

## Drama for Young Dancers—Acts

**ACTS:** a 30 minute long class for ages 3 and up

Students will be introduced to the fundamentals of theatre using songs, stories, rhymes, creative movement, costumes, games, and other drama fun. They'll learn theatre vocabulary and find ways to use facial expressions and bodies to create characters and tell stories. The key is to build self-confidence and stimulate the imagination!

*(Not offered this year.)*



## Production Acting Class

**An hour and fifteen minute workshop in theatre/production for ages 7 and up**

Students will experience a professional atmosphere combined with fun and laughter while learning the basic skills for acting improvisation, scene study, mask making, creating believable characters, auditioning techniques, costume and set design, voice and diction, movement qualities, theatre etiquette, rehearsal protocol, and stage and acting terminology. Vocal coaching with a professional vocal teacher from NYC will be made available for an extra fee.

Students will have the choice of focusing on acting or on technical theatre and are encouraged to bring questions and be ready to have a great time working together. We are excited to be able to offer this kind of class once again at In His Steps.

# IN HIS STEPS' Reference Guide to Dance Techniques



2020-2021

## Ballet Technique Classes – 1<sup>st</sup> Five Books of the Bible

Ballet began in the European courts of the 16<sup>th</sup> and 17<sup>th</sup> centuries. The court of Louis XIV of France, based at the palace of Versailles just outside of Paris, was the site of elaborate celebrations staged in gardens and ballrooms. These celebrations were called *ballets de cour*, and often included parades of horses, processions, speeches, and songs as well as dance. When ballet began to be performed in theaters, at first as part of opera, professional dancers took the place of courtiers. In 1661, Louis XIV founded the Academie Royale de Danse. Pierre Beauchamp, the director, recorded the steps and positions, including the five positions of the feet, which form the basis of today's technique. Ballet is different from other types of dancing in two main respects: turn-out, in which the leg is turned at the hip so that the feet point sideways, and pointe work, in which the ballerinas use stiffened shoes to stand on the very tips of their toes. At In His Steps, we teach classical ballet, mainly the Cecchetti (Italian) Technique, as the foundation of our dance disciplines. Our desire is to use this beautiful form of dance as a vehicle in our praise and worship of Jesus Christ.

**GENESIS I & II: Creative Movement** - a 45-minute pre-ballet class for 3-4 year olds

Ballet and Modern building block movements are explored as warm-up. A pre-ballet section follows with the basic positions of the feet and arms being introduced as well as beginning ballet steps such as plies, elevés/relevés, tendus, dégagés, jumps, passes, arabesques, glissades, and pas de chats. Locomotor movements are used to teach how to move through space and cooperate with classmates. During the last part of the class, a Bible story or scripture verse is read, and the students use scarves or tambourines or some other prop to interpret the verse or story with their own style of movement.

## Adult Technique Classes – Ruth, Revelation, Ezekiel, and Jude



**RUTH: Teen/Adult Beginning Ballet** - an hour long class for ages 16 and up

The purpose of this class is to teach the beauty, grace, and discipline of Classical Ballet to adults who have never had the opportunity to study this technique or for those who have been away from it for a long time. The goal is to use it as worship unto the Lord.

**REVELATION: Adult Beg./Intermediate Modern Dance** - an hour long class for adults 18 and up who have had some dance training

This class employs a warm-up which is a combination of Modern, Ballet, and a little Jazz. Elements of Graham, Limon, Cunningham, and Horton techniques are included. Gentle stretching, center work for strength and stamina-building, and simple but technical turn, leap, and traveling combinations are all a part of this eclectic class.

*(Not offered this year.)*

**EZEKIEL: Adult Beg. Contemporary/Lyrical** -an hour long beginner level class for adults 18 & up

This class incorporates some of the basics of ballet, modern, and jazz techniques for warm-up, worship, and exercise for adults who have never danced before or wish to make it a part of their life once again. Other dance styles such as African are sometimes thrown in for fun.

