

CURRICULUM OUTLINE

AGES 2-3YR

Goal:

To help dancer understand following directions, taking turns, fundamentals of tap & ballet, coordination & balance.

TAP

- Understanding parts of the foot; heel, toe, tap
- Tapping; front & side
- Heel tapping; front & side
- Toe tapping in back
- Tap step
- Heel step
- Toe back step
- Knee bounces
- Boogie woogie
- Flash trick step
- Rock N Roll; rocking heels & toes
- Jump out, jump in
- Marches
- Shuffles
- Shuffle toe
- Shuffle hop
- Some could do shuffle hop toe
- Heel tap across the floor
- Gallop across the floor
- Toe back set across the floor
- Introduce hop step
- Side dig
- Side heel dig

BALLET

- Understanding how to go from parallel to first position; open / close
- First position, feet & arms
- Second position, feet & arms
- Plié
- Tendu, front & side
- Passé, parallel & turned out
- Chassé
- Bourré
- First arabesque à terre
- Relevé
- Port de bras
- Echappe, jump out jump in; first, second, first
- Learning to leap from one foot to the other over an object (bear)
- Saute with feet together in parallel and 1st position
- Stretches, butterfly, pike
- Flex & pointe