

Jazz

Jazz classes at Just Dance focus on the traditional technique of jazz while incorporating popular music that keeps students interested. Parallel hip placement is worked on at a detailed level in stretches, turns and across the floor patterns. Each class will start with a full body stretch which enhances flexibility while incorporating core, arm and leg strength. Jumps and turns are worked on in center and across the floor. Intensity of training and dance vocabulary becomes more difficult with each level. Students will be placed in Levels 3 through 6 depending on age, previous experience, and skill level.

Basic class structure and curriculum:

- Standing center warm-up
- Standing center flexibility, hip and leg work
- Floor flexibility and core work
- Center plies, tendus, degages, battements
- Center leg extensions
- Center parallel pirouettes
- Across the floor exercises and technique
- Center jumps technique
- Choreography or across the floor combination