

## FULL CLASSES PROGRAMME

Friday 9th March, 10.30-11.15, Level: Open

### **Cheerleading**

High energy class for anyone interested in the fabulous and exciting world of Cheerleading! Learn a fun cheer routine and try the dance moves, jumps, motions all part of Cheerleading. With Sian Todd of DC49, national Cheerleading champions for the last 4 years! Dance and Cheer 49.

Friday 9th March, 10.30-11.15, Level: Open

### **Disco (Under 16s)**

High energy Disco Freestyle class especially for dancers aged 16 and under of all abilities. Fun, modern routines of varying tempos set to the latest chart music and 80's classics. Taught by Amy Lewis an ISTD Associate qualified teacher at Harfield Dance Studios. Harfield Dance Studios.

Friday 9th March, 10.30-11.15, Level: Intermediate

### **Inter Commercial**

Ideal for anyone with dance experience looking for a fun and challenging class. A taster of the commercial dance industry and teaching from a professional training institution perspective. Lindsay Inglesby is a choreographer and lecturer at Liverpool Institute for Performing Arts (LIPA). LIPA was founded by Sir Paul McCartney and runs a BA (Hons) Dance Programme which focuses on training students to gain and maintain training in all areas of the dance industry. Liverpool Institute for Performing Arts.

Friday 9th March, 10.30-11.15, Level: Open

### **Contemporary Jazz**

Try cool Contemporary inspired Jazz with American Choreographer, Melody Squire. Melody's credits include dancing with Madonna, Will Young and James Blunt, choreography for So You Think You Can Dance UK. Melody is the founder of Contemporary Jazz company Sol Dans Company which has performed at some of the Cochrane Theatre, Robin Howard Dance Theatre, and Sadler's Wells. Ideal for dancers looking for inspiration from the energetic and fluid American Jazz style. Not suitable for beginners. Sol Dans Company.

Friday 9th March, 10.30-11.15, Level: Intermediate

### **Inter Contemporary**

Contemporary influenced by Merce Cunningham. Suitable for dancers with some experience in Contemporary style. Taught by Eddie Copp, Artistic Director of Momentum Dance. Eddie trained at Rambert School, Central School of Ballet and went on to be a soloist and choreographer for Royal Ballet de Wallonie, Charleroi Dances and choreographers including Merce Cunningham and Lucinda Childs. Momentum Dance.

Friday 9th March, 10.30-11.30, Level: Teachers

### **Beyond Ballets Russes insight session**

**PRACTICAL** This insight session for teachers will break down the delivery methods used by English National Ballet Dance Artists delivering Beyond Ballets Russes workshops. Learn how to adapt professional repertoire to give students the tools to shape their choreographic work. English National Ballet.

## FULL CLASSES PROGRAMME

Friday 9th March, 10.45-11.30, Level: Intermediate

### **Inter Ballet**

Ease into the day with an inspiring Classical Ballet class. Ideal for dancers with some knowledge of Ballet terminology and technique looking to develop their presentation and performance style. Taught by Kate Webster of PPA. Kate teaches at PPA, Central School of Ballet and Guildford School of Acting. PPA.

Friday 9th March, 10.45-11.30, Level: Open

### **Zumba**

Shake your body to fiery Latin and world music. Perform sassy, urban dance moves to get your heart racing. Join the Virgin Active team for a hot dance workout. Virgin Active.

Friday 9th March, 10.45-11.30, Level: Open

### **Body Conditioning & Flexibility**

Start your MOVE IT experience with a class in toning and stretching. Ideal for dancers looking to pick up helpful hints, techniques and exercises that focus on improving their flexibility, toning up and conditioning the body. Presented by Mandy Ellen Performing Arts. Mandy Ellen Performing Arts.

Friday 9th March, 10.45-11.30, Level: Open

### **High Energy Jazz**

Kick start your morning with a fun class in energetic Jazz. Taught by Choreographer, Director of Streetdance show, Blaze and Artistic Director of Performers College, Chris Baldock. Chris's experience ranges from working with sport brands like Nike and Adidas, to Starlight Express and Bounce. Presented by Performers College. Performers College.

Friday 9th March, 11.30-12.15, Level: Open

### **Song and Dance**

A class inspired by hit US show Glee! Learn a fun routine that combines dance and some singing. Taught by Kelly Rainford of Urdang Academy. Kelly's credits include Chicago, Cats and Mamma Mia. Urdang Academy.

Friday 9th March, 11.30-12.15, Level: Open

### **Young Street**

For young up and coming dancers, learn an exciting Streetdance routine set to songs from Glee, High School Musical and Wild Cats! Try out your moves in a Freestyle circle as part of class! Open to all ages and abilities. Led by Nicole McDonnell and Molly Evans from Futunity UK. FutunityUK.

Friday 9th March, 11.30-12.15, Level: open

### **Inspired: Shrek The Musical**

Fun dance routine inspired by the stage show Shrek The Musical. Suitable for dancers of all ages and open to all abilities. Shrek The Musical.

## FULL CLASSES PROGRAMME

Friday 9th March, 11.30-12.15, Level: Open

### **Contemporary Rock**

Rock out with a style that fuses elements from Hip Hop, Commercial and Contemporary choreographed to quirky, alternative, Indie Rock music. Presented by the UK's leading alternative dance company Inko Dancers. They've worked with the likes of E4, MTV, Kerrang, Glastonbury Festival and numerous music videos, they also teach regularly at Pineapple Dance Studios in London. Inko Dancers.

