

Modern Techniques of “Contemporary and Jazz Class” **While developing and building on stylization**

WARM UP-

Your warm-up should vary depending on the amount of time allotted for your session, however every warm-up should contain the following:

- *Cardio
- *Strength and Conditioning (ie: push ups, jumping jacks, squats, small jumps)
- *Stretch and Tone (ie: lunges, hip exercises, back exercises, splits, core work)
- *Plies and Tendus (this will help with jumps and coordination of foot work)

Ideally you will want to design a “Warm-up Routine.” This is a routine that should be EXTREMELY CONSISTENT and incorporate the above warm-up exercises. Exercises should be designed for a quick build, which will help keep the mind stimulated and sharp. The moment you find your dancers settling and getting comfortable, CHANGE IT UP! Make sure that your routine is designed to INCREASE TECHNIQUE. (ie: allowing enough time for proper stretches, plies, etc).

DO NOT ALLOW THEM TO DO THEIR OWN WARM-UP!

PROGRESSIONS-

The progressions part of your class is very important when it comes to contest routines. I find it essential to ALWAYS start basic and work your way up, regardless of the level of your dancers. Assume that your dancers do not know how to do a proper chasse. (Squeezing fifth position in the air and getting off the ground). Like the warm up, I treat progressions like a cardio work out. I structure a routine designed to keep the dancers moving the entire time while properly correcting their bad habits. Additionally, I explain to the dancer that this is the time to practice their performance quality. Do not just do the steps but perform them! Your progressions should contain the following:

- *Chasse Exercises (R&L, changing directions, adding small steps afterwards)
- *Pas De Bourre Exercises (EXTREMELY important for quick movements, transitioning, direction changes)
- *Pirouette Exercises (Start with balancing front and then build on balancing to different directions and then do the same with adding turns. *This can be applied when you are working on turns in second. ~Really spend time on PASSE with simple preparation to springing to passé on flat and releve. Additionally, don't forget about the coordination of arms.
- *Jumping & Leaping Exercises (Start basic and build. To gain height, take away their preps and make them step into their jumps. For specialty jumps, build an exercise that breaks it down and then executes the jump)

*Choreography Exercises (Through together a quick combo that they can do across the floor. This will help them adapt to picking up choreography quickly. Use different styles of music to change it up, and ideally, you want to incorporate the techniques that you just worked on in your quick combo.

*Improvisation Exercises (Make them improvise to different styles of music WITHOUT including turns, jumps, leaps, etc)

CHOREOGRAPHY-

This is the portion of class that trains your dances stylistically. *However, your progressions portion should vary in style as well.* Your class combo should contain EVERYTHING that you're working on in progressions. Add things like, direction changes, levels, pauses, freestyle and dynamics. It is very important that you vary in style so that they do not become a one-sided dancer. Lastly, give them opportunity to choreograph for themselves. This will allow them to develop their own personal vocabulary which will help build on their stylization. I've found it very helpful to make dancers improvise after my choreography in a combo, but they must maintain the style.

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