**JUDE: Teen/Adult Beg. Tap**— a 45 minute long class for ages 16 and up

This class provides an introduction to Tap Basics geared for older teens and adults. Toes, heels, shuffles, jumps, claps, ball changes shuffle hops, slaps, spansks, flap heel drops are just some of the steps taught and practiced, emphasizing rhythm and percussion.



## Pilates Class—Galatians

**Galatians I & II: Pilates**—a 45 minute to an hour long class for ages 13 and up

Pilates is a form of exercise that emphasizes the balanced development of the body through core strength, flexibility, and awareness to support efficient, graceful movement. This technique is an important addition to learning worship dance since it works the body from the inside out.

### Hip-Hop Technique Class – Habakkuk

Hip-hop dance refers to dance styles primarily danced to hip-hop music or that have evolved as part of hip-hop culture. This includes a wide range of styles notably breaking, locking, and popping which were created in the 1970s by African Americans. What separates hip-hop dance from other forms of dance is that it is often freestyle (improvisational) in nature and hip-hop dancers frequently engage in battles—formal or informal freestyle dance competitions. Informal freestyle sessions and battles are usually performed in a cipher, "a circular dance space that forms naturally once the dancing begins." These three elements—freestyling, battles, and ciphers—are key components of hip-hop dance.

At In His Steps, our interest in Hip-Hop dance is to take its unique qualities and use them appropriately in our interpretation of certain Christian music and themes, such as warfare and proclamation. Our desire is to keep the movements clean and pure.

**HABAKKUK I: Beg. Hip-Hop** – a 45 minute class for ages 6 and up

Students learn the basic style of this technique, concentrating on isolating different parts of the body while moving them simultaneously. Making movements hit certain counts cleanly is also introduced. (*Not offered this year.*)

**EXODUS: Pre-Ballet & Tap** – an hour long class for 5-6 year olds

The first 40-45 minutes of class is similar in structure to the Genesis class. The last 15–20 minutes is reserved for teaching the basic steps of Tap Technique.

**LEVITICUS: Beginning Ballet** – an hour long class for 6 year olds and older

Students start using the barre as a support at the beginning of class, doing 1<sup>st</sup> and 2<sup>nd</sup> positions facing the barre the first half of the year. The second half they are taught to do the basic ballet exercises with one hand on the barre, working the right and left sides of the body alternately. Focus is on correct body placement, correct execution, and vocabulary building. Grand battements, promenades, jetes, pas de bourres, and chaine turns are added to the curriculum.

**NUMBERS: Beginning/Intermediate Ballet** – an hour long class for ages 8 and up who have acquired beginning skills

A 30 minute barre at the beginning of class introduces simple combinations and prepares students for more complex center and floor work to be given the second half of the class. Pirouettes and the eight body positions are added to the curriculum as well as long balances to build strength and stamina. Focus is on control, and style of the upper body, head, and arms, without losing correct placement and proper execution.

**DEUTERONOMY I: Intermediate Ballet** – an hour and a half long class for ages 10 and up who have acquired previous skills

Barre and center work incorporate more complex combinations which include upper/lower body coordination. Focus is the same as the lower levels with the addition of endurance and musicality.

The barre and center work emphasize building strength in the feet , ankles, calves, and thighs. Focus is also on maintaining and increasing the core strength of the student so that weight is lifted out of the lower extremities.

**DEUTERONOMY II: Intermediate/Advanced Ballet** – an hour and a half long class for ages 12 and up who have acquired all previous skills

Students are given not only more difficult and complex exercises during both barre and center work, but are taught to do them with speed and precision. The barre is usually 30-45 minutes in length, center floor around 20 minutes, with the remainder used to work on more advanced jumps, turns, and leaps. Focus is therefore on speed, clarity, maximum use of space, and presentation. Pointe work may be included throughout the class, with attention on placement, posture, stability, balance, turns, and precision foot work.