Friday 9th March, 11.30-12.15, Level: Intermediate

### **Classical Ballet (15 yrs and over)**

Focus on Ballet technique with Jeremy Kerridge of Tring Park School for the Performing Arts. Jeremy has danced internationally and for Northern Ballet Theatre and now teaches at Tring. Ideal for young dancers aged 15 upwards with some knowledge of Ballet. Tring Park School for the Performing Arts.

Friday 9th March, 11.45-12.45, Level: Teachers

### **Faultline on the GCSE dance syllabus: masterclass**

**PRACTICAL** A practical insight into Shobana Jeyasingh Dance Company's Faultline, a set work on the GCSE Dance syllabus. Gain a unique insight from company artists on how the work can be taught and developed with your students. Class will begin with a combined warm up of contemporary and Bharata Natyam, followed by Faultline repertory. There is a 10% discount on all future workshops to teachers that attend this masterclass. For more information on Faultline and the Company, visit [www.shobanajeyasingh.co.uk](http://www.shobanajeyasingh.co.uk). Shobana Jeyasingh Dance Company.

Friday 9th March, 11.45-12.30, Level: Intermediate

### **Next Step Tap**

For Tap dancers looking to take their skills to the next level. How to make sequences more challenging, explore rhythms and develop new ways to use techniques. Taught by Jo Scanlan of Tap Attack. Tap Attack's faculty credits include Tap Dogs, 42nd Street, Singing in the Rain and have even broken the Guinness World Record for the fastest Tap dancer! Tap Attack.

Friday 9th March, 11.45-12.30, Level: Open

### **Ballet Body Conditioning: 'Classicore'**

Designed to enhance flexibility, strength and fluidity of movement, Ballet Body Conditioning integrates basic Ballet principles, dynamic stretching, and floor work aimed at developing core stability. Drawn from Classical Ballet's emphasis on precision, line and maintaining a sense of centre; Ballet Body Conditioning uses a complementary range of bodywork principles emphasising proper alignment and movements that lengthen as they tone. Presented by Dr. Anne Hogan, Director of Education, Royal Academy of Dance. Royal Academy of Dance.

Friday 9th March, 11.45-12.30, Level: Open

### **Hip Hop Foundations**

Go back to basics with the Hip Hop foundations, learn both technique and Hip Hop's history. Taught by Andy Instone, Artistic Director from the UK's leading Streetdance specialists, Urban Strides. Andy has worked with artists such as Dizzee Rascal, Sean Paul and Alexandra Burke. Urban Strides.

## FULL CLASSES PROGRAMME

Friday 9th March, 11.45-12.30, Level: Open

### **On Broadway**

Broadway style Jazz with a showstopping routine. Ideal for dancers with some experience. Taught by Keith Wood of Expressions Performing Arts. Keith has worked predominantly in theatre and television and has choreographed worldwide. He is currently a tutor at Expressions Academy of Performing Arts. Expressions Performing Arts.

Friday 9th March, 11.45-12.30, Level: Teachers

### **In my experience: making dance a business**

SEMINAR Amanda Hughes of Dance Beat Limited shares how she was able to take her teaching skills from beyond the studio and use her knowledge of dance to run a successful dancing business. Amanda is a Fellow and Examiner with the ISTD, and as well as running a very busy dance school she also does work for various community projects, including special needs, over 50's and pre-school classes. She has been an ISTD committee member for nine years, her work involving lectures and syllabus creation. Amanda founded new company DISCO DUCK in 2009, which targets the pre-school market, and is now licensing the business to dance schools around the country. Disco Duck.

Friday 9th March, 12.00-12.45, Level: Open

### **Flamenco**

Whirl and stamp your way through a fiery Spanish Flamenco lesson with Danielle Allan of Flamenco con Gusto. Ideal for adult dancers but suitable for all ages. Enjoy an authentic taste of Spanish Gypsy dance. Flamenco Con Gusto.

Friday 9th March, 12.30-13.15, Level: Intermediate

### **Musical Theatre**

Find your inner star in a class that'll inspire a career on stage. Learn a Musical Theatre routine made popular by the shows of West End and Broadway. Taught by a tutor from Tiffany Theatre College. Ideal for those with dance experience looking to up their game. Tiffany Theatre College.

Friday 9th March, 12.30-13.15, Level: Open

### **Hip Hop**

An introduction to the social dances of Hip Hop. Learn the original dance moves that started in block parties in New York. Dances like Camel Walk, Bart Simpson and Steve Martin. Taught by MOVE IT Line-Up member Inga Be. Inga is the National UK Street Dance duo champion 2009 and a runner-up freestyler 2010. She teaches regular classes and runs crew UNSEEN SHADOWS who are part of the social enterprise 4 Movement. MOVE IT Line-Up.

Friday 9th March, 12.30-13.15, Level: Open

### **Hip Hop Mix**

Learn some signature moves and fresh choreography with The A-Team. This dance collective is made up of highly talented artists coming all from different paths of dance including The Animaineax (BBC3 Winners of Move Like Michael Jackson and have worked with Boy Blue and ZooNation), Annihilation Brothers and Soul Mavericks. The A-Team.

