

the dance studio at EveryBody Fits

Beginning Jazz (ages 8+)

Students must be able to master before moving to Intermediate Jazz!

- Stretch Feet
- Jazz walks and runs
- Chasse front, side and alternating
- Ball Change
- Kick ball change
- Step ball change
- Pivot Turn
- Chaine
- Battements
- Jete
- Passé Jumps
- Pique over
- Russians
- Pirouettes with proper jazz turn prep (inside and outside)
- Coupe Turns with proper prep
- Illusions
- Layout
- Catch Leg Hold
- Attitude hold and balance
- Penche on the walls
- Chaine Jete
- Over the Shoulder Rolls
- Tour de Basque
- 3-step Turn
- Pa de bourree
- Pencil Turns (inside and outside)
- Compass Turns
- Saute Basque Turns
- Pique Turns
- Hitch Kick



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