



## **FALL 2020 CLASS DESCRIPTIONS**

### **General Funky Freedom/Hip Hop Description**

All classes encourage self-expression and inspire dancers to be themselves over a screen receiving positive vibes while learning awesome dance moves to appropriate current and classic Top 40 music. There will be warm ups, exercises, games based on age, and choreography. We encourage our dancers to do their best and have fun doing it which will boost confidence in both dance and life.

### **Funky Freedom** (Ages 3's-5's)

This class is designed to promote self-expression through music, creative movement, dance and acting exercises. It strengthens a child's trust in his/her own creative freedom and boosts their confidence. Various dance techniques are integrated in age appropriate ways so that children get a well-rounded and truly enjoyable dance experience. Music selection is often upbeat and pop - with a flavor of a pre-hip hop class.

### **Beginning/Continuing Hip Hop** (Ages 5-7 & 8-11)

A class appropriate for those with no experience to those with some experience. We always strive to create an experience that is great for those who have never danced before to those who have had some experience. This is perfect for the timid, shy, and not very confident.

### **Intermediate Hip Hop** (Ages 8-11 & 11-17))

For those who have had a couple years of dancing under their belt and are ready for more.

### **Intermediate/Advance Hip Hop** (Ages 11 - 17)

For those who have had several years of dancing under their belt and are ready for a challenge.

### **Boys Hip Hop** (10+)

Why do you offer BOYS ONLY in this day and age. Well, because Dance has predominantly been for girls in Lamorinda until Joy in Motion came along. We want to continue breaking the myth that "*dancing is for girls.*"

## **Adult Classes**

### **Adult Cardio Jam** (18+)

Enjoy exercise and dance the stress away as you follow along to one routine after another. It's a basic formula where you repeat the same moves throughout the song. The more you do it, the more familiar they become. It's definitely a great work out.

### **Adult Hip Hop** (18+)

Get your groove on in this choreography based class. Each week will offer a new fun routine which will be broken down into sections and manageable to learn in 1 hour. Of course this will be after a stretch and warm-up. Sometimes it's street inspired, others are jazz funk, and some are super sassy. It's always fun!

### **Contemporary** (Ages 8-10 or 11+)

This virtual class explores the popular style from the inside out. Classes include movement, and also rotate through choreography exploration, accessing emotional intelligence for dance, and visual support through video clips. What is contemporary? A popular form that often emphasizes emotional story-telling, contemporary mixes the control of ballet with the expressive torso movements of modern dance. For both the experienced dancer and "older" beginners wanting to dive into moving from within the body.