

# FOOT NOTES

A Newsletter For The Friends and Supporters of Dance, Etc., Newtown Dance Etc., 117 Mount Pleasant Rd., Newtown, CT 06470 • 203-426-8717  
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## About The New Teachers

Start polishing those apples, dance students. Dance Etc. is welcoming four new teachers this year. You'll get to know them in class, but here's a little bit about them to get the conversation started.

**Sam Davies** teaches Hip Hop on Mondays and Wednesdays. She has been dancing at Dance Etc for 16 years. She also studied voice at area studios for seven years. In 2000 Sam along with other Dance Etc students performed at Madison Square Garden at half time with the Knicks City Dancers. Performances include Broadway Kids at Richtor Park, Crazy for You at Richtor Park, the role of Rusty in Footloose at Brookfield High School and one of the narrators in Joseph...and. She is presently on the Solar Power Dance Team for the

WNBA Connecticut Sun at Mohegan Sun. Sam has won two competition awards for solo vocal competitions-Starpower 1st place and Starbound 2nd place. She has also had the honor of singing the National Anthem at Mohegan Sun. Sam is a senior at Brookfield High School and has been a member of the B.H.S. Dance Team for 4 years. She has won 2 choreographers awards and is Team Captain this year.



Samantha Davies

Ric Daunis Studio-Woodbury

**Jen Lancaster** teaches Jazz on Saturdays. More information on Jen will be in next month's newsletter. Stay tuned!

**Lanny Mitchell** has been subbing for Eric's Hip Hop classes. He's been dancing for over 20 years. Lanny has danced both on and off Broadway for over 17 years and has been on the cast of many Broadway shows' touring companies. He has been teaching in

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**Dance Etc. IS open on Monday, Oct. 11 (Columbus Day).**



Lanny Mitchell

Connecticut for the last four years, sharing his knowledge and love of hip-hop, funk jazz and musical theater. You may have seen Lanny in one of the four musicals he has performed in at the Sherman playhouse in Sherman, where he is a member of their board. This summer he plans to do Footloose or Fame at the Sherman Playhouse. Keep your eyes open for information on that production!

## Why We Warm Up During Class

Sitting in the lobby watching your child's class you might wonder, "Why do they spend so much time "warming up" in dance class?"

The number one reason for participating in a thorough warm up is to prevent injury. Students need to have every muscle and joint ready for any movement they may perform during the rest of the class.

Secondly, strength and flexibility not only help the students

execute movements in a safe way, it helps them do it in an aesthetically pleasing way. Dance is a visual art; therefore, the longer the lines, higher the jumps and bigger the overall movement quality, the better the performance value.

## Dress The Part

There are specific clothing requirements for all dance classes.

Ballet: Students must wear solid colored tights and any leotard. A sheer ballet specific skirt no longer than 16 inches can be worn, but is not required. Pink ballet shoes are required, and hair must be up in a ponytail, twist or bun.

Lyrical: Students must wear a leotard and stir-up, convertible or footless tights. Shorts may be worn, but not pants. Hair must be up in a ponytail, twist or bun. Please see Jen for dress code information on other classes.

## Alana Keeps Rockin' With The Rockettes

Congratulations to Alana for once again making the Radio City Rockettes. She'll be performing in the Boston company of the Rockettes this year in "The Radio City Christmas Spectacular" at the Wang Center for the Performing Arts from December 02 - 31, 2004. The Radio City Christmas Spectacular is sure to give audiences holiday memories to last a lifetime. Children of all ages will be enchanted by live

holiday entertainment as teddy bears dance, wooden soldiers come to life, snowmen shimmy, reindeer fly, elves rap, and the Radio City Rockettes perform their fancy footwork and eye-high kicks.

Tickets: for The Radio City Christmas Spectacular are \$18.50 - \$74.50 . Visit [www.wangcenter.org/frame-shows-main.html](http://www.wangcenter.org/frame-shows-main.html) to purchase tickets online, or call Tele-charge at 800-447-7400.