

Welcome to the 1st week of DANCE!! I will try to keep these short & sweet as we are all very busy but please reach out if you have ANY questions!

A few housekeeping items:

Dress for Class:

---Hair should be pulled packed and out of face/off shoulders.

---No jeans or crop tops.

---Dance shorts are fine, however outside of the cafeteria dancers should wear sweats or something to cover these short shorts.

---Dance shoes if possible, if your dancer doesn't have their shoes yet that is okay, but they will need to wear tennis shoes for practice -- slippery socks = slippery dancers :(and i encourage parents to LABEL dance shoes (these are expensive and very easy to mix up)

*Any items left after class will be taken to the lost & found table/office for dancer to pick up the next school day

*Dancers need to stay in the hallway outside the cafeteria before and after class while waiting for their ride, unless you have instructed your dancer to meet you outside.

*Since classes are back to back it is hard to talk to parents in between classes, there's times where I would really like to touch base between classes however I want your dancers to have my FULL attention. Please reach out to me with any questions, concerns etc. anytime outside of our class schedule

Upcoming Dates To Remember

Wed. Sept. 27th -- BRING -A- FRIEND night for K-7th grade (please make sure that you dancer brings the contact info for their friends, if dance friends will be going to SAC please make sure they are registered for SAC)

Mon. Oct. 2nd -- HIP HOP BEGINS!!! If you're dancer is enjoying classes or you know of someone who is interested I would love for you to get them signed up for this short 4 week class!!

BRING-A-FRIEND night for TINY KIX (friends should be age ranges 2 thru 6)

Wed. Oct. 18th -- NO DANCE CLASS due to MEA

Wed. Oct. 25th --- 2nd grade thru 7th grade PARENTS pls watch the upcoming Weekly Emails as we may combine a couple of classes on the 25th to allow for a group practice. I will keep you informed as the date gets closer

THIS WEEK IN DANCE:

Tiny Kix (2yrs thru Preschool) --- we learned and reviewed 1st position and Plie with our song Ballerina Bear, and how to find our 'X'. We also worked on our leaps in our fun obstacle course. Next week we will be working on Tendu!! We also began learning our 1st routine to the song Pumpkin Juice. I also handed out the Sept.Oct. Calendar and Newsletter so if you did not get one you can head on over to our website or let me know and I will send it to you.

Wee Petite (Kindergarten & 1st grade) -- This week we did a fun warm up to the Gummy Bear Song & reviewed 1st position & the girls SOAKED up the routine for our first song Bare Necessities (attached). This class just flies by because we are having soo much fun.

Wee Kix (2nd & 3rd grade) -- We are BIG girls now. Quite a few of these young ladies from last year have graduated into this class and we are happy to have them!! This class is will be competing this year (probably once) as well as a live TV Event. We talked about the important of FACIALS (we talked about 3 or 4 different smileys that we want to keep on throughout our whole dance routine). We used broom sticks to work on our balance while kicking & since we did so well with our routine -- at the end of class we got to play a game called Captain's Coming! I have attached the music & and AWESOME video (click [HERE](#)) for our first routine & I encourage dancers to please review at home!!

Mini Kix (4th & 5th grade) --- Fun first class! Got a lot of our routine done. We found a couple of great ways to help in memorizing choreography & introduced a new warm up song "WE WIN". We worked on a timing drill which we will repeat next week. I really encourage dancers to PRACTICE PRACTICE PRACTICE their routine at home. I have included a partial video that we got yesterday for them to practice with (click [HERE](#)) We don't use easy routines, 1 hour of class is very short, and if they're not practiced at home then a lot of time is wasted in class on review for those who do not practice. I really enjoy this class and I cant wait to see what they can do as a team!!

Middle Kix (6th & 7th grade) --- This is going to be a fun year for these 6 girls!! We welcomed Kayden into our group. Practiced Barbie Walks and worked on a timing drill! And even completed what we needed to! The music for their routine is below, please encourage practice & stretching at home!

Video Links

Mini Kix https://youtu.be/_nW8q8vUKNI

Wee Kix <https://youtu.be/x6x9uNVPckU>

Thank you all for allowing us to teach your dancers!!

Victoria Musel

Harmony JFK Director

harmony_mn@justforkix.com

757-344-8508

www.justforkix.com/danceclasses/harmony_mn