

the dance studio

at EVERYBODY FITS

Ballet Combo (ages 5-7)

Students should master all or some the concepts below at the end of the season.

- 5 positions of the feet and arms (and parallel)
- Rotation from the Hips
- Demi and Grand plies in 1st, 2nd and 5th
- Tendus from 1st and 5th
- Tendu passé
- Coupe passé
- Echappe
- Sauté
- Arabesque
- Spring Points
- Piques
- Balance
- Chainé
- Spotting
- Concept of Reverance
- How to properly dance at the barre
- Chasses
- Skips
- Arabesque sauté
- Grand jete
- Pas de chat from 1st
- Triplets
- Pod-a-bourees
- Preps for pirouettes



All curriculums are used as a guide. Classes are ultimately structured to the general level of the students.

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Tap Combo (ages 5-7)

Students should master all or some the concepts below at the end of the season.

- Maxi Ford
- Buffalo
- Cramp Roll
- Single Time Steps
- Paddle Turn
- Running and walking flaps (front and back)
- Shuffle Step
- Shuffle Hop Step
- Combining the steps listed above



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