



New Style Motherlode Dance Studio **Class Descriptions**

Cardio Hip Hop - It's workout time. Basic Hip Hop Choreography to upbeat music. The class is high energy with lots of repetition. Beginning style movement and choreography. The class vibe is positive, fun, and often filled to capacity.

Cardio Clubbin - Just like your basic Cardio Hip Hop class but done to House, Dance, Old School Disco and Electronic Music.

Intro 2 Hip Hop - This is the first step into your new Hip Hop Life. 2 Steps, Grapevines, Kick Ball Changes, Pivots, Hip Rolls and Slides. It's basic and easy choreography to follow. And hella fun to say the least.

Beginning Hip Hop - Do you want a little more of a challenge in your Hip Hop dance? This beginning level will provoke your sense of direction and level when it comes to dance. Easy steps to follow, but choreography that will focus on style and form.

Intermediate Hip Hop - What's next you ask? This is it. Intermediate Level. Funky, Fresh, and cutting edge choreography. Not always hard and intricate, but always fresh to your system.

Hip Hop Fusion - A fusion of Jazz and Hip Hop styles. Fun for the Pop dancer. Turns, groundwork, and sexy combos are taught in this 1.5-hour class. A great jazz warm up sets you up for the time of your night.

Hip Hop Flow - A more fluid style of choreography. Mixing waving, gliding, Turffing, and hints of jazz. Choreography is more lyrical to beat based. Beginning to Intermediate levels.

Class Descriptions

Teen Hip Hop – Focus move for the youth, this class will combine the Hip Hop of the streets with a touch of studio flair. Beginning and Intermediate levels are welcome. Music will be up to date, clean and fun.

Kids Hip Hop A and B - This is gear to children 4.5 to 8 years old. Kids Hip Hop A is for 4.5 to 6 years old, and Kids Hip Hop B is for 6.5 to 8 years old. Fun moves to help with memory, direction, and rhythm. Music from the Kids Bop Series. This class is only offered in 6-week series. Please check for program schedule.

Jr. Hip Hop (8 to 12 years old) - Hip Hop for the young Hip Hop Kids. The latest steps in kid friendly music. Set for all levels but most of the kids in this class can show the instructors something new!

Children's Hippity Hop – Introduce you little ones to dance with this fun, high-energy dance class. Easy, and open for all kinds of freedom of movement. The purpose of this class is to have fun to music with other children. And maybe, just maybe learn a little 2-Step, throw your hands up choreography. If not, then let's just have some FUN.

Sexy Ladies – Something special for the Ladies. Sexy, Sassy, Jazzy and always Classy. Fun and light on the feet but bring your heels. This class is a combo of Sexy Hip Hop and Character Jazz.

Jazz I-II - This form of dance showcases a dancer's individual style and originality. Energetic and fun, consisting of unique moves, fancy footwork, big leaps and quick turns. To excel in jazz, dancers need a strong background in ballet, as it encourages grace and balance.

Praise Dance – When some people dance, it's from the soul. Some rely on the dance spirit to guide them through the movement. That is the unique and wonderful why that this class is designed. It's all about what you're longing for in your dance life. Give the movement it's own breath and give it praise. The music will be anything from Gospel to Ambient. Just come prepared to just Praise.