# FULL CLASSES PROGRAMME

Friday 9th March, 12.30-13.15, Level: Open

## **Street Edge**

Give your Streetdance performance some high drama. Learn a routine and pick up tips on performance technique to really make your Streetdance style stand out from the crowd. Taught by top dancer and finalist of Britain's Got Talent, Tobias Mead. Presented by Dancers INC. Dancers INC.

Friday 9th March, 12.30-13.15, Level: Open

## **Contemporary**

A Cunningham based Contemporary class for dancers aged 12 years and upwards. Learn the characteristics of choreographer Merce Cunningham's technique that makes his style so instantly recognisable. Perfect for dancers looking to build their foundations for advanced training. Taught by specialist in Cunningham technique and Contemporary dance teacher at Tring, Tim Blowfield. Presented by Tring Park School for the Performing Arts. Tring Park School for the Performing Arts.

Friday 9th March, 12.45-13.30, Level: Advanced

## **Advanced Tap**

Experience Tap taught at vocational college level. For dancers with confident Tap skills looking to perfect their style, performance and technique. Presented by Bird College. Bird College.

Friday 9th March, 12.45-13.30, Level: Open

## **Dance like the Tudors**

Find out how the Tudors danced, think Henry VIII's era and festivals filled with music and dance. Led by tutors from Nonsuch History and Dance. Nonsuch tutors have taught for Laban and RADA. Nonsuch History and Dance.

Friday 9th March, 12.45-13.30, Level: Open

## **Commercial Street**

Learn slick routines to the latest chart tracks, taught by Lee Alexander. Graduate of the London Studio Centre, Lee has since performed with Girls Aloud, Alexandra Burke, Peter Andre and Cheryl Cole. Presented by London Studio Centre. London Studio Centre.

Friday 9th March, 12.45-13.30, Level: Beginners

## **ABSOLUTE BEGINNERS: Jazz**

Pick up the basics of Jazz, perfect for anyone completely new to dance. Presented by Mandy Ellen Performing Arts. The ABSOLUTE BEGINNERS series is for anyone who's always wanted to learn to dance. This is the perfect opportunity to try out a range of styles in a relaxed and informal environment, with a group of like-minded people who just want to have fun. Mandy Ellen Performing Arts.

Friday 9th March, 13.00-14.00, Level: Masterclasses

## **Commercial Masterclass**

Stay one step ahead with a class from choreographer and dancer Dean Lee. Ideal for advanced and professional level dancers looking to create a performance style with maximum impact. Dean graduated from Urdang Academy, has danced with Janet Jackson, Pussy Cat Dolls, Duffy, Take That and choreographed for Beth Ditto. Dean has also been Dance Captain of Thriller in the West End. Presented by Urdang Academy. Urdang Academy.

## FULL CLASSES PROGRAMME

Friday 9th March, 13.00-13.45, Level: Open

### **Rumba**

Learn smooth and sultry Rumba with MOVE IT Line-Up member Emma. Emma won the 2010 ISTD professional scholarship and ranked 4th in UK Latin charts during competitive career. Emma is certified LISTD and LNATD in both Ballroom and Latin. Improve your footwork and confidence in this style, suitable for dancers of all abilities. This class will be for couples, you can bring your current partner or meet someone new in class. Please note each person will need a valid class ticket to attend. MOVE IT Line-Up.

Friday 9th March, 13.00-13.45, Level: Teachers

### **From performer to teacher: managing the transition**

SEMINAR Having experience as a performer can bring enormous benefits to dance teaching, however dance teaching requires different skills and attributes to those needed by a performer. This seminar will look at the key skills required and highlight routes that performers can use to make transition to the role of teacher in a range of dance training contexts. Presented by Trinity College London and the Dance Training & Accreditation Partnership. Trinity College London and the Dance Training & Accreditation Partnership.

Friday 9th March, 13.30-14.15, Level: Open

### **West End Musical Theatre**

Pick up tips on performing for the West End and international stage. Taught by Matt Flint from Happy Feet Productions. Matt won So You Think You Can Dance UK Season 2 and his credits include Strictly Come Dancing Series 9 (BBC), SYTYCD US Season 8 Finale (FOX), Dance Captain in Contact (Queens Theatre), Dance Captain in Dirty Dancing (Aldwych) and Guys And Dolls (Piccadilly). Happy Feet Productions.

Friday 9th March, 13.30-14.15, Level: Open

### **Faultline on the GCSE Dance Syllabus: A Workshop for Students**

A unique opportunity to explore the work and prepare for your studies. Ideal for students studying Shobana Jeyasingh Dance Company's Faultline within the GCSE Dance syllabus. For more information on Faultline and the company, visit [www.shobanajeyasingh.co.uk](http://www.shobanajeyasingh.co.uk). Shobana Jeyasingh Dance Company.

Friday 9th March, 13.30-14.15, Level: Open

### **Funky Musical Theatre**

Fun, funky routine inspired by stage show Our House, the musical set to the songs of 80's band Madness. Taught by Lizzi Gee, Lizzi is a top TV and Theatre choreographer whose credits include the West-End musical Love Story, Daddy Cool, ITV's 'Feelgood Factor', The Legend of Dick and Dom, and the BAFTAS 2009. She has also been Resident Choreographer on 'Billy Elliot' and Assistant Choreographer on Our House-The Musical. Gee Force School of Dance.

