hop walks and jazz walks
- Sequences utilizing arm patterns
- Pas de bourree'
- Turns en l'air
- Much much more!

Dancers who are already familiar with these steps will gain confidence and be able to do them equally with the right and left. Dancers who are catching on quickly will be challenged to add a new arm pattern or take a step at a faster speed. We will work on putting together sequences of steps in choreography too!

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## TAP FOUNDATIONS 1

### TAP TEACHING PHILOSOPHY:

We believe that dance class should be a mix of discipline and fun; a blend of serious and silly; and a balance of proper technique and creative expression. We teach dance in a “building block” fashion. We learn our steps and dance technique in a developmentally and age-appropriate order -- meaning we don't skip ahead to do tap tricks, until we have mastered our core technique, with clean clear sounds and a full understanding of the rhythms. We feel strongly about doing things in the right order, to prevent injury and bad dance habits. In every tap class, we'll let out explore what it means to be a percussive dancer and a tap-dancing musician!

### THE CLASS:

Every tap class will begin with gaining an understanding of the rhythms we want to “play” with our tap shoes, as well as how the different parts of our shoes make different musical tones. The students will clap the rhythm and sing the rhythm to reinforce the understanding of it, before we even start with our feet. We will learn silly rhymes and “golden rules” to help us remember the best way to execute our tap steps. Our goal is to create a strong understanding of the downbeat in music and develop a sense of musicality. During this year, we will work on executing the following steps, with clean and clear sounds, and putting them together in choreography:

- Point together, heel together, toe back – alternating feet
- Caboodle
- Step heels, heel toes
- Heel dig, heel drop, toe drop, touch
- Rocking heels, rocking toes
- Crawls
- Shuffles, shuffle hops, shuffle ballchange at barre
- Shuffle steps in center
- Irishes
- Waltz clog timestep
- Paraididle
- Flaps
- Flap heels
- Cramp roll
- Scuff

We strive to work at each dancer's pace – meaning that we try to modify the class to suit everyone, as well as present the material in different ways. We do a step slowly at first to make sure that we've got it; we then take the tempo up; we then will do a “challenge” where we do the step twice as fast – some of the dancers get it and some continue to work towards it. We celebrate mistakes, because it means that we are learning! If a dancer is familiar with a step or has caught onto something quickly, we will give them ideas on how they can challenge themselves (like jumping higher, staying balanced on their toes, etc).

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## JAZZ FOUNDATIONS 2

### TEACHING PHILOSOPHY:

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### THE CLASS:

To get the most out of our 45 -minute class, the students will learn a basic warm-up that we will do during the first 10 minutes of class, each week. From there, we will work on flexibility and strength, balance and control, by incorporating simple ballet exercises that are the basis of jazz dance. In this class, we will spend a lot of time incorporating ballet technique into our jazz dance training. We will spend time learning and mastering steps like these, both in center and across the floor:

- Jazz square, Grapevine, Lindy Ballchange
- Chainé' turns
- Kick ballchange at quick tempo
- Jumps in every position, with proper landing and body position
- Quarter, Half, and Single Pirouettes
- Chasse' alternating feet with opposition arms
- Passe' hops and passe' tucks
- Body isolations
- Pivot turn both sides equally, within another sequence of movement
- Scissors
- Hip hop walks and jazz walks
- Sequences utilizing arm patterns
- Pas de bourree' at faster tempos
- Turns en l'air
- Grand jete'
- Much much more!

Dancers who are already familiar with these steps will gain confidence and be able to do them equally with the right and left. Dancers who are catching on quickly will be challenged to add a new arm pattern or take a step at a faster speed. We will work on putting together sequences of steps in choreography too!

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## TAP FOUNDATIONS 2

### TAP TEACHING PHILOSOPHY:

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### THE CLASS:

Every tap class will begin with gaining an understanding of the rhythms we want to “play” with our tap shoes, as well as how the different parts of our shoes make different musical tones. The students will clap the rhythm and sing the rhythm to reinforce the understanding of it, before we even start with our feet. In level 2, we will work on using faster tempos, double time rhythms and swing rhythms as well. We will learn silly rhymes and “golden rules” to help us remember the best way to execute our tap steps. Our goal is to create a strong understanding of the downbeat in music and develop a sense of musicality. During this year, we will work on executing the following steps, with clean and clear sounds, and putting them together in choreography:

- Step heels and heel toes traveling
- Steps using a double heel drop
- Crawls, single, double, and alternating
- Paradiddle and dig brush variations
- Shuffles, shuffle hops, shuffle ballchange at barre, in all directions
- Shuffles steps at different rhythms
- Irishes, traveling forward, backward, in place
- Waltz clog timestep
- Single basic buck timestep
- Shim sham, Maxi Ford, Buffalo
- Flaps, flap heels and flap double heels, flap ballchange
- Cramp roll
- 3, 4, & 5 point riff
- Essences, paddle turns
- Much more!

We strive to work at each dancer's pace – meaning that we try to modify the class to suit everyone, as well as present the material in different ways. We do a step slowly at first to make sure that we've got it; we then take the tempo up; we then will do a “challenge” where we do the step twice as fast – some of the dancers get it and some continue to work towards it. We celebrate mistakes, because it means that we are learning! If a dancer is familiar with a step or has caught onto something quickly, we will give them ideas on how they can challenge themselves (like jumping higher, staying balanced on their toes, etc).