

Dance Class Descriptions

Ballet - beginning level instruction is for those who wish to learn more about ballet and improve their technique or for those who have never had ballet instruction. The class will utilize the barre and work on technique doing floor work combinations.

Ballet - intermediate and advanced level of instruction takes your skills beyond the beginning level and builds upon what has already been accomplished, incorporating new styles and combinations.

Ballroom - no scheduled class but we can arrange for private lessons with an award winning instructor. Check with the front desk in the business office to arrange the lessons.

Belly Dancing - This fun and flirty dance class will have you twisting and shaking while you learn the graceful art of belly dancing.

Bharnatnyam - come join in learning an art form in dance from India. This class is great for beginners.

Country Western Dance - beginning level instruction will focus on line dances and almost any dance seen in an Oklahoma dance hall.

Country Western Dance - intermediate level will be a shorter course, 5 weeks, where partners will improve their techniques and learn new steps and turns. It is recommended that you have a partner.

Jazz - This class will cover the basics of jazz dance: warm-up, isolations, stretching, walking combinations, and simple turns. No dance experience is required.

Lyrical - this dance style is the expression of words and feelings through motion. There is less focus on technique and more focus on how the individual interprets his or her feelings with the music. It can also be referred to as "contemporary" dance, falling in-between the styles of ballet and modern.

Salsa - this class concentrates on building the cultural awareness and dance elements necessary to dance Salsa anywhere in the world. Originating from Cuba, Salsa is the fastest growing dance in the U.S. The most fun you can have in 60 minutes.