Friday 9th March, 13.30-14.15, Level: Intermediate

### **Fierce Street**

Focus on a Commercial Streetdance routine that blends elements of Waacking, Voguing and a fierce attitude! Bring your crew to pick up tips to make your routine stand out from the crowd. Taught by gymnast turned dancer Marcos White of FutunityUK. FutunityUK have a host of Street Dance titles under their belt including UDO World and XXL Championships. Suitable for dancers with some experience, confident in learning a short piece of choreography and familiar with urban dance styles. FutunityUK.

## FULL CLASSES PROGRAMME

Friday 9th March, 13.30-14.15, Level: Open

### **Ballet Performance**

Polish your performance with Ballet from experienced West End performer (Moby Dick and Scrooge) and dancer for London City Ballet, Cheryl Thrush. Cheryl is currently a Ballet teacher at Urdang Academy. Urdang Academy.

Friday 9th March, 13.45-14.30, Level: Intermediate

### **Stylised Jazz**

Slick and stylish Jazz that's packed with attitude. Taught by Choreographer, Director of Streetdance show, Blaze and Artistic Director of Performers College, Chris Baldock. Chris's experience ranges from working with sport brands like Nike and Adidas, to Starlight Express and Bounce. Presented by Performers College. Performers College.

Friday 9th March, 13.45-14.30, Level: Intermediate

### **On Stage Style**

Boost your stage presence with a class focusing on Musical Theatre performance. Led by Natalie Edmunds, Head of Dance at Bodywork, Cambridge Performing Arts. Ideal for dancers with some previous experience looking take it to the next level. Cambridge Performing Arts at Bodywork.

Friday 9th March, 13.45-14.30, Level: Intermediate

### **World Fusion Contemporary**

Expand your dance knowledge with an exhilarating journey across the globe. Explore technique, rhythm and expression from world dance styles including; Bollywood, Flamenco, Caribbean and Afro-Brazilian dance, fused with Contemporary/Commercial dance. Learn moves that will make your dance style stand out from the crowd. Taught by Co-Director of Movema and dance lecturer at Liverpool Institute for Performing Arts (LIPA) Penny Caffrey. LIPA was founded by Sir Paul McCartney and runs a BA (Hons) Dance Programme which focuses on training students to gain and maintain training in all areas of the dance industry. Movema & Liverpool Institute for Performing Arts.

Friday 9th March, 13.45-14.30, Level: Beginners

### **ABSOLUTE BEGINNERS: Bellydance**

From snake arms to shimmies, learn the ancient art-form of Bellydance. This class is for complete beginners, you do not need previous dance experience. Taught by Fleur Estelle Dance Company. As one of London's largest Bellydance schools, Fleur and her team teach across London. Fleur has danced for Akon, Fat Joe, Alan Titchmarsh, Gordon Ramsay and several TV appearances as well as Kasabian's music video. The ABSOLUTE BEGINNERS series is ideal for anyone interested in trying a new dance style in a relaxed fun environment. Fleur Estelle Dance Company.

Friday 9th March, 14.00-14.45, Level: Open

### **BollyKids (5 yrs and over)**

An introduction to the Bollywood dance basics for little hands and feet. Suitable for age 5 years plus. Parents and carers can come in, join and watch the class without a ticket. Led by Bollywood Dance London. BDL teach across London at Pineapple Dance Studios, Danceworks, Gymbox and LA Fitness and have over 10 years of teaching experience as Bollywood Grooves. Bollywood Dance London.

## FULL CLASSES PROGRAMME

Friday 9th March, 14.15-15.15, Level: Masterclasses

### **Capoeira Masterclass**

Explore the exhilarating Brazilian martial art, Capoeira, to enhance your contemporary dance vocabulary and acrobatic skills. Suitable for advanced and professional level dancers. Taught by Ponciano Almeida and Baris Yazar of Cordao de Oro London. Ponciano has taught across studios in London for the last 10 years and taught Capoeira for Rambert Dance Company, Random Dance and Siobhan Davies Dance. Cordao de Ouro London.

Friday 9th March, 14.15-15.00, Level: Teachers

### **Dance on the national curriculum**

SEMINAR: This seminar aims to introduce existing dance teachers to dance teaching in the national curriculum by providing an overview and examples of best practice at various Key Stages. You will gain a better understanding of the education models and teaching requirements that underpin dance teaching in an educational setting as well as an awareness of the breadth of the public sector. Led by Janine Streuli and Claire-Louise West, Royal Academy of Dance. Royal Academy of Dance.

Friday 9th March, 14.30-15.15, Level: Open

### **Contemporary Jazz**

Classic Jazz meets fluid Contemporary with a shake of Street thrown in. Taught by Nike D-Clash member Roz Lynch. Roz has appeared on BBC's So You Think You Can Dance, worked with Youth Dance England and recently worked with the BBC to create educational masterclasses. Roz's class will focus on how to make movement flow together, while adding your own stamp to fresh choreography. Ideal for those new to dance or looking for a refresher. Roz Lynch.

Friday 9th March, 14.30-15.15, Level: Open

### **Tap**

Come and learn new Tap styles, rhythm and techniques set to contemporary music with one of the UK's most sought after Tap Choreographers Lizzi Gee. Lizzi is in constant demand as a Tap coach at many Performing Arts Colleges and is known for her work as principal tap coach on Billy Elliot in the West End. Taught by Lizzi Gee, Lizzi is a top TV and Theatre choreographer whose credits include the West-End musical Love Story, Daddy Cool, ITV's 'Feelgood Factor, The Legend of Dick and Dom, and the BAFTAS 2009. She has also been Resident Choreographer on 'Billy Elliot' and Assistant Choreographer on Our House-The Musical. Gee Force School of Dance.

