

Modern

Modern dance tends to strike quite a level of interest with young dancers today. At Just Dance, these classes will focus on combining the techniques of jazz and ballet to explore the world of this often unknown style through the chaotic and pedestrian-like technique associated with modern dance. Classes will also focus on expressiveness and improvisations techniques. Modern dance pushes a dancer's body to new limits and helps them dig deep into themselves and discover what makes them unique as a dancer. Dancers will be encouraged to work on their own choreography throughout these classes. Modern is only offered at Level 5 and 6.

Class structure and curriculum:

- Standing and floor center warm-ups emphasizing core strength and specific muscle isolations
- Center plies, tendus, and extensions working between parallel and turned out positions
- Across the floor patterns working with a variety of rhythms
- Modern choreography