**DEUTERONOMY TECHNIQUE: Technique-Only Ballet**  
Class- an hour and a half long class for ages 12 & up

This class follows the same guidelines and goals as the Deuteronomy II class, but will include only technical classwork in order for students to get a full year of training without being interrupted by choreography.

**DEUTERONOMY CLASSICAL POINTE TECHNIQUE & PERFORMANCE:** Technique Beg./Int. Pointe Class—an hour and a half long pointe class for ages 13 & up

This class focuses on building strength in the feet, ankles, and calves of students in order for them to maintain their ability to work on pointe and to progress and improve as well as to continue to be challenged. Opportunity for performance is offered this year.

## **Dancing From the Inside Out—Hosea**

Dancing from the inside out is a less-structured type of class that we offer which came from an inspired concept of one of our young teachers. It is a non-technical expressive movement class that will attempt to encourage students to dance more from their hearts than from their minds. We feel it will partner perfectly with the technique classes that we have at In His Steps to develop a more free-flowing form of dance worship to our Lord.

**HOSEA I:** a 45 minute class for ages 6 to 10

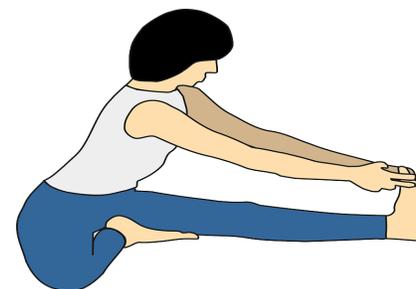
**HOSEA II:** an hour long class for ages 11 and up

## **Prayer & Stretch—Philippians**

This class is just what it says, a prayer and stretch class. Yoga poses are used to strengthen and tone the body while scripture and Biblical truths are used to meditate on and draw the focus away from the stresses of daily life and place it on our Lord Jesus Christ where it belongs.

**PHILIPPIANS:** a 45 minute class of stretching, de-stressing, and relaxing prayer/meditation for ages 13 and up

*(Not offered this year.)*



**ESTHER I: Beginning Lyrical** – a 45 minute class for ages 6 and up

A short, intense warm-up based on ballet, jazz, and modern techniques begins the class. Students learn to interpret music while moving freely and expressively on and across the floor.

**ESTHER II: Beginning/Intermediate Lyrical** - a 45 minute long class for ages 8 and up

Students begin class with a well disciplined warm-up. Center and floor work are expanded, and more difficult moves are practiced and explored.

**ESTHER III: Intermediate Lyrical** - an hour long class for ages 10 and up, preferably for those who are currently taking or have taken another form of dance such as ballet, modern, or jazz

Students are introduced to this style of dance by employing it to interpret and depict worship songs or as a response to the Heart of God. The warm-up is usually faster paced in order to get to the movement section of class sooner.

**\*FIRST FRUITS/LIVING STONES ESTHER:** Adv. Lyrical - an hour long class for the pre-professional/professional, ages 18 and up.

All of the above plus more  
*(Not offered this year)*

**DEUTERONOMY CONTEMPORARY POINTE:** **Intermediate Contemporary Pointe** - a 45 minute to an hour long class devoted solely to pointe work for ages 13 and up

Students should have been working on pointe for at least 3 months prior to taking this class. Once again, emphasis is on building strength in the feet, ankles, calves, and thighs with attention on placement, posture, stability, balance, turns, and precision footwork. Choreography in this class is more contemporary in nature.

**\*FIRST FRUITS/LIVING STONES DEUTERONOMY & POINTE:** **Advanced Ballet** – an hour and a half long class for the pre-professional/professional ages 18 and up

All of the same as Deuteronomy II plus more *(Not offered this year)*



### **Modern Dance Technique Classes - Ecclesiastes**

During the 1920's Modern Dance was born out of the creative desire to strip away the artificial prettiness of ballet and to try and discover the fundamental principles of movement. Many different theories evolved. The first techniques that were developed came mainly from dancers and artists who had some classical ballet training; therefore, these original Modern Dance Techniques have many elements of classical ballet as part of their groundwork. These artists also believed that dance should do more than just entertain; it should provoke, stimulate, and inform by reflecting contemporary attitudes and preoccupations. The style of modern that is taught at In His Steps is largely based on the Martha Graham Technique with some Merce Cunningham, Paul Taylor, and Jose' Limon thrown in. Our desire at In His Steps is to extract the beauty and strength from this style of dance and to use it for the Glory of God.