Friday 9th March, 14.30-15.15, Level: Open

### **Unique Street**

Learn some new moves from the team behind Got to Dance 2011 winners Chris & Wes. Blending Hip Hop, Streetdance, some abstract moves and a twist of comedy this duo have a very unique signature style. Chris and Wes.

Friday 9th March, 14.30-15.15, Level: Advanced

### **Commercial Jazz**

High energy Commercial routine suitable for dancers with Jazz experience. Ideal if you are looking to pick up some up to date choreography and work on a style from the heart of the industry. Suitable for confident dancers looking to up their game. Presented by Bird College. Bird College.

## FULL CLASSES PROGRAMME

Friday 9th March, 14.30-15.15, Level: Intermediate

### **English National Ballet: Ballets Russes**

Go beyond Ballets Russes and learn repertoire from English National Ballet's up coming Ballets Russes programme in a workshop exploring the innovative technical style of Diaghilev's Ballets Russes. Suitable for those with Ballet experience aged 16 and over. English National Ballet.

Friday 9th March, 14.45-15.30, Level: Intermediate

### **Inter Tap**

Improve your Tap style, ideal for dancers with some knowledge of Tap dance interested to try a class at vocational study level. Taught by Emma Rogers from Performers College. Emma is an established choreographer, including International Tour of the new Michael Jackson Tribute show Man In The Mirror touring extensively in the USA, UK and Europe, Strictly Tap Dance Fever (USA, UK Tour) and The Wild Party (Mirren Theatre). Performers College.

Friday 9th March, 14.45-15.30, Level: Open

### **Brazilian Bellydance Fusion**

Try an exhilarating and captivating combination of traditional Bellydance and Brazilian Samba. A fun, fast paced, high energy class. No previous experience required, this class is guaranteed to make your heart race! Let your hips do the talking and take a journey to the heart of carnivals in Rio. Taught by Melissa BellyDance. Melissa has taught Bellydance across London and her credits include The 5 O'Clock Show with Lenny Henry, Sadie Frost - FrostFrench, BBC2's Strictly Come Dancing It Takes 2 and BBC3's Don't Tell the Bride. Melissa BellyDance.

Friday 9th March, 14.45-15.30, Level: Open

### **Hip Hop Edge**

Straight from the heart of the dance scene is a Hip Hop class full of energy and fun. Taught by John Graham who has performed with Rihanna, Jessie J, Sugababes, Justin Bieber, Alexandra Burke, Janet Jackson, Beyonce, Leona Lewis, The Saturdays and Mariah Carey. Presented by London Studio Centre. London Studio Centre.

Friday 9th March, 14.45-15.30, Level: Intermediate

### **Street Jazz**

Jazz with a Streetdance twist. Taught by Stella Mann College. Suitable for dancers with previous experience looking to improve on their knowledge and boost their skills. Stella Mann College.

Friday 9th March, 15.00-15.45, Level: Open

### **Quickstep**

Try fun, fast and energetic Quickstep. This ballroom style is elegant with the aim to stay light on your feet. Ideal for anyone to come along and have a go. This class will be for couples, you can bring your current partner or get paired up in class. Please note each person will need a valid class ticket to attend. Presented by Richard Miller of Miller Dance Centre Norwich. Richard, together with wife Lynn run a very successful dance school in Norwich for some 18 years and have actively been involved in competitive teaching, judging and lecturing. Richard has been involved in choreographing routines for TV and stage including Britain's Got Talent and involved with Strictly Come Dancing. Miller Dance Centre Norwich.

## FULL CLASSES PROGRAMME

Friday 9th March, 15.30-16.15, Level: Open

### **Commercial Edge**

Refresh your style with an energetic and fiesty Commercial routine led by dancer and choreographer, Christina Andrea. Christina specializes in commercial and alternative choreography for music videos, live events and TV. She is the Creative Director and choreographer for dance group Frameous DC (Sky's Got to Dance) and one of Accelerate Ltd's choreographers. She's danced for Jessie J, Pixie Lott, Parade, Mary J Blige and CeeLo Green. Frameous DC.

Friday 9th March, 15.30-16.15, Level: Open

### **House**

Go with the flow for House dance with Sammi Grover of Urdang Academy. Sammi has danced with Boy Blue, Tybox and is currently on the Thriller tour. Perfect for those with some dancing experience looking to expand their skills. Presented by Urdang Academy. Urdang Academy.

Friday 9th March, 15.30-16.15, Level: Open

### **Street**

Learn a routine that blends Streetdance and Comedy in the style of Twist and Pulse. Taught by Britain's Got Talent 2010 runners up Twist and Pulse. Twist and Pulse.

Friday 9th March, 15.30-16.15, Level: Open

### **Freestyle Street**

High energy routine mixed with the cool style of Streetdance, ideal for those with some dance experience and new to the style or want to improve on their Disco Freestyle skills. Taught by Keith Wood of Expressions Performing Arts. Keith has worked predominantly in theatre and television and has choreographed worldwide. He is a tutor at Expressions Academy of Performing Arts. Expressions Performing Arts.

Friday 9th March, 15.30-16.15, Level: Open

### **Inspired: Swan Lake**

Enjoy a class inspired by classic Ballet Swan Lake. Ideal for young Ballet dancers aged 10 years and over currently studying at Grade 4 Ballet or equivalent and above. Presented by Royal Academy of Dance. Royal Academy of Dance.

