

CMT Stage School Dance Classes

At CMT our dance training classes are dedicated to providing our students with a well-rounded education in all facets of dance. Our classes emphasize correct technique, fundamentals and a familiarization of the dance vocabulary in a variety of dance genres including ballet, tap, jazz, and hip hop.

Bitesize Dance: (4 to 7 yrs old) Tu. 4:30- 5:20

Dancers will learn basic steps and terminology in ballet and tap, and explore their own creative movement styles through the use of imaginative music and games in a safe, positive environment. Dancers in this class will improve flexibility and coordination through fun, age appropriate movement and exercises.

Introduction to Dance: (1st-5th gr.) Th. 5:00- 5:50

Since ballet is the foundation for all modern day dance steps, this class will begin with basic ballet steps and build upon that technique. Jazz, tap, and hip hop dance genres will also be introduced and explored. This class is perfect combo class for young children who want to do it all!

Intermediate Lyrical & Hip Hop: (6th-12th gr.) Tu. 5:30- 6:20

Lyrical is a fusion of ballet and jazz, with expressive motions that tell a story. Students will learn lyrical technique along with how to express emotion through movement. In addition, hip hop movements will be incorporated as time allows. This class combines many styles and techniques from ethnic and contemporary dance to ballet and teach dance technique, terminology and style with an emphasis on proper technique, alignment and movement quality to prepare you for future show auditions.

Intermediate Jazz/Tap- (6th-12th gr.) Th. 6:00- 6:50

This is an intermediate level class. If you had a beginning level jazz or tap class, this is the choice for you! Tap is a style of American theatrical dance, distinguished by percussive footwork and rhythms. This class stresses the basics of tap while also teaching musicality and rhythm. This upbeat class will teach Broadway-style jazz choreography and show-stopping stage presence. This class will rotate jazz one week/ tap the next and will prepare you for Music Man auditions this spring.