**ECCLESIASTES I: Beginning Modern** – a 45 minute class for ages 6 and up

Students are introduced to the basics of modern dance, including floor exercises, spine isolations, foot/ankle articulation, and traveling steps. Emphasis is on alignment and breath/movement coordination as well as vocabulary building and space. *(Not offered this year.)*

**ECCLESIASTES II: Beginning/Intermediate Modern** – a 45 minute class for ages 8 and up

Students continue learning the basics with emphasis on movement motivation, correct placement, and on learning the concept of weight as well as on energy source and direction. Simple combinations and long balances are introduced, strengthening the control in the body's center allowing freedom of movement in the extremities. *(Not offered this year)*

**ECCLESIASTES III: Intermediate Modern** – an hour long class for ages 10 and up who have assimilated previous concepts

Students learn to tackle more complex combinations and work on upper/lower body coordination. Rhythmic phrasing, purity of shape and line, and endurance are emphasized. *(Not offered this year.)*

**ECCLESIASTES IV: Intermediate/Advanced Modern** – an hour long class for ages 12 and up who have mastered all previous skills

Students work on daring, clarity, dynamics, and presentation.

**\*FIRST FRUITS/LIVING STONES ECCLESIASTES: Advanced Modern** – an hour long class for the pre-professional/professional ages 18 and up. All of the above plus more *(Not offered this year)*

## **Lyrical Technique Classes – Esther**

Lyrical dance is a fusion of ballet with jazz and contemporary dance techniques. Its primary basis is in ballet, combining the many technical elements of classical ballet with the freedom and airier aspects of jazz and contemporary/modern dance. Lyrical dance is expressive, simultaneously subtle and dynamic, focused on conveying musicality and emotion through movement. It is a combination of intricate, highly technical, and pedestrian/naturalistic moves. It is commonly set to popular music with vocals as well as rich instrumental portions of a pop song. More than other aforementioned dance styles, a lyrical performance aligns with the essence of a musical piece, in addition to highlighting the beauty, openness and strength of the dancer.

Lyrical dance gained its name not because the lyrics or words of a song are (indeed, often) emphasized over the song's rhythm, but because of the definition of the word lyrical: having a poetic, expressive quality; musical; characterized by or expressing spontaneous, direct feeling; expressing deep personal emotions or observation; highly rhapsodic or enthusiastic. The emergent lyrical style has a relatively recent history and a genesis based on the coming together of ballet with rock/folk/pop/alternative music and a variety of jazz dance styles and modern dance. Due to its demand for intermediate to advanced technical skill and emotional focus, the style is popular primarily with passionate dancers who want to combine technique with musicality.

Of paramount importance in lyrical dance is the connectivity of movement, flowing quite seamlessly from one move to the next. Movements in Lyrical dance are often characterized by their fluidity and grace. In summation, the moves are connected to one another, to the dancer's feelings, breathing, and to the music. These qualities allow Lyrical to be a useful technique for worship dance.

**PSALMS II: Beginning/Intermediate Irish Step** – a 45 minute class for ages 8 and up who have acquired previous skills

Students continue to learn and master the Reel and begin to work on the Jig. Posture and rhythm continue to play important parts in the study of this technique

**PSALMS III: Intermediate Irish Step** – a 45-minute to hour long class for ages 10 and up who have acquired previous skills

Other Jigs are introduced at this level as well as figure dances, similar arrangements to those done in square dancing.