Friday 9th March, 15.30-16.30, Level: Teachers

### **Teaching streetdance**

PRACTICAL Make Street and Hip Hop fun and accessible to all ages. Ideal for teachers looking to broaden their skills and teach dance to a range of levels. Taught by Andy Instone, Artistic Director of one of the UK's leading Streetdance specialists, Urban Strides. Andy's work has been seen in 128 countries around the world and on 36 TV channels and he has made it his mission to travel the world to learn from the pioneers of Hip Hop. His crew, Urban Strides have performed alongside the likes of Dizzee Rascal, Sean Paul and Alexandra Burke and were the first Streetdance crew to open the Royal Variety Performance in the presence of Her Majesty the Queen. Urban Strides.

## FULL CLASSES PROGRAMME

Friday 9th March, 15.30-16.15, Level: Teachers

### **In my experience: adaptable teaching**

SEMINAR Dance teaching and learning takes place in a wide variety of contexts including the private studio setting, youth clubs, sheltered housing and even hospitals and prisons. In this seminar an experienced dance teacher will explain how she broadened her practice from private dance school teacher to reach out to a wider community base giving examples of the challenges and rewards she encountered along the way. Presented by Trinity College London and the Dance Training & Accreditation Partnership. Trinity College London and the Dance Training & Accreditation Partnership.

Friday 9th March, 15.45-16.30, Level: Intermediate

### **Inter Musical Theatre**

Build your confidence and stage presence, while working on your technique. Taught by an experienced tutor from PPAcademy. Ideal for dancers with some experience looking for a challenge. PPAcademy.

Friday 9th March, 15.45-16.30, Level: Open

### **Bollywood Bhangra Fusion**

An upbeat blend of traditional Indian Folk dance Bhangra with moves to get your heart pumping. Set to the sounds of Indian drumming, this is sure to uplift and burst with energy. Led by Nileeka Gunawardene of Bollywood Dance London. BDL run regular classes at Danceworks, Pineapple Dance Studios, Gymbox, LA Fitness and Nuffield. This class is suitable for all levels looking for new ways to build stamina and keep fit - ideal for all ages. Bollywood Dance London.

Friday 9th March, 15.45-16.30, Level: Open

### **Jazz**

Fun, light hearted Jazz class, ideal for dancers with some experience, confident in learning choreography, looking to learn some signature moves. A slick, smooth style taught by Matt Flint from Happy Feet Productions. Matt won So You Think You Can Dance UK Season 2 and his credits include Strictly Come Dancing Series 9 (BBC), SYTYCD US Season 8 Finale (FOX), Dance Captain in Contact (Queens Theatre), Dance Captain in Dirty Dancing (Aldwych) and Guys And Dolls (Piccadilly). Happy Feet Productions.

Friday 9th March, 15.45-16.30, Level: Open

### **Music Video Style**

Commercial inspired by the latest music videos. Open to all abilities, more suitable for those with some dance experience and confidence in picking up a routine. Taught by Momentum Dance choreographer and dancer, Alex Bowen. Alex's numerous achievements include being part of the Streetdance cat 2 Championship team and has been a National Youth Dance Festival finalist. Presented by Momentum Dance. Momentum Dance.

Friday 9th March, 16.00-16.45, Level: Open

### **Cha Cha**

Learn to Cha Cha Cha with MOVE IT Line-Up member Emma. Cha Cha Cha is a bright and lively style inspired by passionate Latin rhythms. Emma won the 2010 ISTD professional scholarship and ranked 4th in UK Latin charts during competitive career. Emma is certified LISTD and LNATD in both Ballroom and Latin. Improve your footwork and confidence in this style, suitable for dancers of all abilities. This class will be for couples, you can bring your current partner or meet someone new in class. Please note each person will need a valid class ticket to attend. MOVE IT Line-Up.

## FULL CLASSES PROGRAMME

Friday 9th March, 16.30-17.15, Level: Open

### **Inspired: Lady Gaga**

Come and learn a Commercial Jazz routine to Judas inspired by star sensation Lady Gaga. Get ideas from the icon herself and steal some signature moves! Taught by Stuart Glover international choreographer and talent scout from TT Dance Studio and TED Talent. [www.talenttimetheatre.com](http://www.talenttimetheatre.com). TT Dance Studio.

Friday 9th March, 16.30-17.15, Level: Open

### **Belly Street**

Shake like Shakira, bounce like Beyonce with a class in Bellydance fused Street. Set to a soundtrack of Arabic beats, reggaeton, soca and the latest chart tracks, this class is busting attitude and style. Suitable for all level of dancer. Beginners welcome. Taught by Kaneen Morgan of Sheikh It. Sheikh It are based in London but their troupe come from all over the world with dancers from India, Trinidad, Kenya, Seychelles, USA and Australia, making their style a blend from all corners of the world. Sheikh It.

Friday 9th March, 16.30-17.15, Level: Open

### **Street Style**

Give your Streetdance performance some high drama. Learn a routine and pick up tips on performance technique to really make your Street Dance style stand out from the crowd. Taught by top dancer Tobias Mead. Tobias reached the final of Britain's Got Talent 2010. Presented by Dancers INC. Dancers INC.

