

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

Vol. 6, No. 2

October 2005

You're Getting Warm

All dance classes, except for classical ballet classes, begin with a "warm-up", followed by across the floor and a center combination. The warm-up section incorporates balance, coordination and placement skills along with strengthening and flexibility exercises to assist with the rest of the class structure. Once the class has efficiently executed these technical skills in place, we then try them moving through space or across the floor. If time permits, we then create a combination of steps to challenge the mind as well as the body at the end of class. Our Hip Hop classes rarely go across the floor; they start a combination as soon as the "warm-up" section of class is completed.

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 move-

ment quality, the better the performance value.

Why is there ballet movement in my jazz class? Ballet is the base for all types of dance. Jazz, Hip Hop, Modern, Lyrical and even Tap Dance all refer to ballet theories and practices to make their specific dance form effective and technically

strong. I sometimes refer to Ballet as the "nutrients" of dance. Just as in your diet, you need vitamins and minerals to keep healthy

and strong. Therefore in dance, you need ballet technique to do the same.



Dance Etc. Dance Team in the Labor Day Parade

Picture Issues

Please call Slayton Studio directly at 1-800-SLAYTON to discuss your 2005 Recital photos. If you ordered a package and have decided to just get the group shot then please call then to make sure they are aware of your order change and will refund you the balance. Sorry for any inconvenience, and thanks for your cooperation with this company.

When will we learn our recital routine?

Dance Etc. uses the first part of the season to strengthen our skills and technique. We normally will start recital ideas around January and February.

It's a Date!

Oct. Holiday Classes

Classes WILL be held on Monday, October 10 Columbus Day, but NOT on Monday, October 31 Halloween

Recital 2006

Tentatively set for Sunday June 11th