**PSALMS IV: Intermediate/Advanced Irish Step** – a 45 minute to an hour long class for ages 12 and up who have acquired previous skills

The Reel, the Jig, and the Slip Jig are refined. Other Jigs are introduced. Speed and clarity of movement are emphasized. More intricate patterns and figures are applied at this level.

**\*FIRST FRUITS/LIVING STONES PSALMS: Advanced Irish Step** – a 45 minute to hour long class for the pre-professional/professional ages 18 and up.

All of the above plus more (*Not offered this year*)



## **Contemporary Dance Technique Class - Lamentations**

Contemporary dance is a popular form of dance which developed during the middle portion of the twentieth century and has since grown to become one of the dominating performance genres for formally trained dancers throughout the world. Although originally formed by borrowing from classical, modern, and jazz styles, it now incorporates elements from many styles of dance. The focus of contemporary dance technique tends to utilize both the strong and controlled legwork of ballet and modern dance's stress on the torso. It also employs contact-release, floor work, fall and recovery, and improvisation characteristic of modern dance. Unpredictable changes in rhythm, speed, and direction are often used. It sometimes incorporates elements of non-western dance cultures such as African dance or the Japanese contemporary dance Butoh.

Contemporary Dance's strong technical framework combined with a fluid interpretive style make it a perfect form of dance for worshipping the Lord.

**Lamentations**: an hour long class for ages 13 and up.

An intermediate/advanced class for students who have mastered the skills in Esther III.

## **Jazz Technique Classes - Judges**

Jazz Technique is the rich result of many varied forms of dance: African dance, ballet, modern dance, show dance, theater dance, social dance, and East Indian folk movement. Jazz has always been the reflection of the trends and temper of the times, and is universally recognized as a uniquely American contribution to dance art. Like ballet and modern dance, Jazz Dance as an art form is the blend of mind and body founded on a firm technical base. It is beneficial for students to come to jazz with some training in ballet or modern. Classical training not only gives the student basic vocabulary, but it also teaches discipline in the legs and feet. Discipline is just as important in Jazz as it is in any other dance form. Flexibility,

center placement, clean lines, multiple turns, leaps, and the ability to quickly transmit combinations from the brain to the body are the nuts-and-bolts of this technique. Traditionally, Jazz has been considered a sensual dance style; not romantic like ballet or reflective like modern dance. At In His Steps we attempt to take the strengths of this technique and use them to teach a passion for our Lord, without the sensual quality. However, students need to have a certain level of maturity in order to distinguish properly between these two characteristics.

**JUDGES I: Beginning Jazz** – a 45 minute class for ages 7 and up

Body isolations, floor stretches, and basic traveling steps are introduced at this level. Turns and leaps are also included. Conditioning exercises to build strength and stamina such as sit ups and push ups may be part of the warm-up at the beginning of each class. Proper placement and body positions are stressed. *(Not offered this year.)*

**JUDGES II: Beginning/Intermediate Jazz** – a 45 minute class for ages 9 and up who have acquired previous skills

Rib isolations, flat back, and contractions on the floor as well as standing are added to the warm-up. Jazz pas de bourrees are introduced. Head and arm movements become more complicated and the tempo of exercises is increased. *(Offered in combination with Judges III this year.)*

**JUDGES III: Intermediate Jazz** – a 45 minute to hour long class for ages 11 and up who have acquired previous skills

Specific instruction on different types of turns, jumps, and leaps is emphasized in this third level of jazz technique. Strength, speed, and sharpness of movement are also stressed. *(Offered in combination with Judges II this year.)*

**\*FIRST FRUITS/LIVING STONES JOSHUA: Int. Tap** – an hour long class for the experienced adult dancer, ages 18 and up

All of the above and more with some Musical Theater included

### **Irish Step Dancing Technique Classes – Psalms**

Irish step dance is a type of performance dance which originated in Ireland from traditional Irish dance. It is characterized by solo dancers who dance with hands by their sides and upper body stiff, making quick, intricate movements of the feet. Irish step dancing was popularized by the show "Riverdance". This style of dance is performed in most places with large Irish populations. Aside from public dance performances, there are also step dance competitions all over the world.