Friday 9th March, 16.30-17.15, Level: Intermediate

### **Raw Hip Hop**

Fresh, fast and energetic Hip Hop led by Dwain 'Talent' White of No Limit Dance Company and choreographer for dance group Retaliation. Dwain tutors at No Limit Dance Company. No Limit Dance Company.

Friday 9th March, 16.30-17.15, Level: Advanced

### **Advanced Ballet**

Develop technique and a sound Ballet style with experienced tutor, Lorraine Swain from Masters Performing Arts College. Ideal for dancers who have a good understanding of Ballet terminology, confident in picking up a routine and interested to see the level taught at vocational colleges. Masters Performing Arts College.

Friday 9th March, 16.45-17.30, Level: Open

### **West End Tap**

West End performer, Assistant Choreographer for hit show Oliver and tutor at Urdang Academy, Phil Thomas leads Tap for all abilities. Urdang Academy.

Friday 9th March, 16.45-17.30, Level: Open

### **Aero-Retro**

Get your heart racing and 'go for the burn' with an original fitness workout to classic songs from the 1980's! Led by Virgin Active. Virgin Active.

## FULL CLASSES PROGRAMME

Friday 9th March, 16.45-17.30, Level: Open

### **Commercial Funk**

Join Farouk Bhimji for a high energy Commercial class packed with sass and style. Presented by Dance Cast [www.dancecastuk.com](http://www.dancecastuk.com) a fantastic online casting service for performing artists and employers in the UK. Dance Cast.

Friday 9th March, 16.45-17.30, Level: Open

### **Open Hip Hop Mix**

Learn some signature moves and fresh choreography with The A-Team. This dance collective is made up of highly talented artists coming all from different paths of dance including The Animaineax (BBC3 Winners of Move Like Michael Jackson and have worked with Boy Blue, ZooNation), Annihilation Brothers and Soul Mavericks. The A-Team.

Friday 9th March, 16.45-17.45, Level: Teachers

### **Teaching world jazz dance**

PRACTICAL Discover movement and world music from different cultures to create a new and exciting Jazz choreography for all levels. This world tour of Jazz will include progressions and choreography plus some great centre technique work! Presented by Steve Sirico of [danceteacherweb.com](http://danceteacherweb.com). DanceTeacherWeb.com.

Friday 9th March, 16.45-17.30, Level: Teachers

### **Dance UK presents dance health and advocacy for teachers**

SEMINAR Leading advocacy organisation Dance UK will present a session to equip and advise you on what teachers need to know in the current climate. Looking at the importance of dance health and safe teaching practice, and the relationship with dance and politics. Help get dance on the political agenda and highlight the importance of dance in an educational setting. Dance UK.

Friday 9th March, 17.00-17.45, Level: Beginners

### **Strictly Ballroom Dancing**

Learn the basics of Ballroom dance, think of the glittering glamour of Strictly Come Dancing and films like Strictly Ballroom. Led by Reg Challinor of Court School of Dancing. This class will be for couples, you can bring your current partner or get paired up in class. Please note each person will need a valid class ticket to attend. Reg has been in the Ballroom business for more than 50 years and has trained and worked across the industry with many of the greats of the Ballroom world. Reg is currently a British Dance Council Licensed adjudicator. Court School of Dancing.

Friday 9th March, 17.30-18.15, Level: Open

### **Inspired: The Lion King**

Learn a routine inspired by the musical The Lion King. Taught by a previous cast member from the show, presented by Urdang Academy. Urdang Academy.

## FULL CLASSES PROGRAMME

Friday 9th March, 17.30-18.15, Level: Intermediate

### **Chinese Fan Dance**

An introduction to traditional Chinese fan dance. Using fans as props learn the ancient classical dance. Taught by professional Chinese dancer, Wanlin Steele. Wanlin trained and taught at the Beijing Dance Academy and has appeared on Chinese National Television. Currently based in Sheffield, Wanlin teaches at the Confucius Institute at the University of Sheffield and performs regularly at major cultural and corporate events. This class is suitable for all ages, ideal for those with some previous experience in dance looking to try a new style. Confucius Institute at the University of Sheffield.

Friday 9th March, 17.30-18.15, Level: Open

### **Commercial**

Give your style a dynamic and fresh edge. Presented by Tiffany Theatre College and taught by a top tutor working in the industry today. Suitable for those with dancing experience. Tiffany Theatre College.

Friday 9th March, 17.30-18.15, Level: Advanced

### **Matt Mattox Jazz**

Focus on improving technique with an isolation class based on Matt Mattox Jazz. Matt Mattox is considered one of the greatest dancers of the twentieth century in film, theatre and television. Experience this unique take on Jazz dance and what a class is like taught at the highest level. Suitable for those with dance experience, confident learning choreography at a fast pace and with dance terminology. Presented by Millennium Performing Arts. Millennium Performing Arts.

Friday 9th March, 17.30-18.15, Level: Intermediate

### **Ballet Technique**

Focusing on the importance of Ballet as the core to a dancer's career for strength and development. Led by Ben Tribe from Performers College. For intermediate level Ballet dancers familiar with terminology and confident picking up a routine. Ben has had an extensive career in Ballet and Musical Theatre and currently teaches Classical Ballet at Performers College. Performers College.

