

Dance Classes 舞蹈課程

Jazz & Theatre Dance Beginner 初級爵士舞及音樂劇舞

This class will introduce the students to the exciting world of Jazz and Theatre Dance. Classes will cover the fundamentals of these two dance styles with basic dance steps and terminology. Students will focus on proper body placement, technical exercises and finishing each class with an exciting dance combination that will incorporate style and technique. **No previous dance training required.**

本課程為學員介紹爵士舞及音樂劇舞的精采世界。導師以簡單舞步去教授這兩種舞蹈的基本技巧及舞蹈的專用術語。課堂專注訓練學員身體的形態定位及基本功練習，配合風格及技巧去排練一連串的精采舞步組合。本課程無需任何舞蹈經驗。

Jazz & Theatre Dance Advanced Beginner 進階初級爵士舞及音樂劇舞

This beginner class is a continuation of Jazz & Theatre Dance Beginner and concentrates on more difficult steps, technique and styles. Materials will include faster tempo and rhythms, and the demand for technique will be higher. The course will also include more challenging turns and jumps. Emphases will be placed on the connection between style, technique and facial expression to enhance students' performing skills. A class that brings fun challenges to prepare students to the intermediate level.

本課程是初級爵士舞及音樂劇舞 1 及 2 的進階班，及為中級爵士舞及音樂劇舞作準備。學員將學習難度較高的舞步、技巧及舞蹈品種，課堂上練習的拍子會較快，在技巧控制上要求亦更高，更會教授新的轉身及跳動技巧。每課堂的舞步組合將風格、舞蹈技巧及面部的表達能力配合起來，來訓練學員舞台的表演技巧。

Jazz & Theatre Dance Int 中級爵士舞及音樂劇舞

This class is a continuation of Jazz Beginner III (JB3-MD) and develops more advanced technical proficiency and expression in all styles of Jazz and Theatre Dance. Emphases are on performing skills, facial projection, technique and emotional expression. **Suitable for students with a minimum of TWO years of technical dance training and good understanding of body placement and alignment.**

本課程是初級爵士舞 3(JB3-MD)的進階班。學員將學習難度更高的技巧及各種爵士舞、百老匯音樂劇舞蹈上的風格。舞蹈技巧、表演技巧、面部表達能力及舞蹈的情感亦是課程的學習重點。本課程適合有兩年或以上舞蹈技巧訓練，及對身體運用有良好知識的學員。

Advanced Jazz/Theatre Dance 高級爵士舞

This challenging class is for advanced students with a strong foundation in Jazz, Ballet or Modern dance technique. The class focuses strongly on proper body alignment and clean technique. Students will learn advanced level across the floor progressions of turns, battements, and jumps. A combination at the end of each class will challenge students in regards to the different styles of Jazz/Theatre Dance and technique with a strong emphasis on performance skills.

本課程適合擁有深造爵士舞、芭蕾舞或現代舞蹈經驗的舞者。課堂集中在端正的身體形態及舞蹈技巧。學生會學習到技巧更深的以轉、踢腿及跳動作來橫越空間。課程尾段會利用到不同的爵士舞或音樂劇舞蹈風格來排練舞步組合，來加強學生表演能力。

Adult Tap Beginner 初級踢躂

For novice dancers, aged 16 or above with experience ranging from none to one year's prior training in Tap. This course is specially designed for those who consider themselves percussive musicians and wish to learn how to use their feet as a set of drums. It teaches the fundamentals of tap, focusing on technique and development of musicality, rhythms and intricate footwork. Each class will include some rhythm work, steps and combinations. Students should bring their own tap shoes to classes.

本課程適合年滿 16 歲或以上的初學者或曾接受踢躂舞訓練不足一年的人士參加，並特別為對音樂節奏有興趣之人士而設。導師將教授踢躂舞之基本知識，著重技巧及音樂感之訓練。通過學習基本的步法以身體作樂器，踏出明快節奏。學員亦會學習各種節奏、步法及動作。學員須自備一對踢躂舞鞋上課。

Adult Ballet Beginner 初級成人芭蕾舞

This course covers a wide range of ballet steps, including barre work, port de bras, adage, pirouettes, batteries, small to big jumps and other techniques. Through different exercises, students will improve their body alignment, posture, balance and musicality, to achieve better techniques and enhance their appreciation of the art of dance.