

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. 18th - Due to a scheduling conflict there will not be a show at Harmony Healthcare, our Tiny Kix will have a performance in January instead. However, K-7th grade Kix Classes will all perform at the Harmony Holiday Expo at Fillmore Central High School (meet in the hallway behind the stage @ 11:45 --- K-1st in uniform, 2nd thru 7th black pants red shirts, hair in bun)

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

Nov 22nd - No Class for K-7th grade due to Thanksgiving Holiday

Nov. 29th - Lyrical Begins *I am looking for a few more dancers to add to 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 Photograpy

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) --- Miss Jessica and I are excited to start Holiday routine with your tiny dancers this upcoming Monday. Please make sure you read the NOTE above -- there will be no November Tiny Kix performance.

Wee Petite (Kindergarten & 1st grade) - CANDY CANES --- we used our giant candy canes to stretch today and started our Christmas routine. Congrats to our Spirit Stick winner this week Lil Dempenwolf!

Wee Kix (2nd & 3rd grade) -- These ladies are doing a wondrous job with their new routine. see the attached video below. Congrats to this week's Spirit Stick Winner Kylie!

Mini Kix (4th & 5th grade) --- DOUBLE PIROUETTES ! Still something to be working on! Also, we talked about the DESIRE to be a winning team must match our WILLINGNESS to practice at home. Below is the video from what we learned this week for our routine.

Middle Kix (6th & 7th grade) --- We continued our FUN routine, we also took a video of each dancer's Single Pirouette so that in a couple of weeks we can look back and see how much they have improved!!! Below is the attached video for this week's choreography.

THIS WEEK'S VIDEOS

[2nd-3rd Grade WEE KIX - Best Day](#)

4th-5th Grade - Mini Kix - Stop the Party

[6th & 7th Grade - Middle Kix - FUN](#)

*FOR PRACTICE AT HOME TO HELP WITH PIROUETTES:

[JFK HOW TO IMPROVE YOUR BALANCE](#)

--

Victoria Musel

Harmony JFK Director

harmony_mn@justforkix.com

757-344-8508

www.justforkix.com/danceclasses/harmony_mn