



Soul 2 Sole

Contemporary Syllabus



CONTEMPORARY DESCRIPTION

- Emphasizes natural body movements and expressions
- Techniques include suspension, release, fall and recovery
- Utilizes momentum and breath-to-movement connections
- Fosters awareness of body, surroundings, and music
- Incorporates warm-ups, progressions, center work, and improvisation

CLASS OBJECTIVES

- Explore and integrate diverse movement styles and techniques.
- Develop fluidity, expressiveness, and emotional connectivity in dance.
- Enhance spatial awareness and body control.
- Foster creativity through improvisation and choreographic exploration.
- Encourage individuality and personal expression in movement.
- Instill values such as dedication, time management, resilience, and teamwork

BENEFITS

- Enhances flexibility, strength, and endurance
- Develops creativity and improvisational skills
- Improves body awareness and spatial orientation
- Encourages emotional expression and artistic exploration
- Builds stamina, balance, and coordination

DRESS CODE

- Any color & style leotard
- Tan Bloch Dance Socks
- Convertible tights, shorts/skirts/leggings
- Hair off the face

COMMUNICATION

- BAND APP -
 - Info and files
 - photos & videos



WHAT OUR YEAR LOOKS LIKE

- Season runs from Sept. through May
- Tuition is processed in 9 monthly installments
- Costume fee: \$50 due Oct 15. remained of balance due Jan. 1
- Membership fee applies to the WHOLE family for the WHOLE season!
- Every class students will be learning 3 new steps and continuing to review and master previously learned steps.
- Attendance is crucial to success and quality of class
 - Every 4-5 weeks based on the calendar, students will be assessed on the skills/steps that were taught and sent home
- We will perform a short dance in our **WINTER SHOWCASE** that is scheduled in December 2024.
 - Costumes are low key for this performance, and usually items that can be found in a closet or purchased inexpensively
- We will also perform one piece in our **END OF YEAR RECITAL**. The dates are still TBD, but please plan on the 2nd or 3rd week of May.
- In April we will have a costume pick up week, picture week, and a stage rehearsal.
- Dancers & Parents must be respectful to all dancers, teachers, & faculty both inside and outside the studio. This includes in person and social media

STUDIO CONTACT

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