

Ladies of the 80's DANCE CLASS -- ladies we had sooo much fun last year that I'd LOVE to do it again! And what dancer wouldn't LOVE to see their moms, big sisters, aunts etc. show off their moves. **GRAB A FRIEND** and register for our LADIES OF THE 80's class :) - we will need at least 8 dancers to make this class go so please register ASAP [HERE](#) begins Nov 20th. (if you're interested ask me about our FREE bring a friend option for this class, it's always more fun with a friend)

Upcoming Dates To Remember

Nov. 6th - No Tiny Class or Ballet due to Teach Workshop Day

Nov. 18th - Tiny Kix will perform at the Harmony Healthcare Center @ 2pm. All dancers 2nd thru 7th grade will perform at the Harmony Holiday Expo around Noon.

Nov. 20th - Ladies of the 80's starts

Nov 26th - No Class for K-7th grade due to Thanksgiving Holiday

Nov. 29th - Lyrical Begins *I am looking for a few more dancers to complete our Lyrical Class.*

Lyrical is a beautiful advanced form of dance that allows dancers to express themselves thru fluid, controlled moves. It increases their flexibility and muscle tone & control and was very popular with all of our girls last year.

Classes will be held Wednesday nights from 7-8. I am hoping that a few dance parents would be interested in trading off weeks to sit with 4th-&5th grade dancers between their class from 6-7 -- then they can get homework done also :) WIN WIN !!

Please let me know if you and your dancer (grades 4th thru 7th) are interested in trying Lyrical for the 1st week at no commitment!

December

Dec. 13th- Dress Rehearsal & Pictures by Diane H Photography

Dec. 17th - 3pm WINTER SHOW!!!

THIS WEEK IN DANCE:

***All classes -- as most of our dancers now have their dance shoes, please make sure that they are being brought/worn to dance class (please LABEL them also - they are expensive shoes and they ALL look the same :) --- also no jeans or skirts to class. We do give dancers time to change before their class. Leggings or dance shorts may be worn, however no middrifts and if dancers wear dance shorts they will need to wear cover ups or sweats outside of practice. Hair should be up and off the shoulders as well. Thank you!**

Tiny Kix (2yrs thru Preschool) --- Our Tiny Dancers did lovely with our combined class. It was a treat to see how well the 'older' dancers did with the little class. They also recieved their Sept./Oct. Certificates that reviewed some of the basic we learned in class.

Wee Petite (Kindergarten & 1st grade) - We learned a lot in this class! We practiced our Brush Kicks (preparing the girls for proper kick technique) as well as pirouettes. You can find 2 videos below that show what we worked on! Congrats to our Spirit Stick winner this week Taylor Hovey!

Wee Kix (2nd & 3rd grade) -- our Wee Kix class started their competition routine today set to the music Best Day of My Life. You will see a video below of the first part of their dance that they should be practicing at home. As well I am attaching the warm up that we are currently working on. It is very detailed and calls for them to know their positions and use their muscles. Congrats to this week's Spirit Stick Winner Emma Root!

Mini Kix (4th & 5th grade) --- DOUBLE PIROUETTES ! this will be a requirement for our competition piece. We practiced some drills today and I know it will take time, but with proper technique and core work your dancers will be so proud once they land their double!! We began our competition piece tonight and inorder to give the girls all the advantages they deserve we will have to put in place some more difficult skills and we are starting with their RIGHT double pirouette. I've

attached a video of their new routine as well as the JFK Warm Up that they should be working on.

Middle Kix (6th & 7th grade) --- This class as well is working on double pirouettes and began their competition routine to a remixed song of Girls Just Wanna Have Fun. Please have them review the attached practice video and warm up.

Wee Petite (K-1st) videos:

[Brush Kicks](#)

[Sept./Oct Certificates](#)

2nd thru 7th grade videos:

[Best Day of My Life Part 1](#)

[Stop The Party Part 1](#)

[Pirouette Drill](#)

[Girls Just Want To Have Fun Part 1](#)

 [H01548 - JFK 2015 Warm-up II-SD.mp4](#)