Most competitive step dances are solo dances, though many step dancers also perform and compete using traditional set and céilí dances. Each step in Irish Step Dancing is a sequence of foot movements, leg movements and leaps, which lasts for 8 bars of music for the "right foot" and is repeated for the "left foot" of the step. This dance style has very precise rules about what one may and may not do and when, but within these rules leeway is provided for innovation and variety. Thus, step dance can evolve while still remaining confined within the original rules. These qualities make it a perfect technique for use in a dance ministry situation.

**PSALMS I: Beginning Irish Step** – a 45 minute class for ages 6 and up

Students work toward learning the Beginning Reel. Proper placement and the importance of counting in 3's are introduced.

**EXODUS PRE-TAP: Pre-School Tap** – a 15 -20 minute introduction to Tap Basics taught in combination with Pre-Ballet for ages 5-6

Hands are kept on hips as basic steps - toes, heels, shuffles, jumps, claps, ball changes shuffle hops, slaps, spansks, flap heel drops - are introduced and practiced.

**JOSHUA I: Beginning Tap** – a 45 minute class for ages 6 and up

Continued practice of the above steps with the addition of scuffs and Maxifords as well as the combination of steps is included in this first level of Tap. The number and clarity of sounds made by the different sections of the shoes are stressed. *(Offered for older students as well.)*

**JOSHUA II: Beginning/Intermediate Tap** – a 45 minute class for ages 8 and up who have acquired basic skills.

More advanced steps are added as well as learning to travel with combinations of the basic steps. Exercises leading to Time Steps are introduced along with port de bras (arm movement) as students are able. *(Not offered this year.)*

**JOSHUA III: Intermediate Tap Class** - a 45 minute tap technique class for students who have successfully completed Joshua I and Joshua II.

More advanced steps are added, traveling combinations, and more complicated Time Steps are introduced. Port de bras (arm movement) is also incorporated. A Musical Theater flavor may be included from time to time. *(Not offered this year)*

**JOSHUA IV: Int./Adv. Tap Class**—an hour long tap class for students who have successfully completed Joshua III. Students are challenged with more advanced steps and combinations. A sense of rhythm is emphasized.

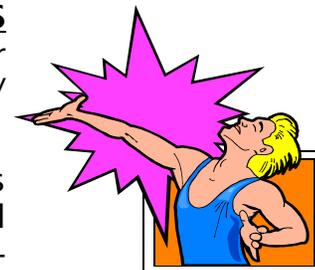
**JUDGES IV: Intermediate/Advanced Jazz** – an hour long class for ages 13 and up who have acquired previous skills

Students are challenged with more complex combinations and encouraged to try for multiple turns, faster foot work, and elongated leaps and lay-outs. Conditioning exercises are often a part of the warm-up routine.

**\*FIRST FRUITS/LIVING STONES**

**JUDGES: Advanced Jazz** – an hour long class for the pre-professional/professional ages 18 and up

This is a Jazz technique class for the most advanced students and emphasizes stretching, core-building, isolations, and quick, fluid travelling combinations.



### **Tap Technique Classes – Joshua**

Tap dance is a dance in which the rhythm is sounded out by the clicking taps on the heels and toes of a dancer's shoes. The history of tap dance can be traced back to the early slave trade in America which resulted in a rhythmic collision of cultures. Slave-holders already fearful of revolt, began to panic when it was discovered that Africans could communicate with each other - over long distances and in code - through the use of drums. All over the South, slave-holders forbid the use of drums and other native instruments in African religious ceremonies. African-Americans held on to their traditional rhythms by transferring them to their feet. The tapping out of complex rhythmic passages was developed, and a subtle, intricate and vital physical code of expression was born. By the mid-nineteenth century, African-Americans had combined their footwork with Irish and British clogging steps to create a style called "buck and wing" which became modern Tap Dance.