Friday 9th March, 17.45-18.30, Level: Intermediate

### **Lyrical Jazz**

Inspired by the style of choreographer Jerome Robbins, think of shows like West Side Story, Gypsy and On the Town. Open to dancers confident in picking up choreography looking to take their dancing to the next level and thinking about vocational training. Led by Gina Johnson, Director of full-time studies at The Sage Academy of Performing Arts. Gina trained at Northern Ballet School, Manchester; she graduated with the 'Choreographer of the Year' award and spent 12 years working as a professional dancer before becoming a choreographer and teacher. Sage Academy.

Friday 9th March, 17.45-18.30, Level: Open

### **Smooth Lyrical Jazz**

Add the smooth musicality of Lyrical to the classic technical elements of Jazz. Roz's class will focus on personal performance and developing individual style while working on technique and flow. Taught by Nike D-Clash member Roz Lynch. Roz has appeared on BBC's So You Think You Can Dance, worked with Youth Dance England and recently worked with the BBC to create educational masterclasses. Roz Lynch.

## FULL CLASSES PROGRAMME

Friday 9th March, 17.45-18.30, Level: Open

### **Inspired: Grease**

Join a class inspired by hit stage show and film Grease. Fun, song and dance routine taught by Make Believe Group. Make Believe Group.

Friday 9th March, 17.45-18.30, Level: Open

### **Fosse Style Musical Theatre**

Learn a routine that celebrates the Bob Fosse style of Jazz. Taught by Robbie O'Reilly, Artistic Director of the Jazz Dance Company at the London Studio Centre. Credits include the original London companies of Chicago, Fosse and My One and Only, as well as the original UK tour of Cats, Chicago and Cabaret. Ideal for dancers with some experience, not suitable for complete beginners. Presented by London Studio Centre. London Studio Centre.

Friday 9th March, 18.00-19.00, Level: Masterclasses

### **Dance UK presents Launch Bite Size Audition skills: How to be yourself**

Advanced level and professional level masterclass looking at how to present yourself in an audition and stand out from the crowd. Suitable for dancers with experience, aged 16 and over and currently or about to start auditioning. Taught by Caroline Pope a leading Dance UK, UK Choreographers Directory choreographer. Caroline is a choreographer and movement director, her credits include: Hot Fuzz, The Labyrinth and Nearly Famous. Dance UK.

Friday 9th March, 18.00-18.45, Level: Intermediate

### **Styling for Salsa & Mambo**

Enhance the basics steps of Salsa and Mambo by focusing on the use of the head, arms, spins and hip movements. Add funk, finesse and elegance to your Salsa and Mambo performance. Ideal for dancers with some experience in Latin dance styles. Taught by Maria Palmieri of Salsa Tropical. Salsa Tropical.

Saturday 10th March, 10.30-11.15, Level: Open

### **Unique Street**

Learn some new moves from the team behind Got to Dance 2011 winners Chris & Wes. Blending Hip Hop, Street Dance, some abstract moves and a twist of comedy this duo have a very unique signature style. Chris and Wes.

Saturday 10th March, 10.30-11.15, Level: Open

### **Lyrical Hip Hop**

A lyrical, expressive and engaging class in Lyrical Hip Hop. Taught by Jennie Finnie of Momentum Dance. Jennie has worked successfully across the industry for many years, including dancing for the likes of Pink and Take That. Ideal for dancers of all abilities looking to master Hip Hop technique. Momentum Dance.

## FULL CLASSES PROGRAMME

Saturday 10th March, 10.30-11.15, Level: Beginners

### **ABSOLUTE BEGINNERS: Latin**

An introduction to the basics of Latin American dance. The ABSOLUTE BEGINNERS series is for anyone who's always wanted to learn to dance. This is the perfect opportunity to try out a range of styles in a relaxed and informal environment, with a group of like-minded people who just want to have fun. Emma won the 2010 ISTD professional scholarship and ranked 4th in UK Latin charts during competitive career. Emma is certified LISTD and LNATD in both Ballroom and Latin. Improve your footwork and confidence in this style, suitable for dancers of all abilities. This class will be for couples, you can bring your current partner or meet someone new in class. Please note each person will need a valid class ticket to attend. MOVE IT Line-Up.

Saturday 10th March, 10.30-11.15, Level: Open

### **Fosse Jazz**

A class in the dance style of Bob Fosse. Smooth, sultry and instantly recognisable, Fosse's choreography can be seen in shows like Chicago and Sweet Charity. Taught by performer Kelly Rainford. Kelly's credits include Chicago, Cats and Mamma Mia. Urdang Academy.

Saturday 10th March, 10.30-11.15, Level: Intermediate

### **Commercial Jazz Funk**

Fast paced and fun routine taught by Alyx Steel. Alyx comes from the heart of the Commercial industry, having spent the last 8 months in New York, as well as working for Jesse J, Alphabeat, L'oreal, Ministry of Sound, BBC and K-Swiss. Presented by Liverpool Institute for Performing Arts (LIPA). LIPA was founded by Sir Paul McCartney and runs a BA (Hons) Dance Programme which focuses on training students to gain and maintain training in all areas of the dance industry. Liverpool Institute for Performing Arts.

Saturday 10th March, 10.30-11.15, Level: Open

### **ENBS Juniors (8 yrs and over)**

Ballet with English National Ballet School. Suitable for ages 8-10 years old. A class focusing on embedding strong ballet technique within a creative and fun atmosphere. ENBS Juniors runs weekly Ballet classes for children from pre-school to develop high quality Ballet ability. English National Ballet founded English National Ballet School in 1988 to train talented young dancers for the company and the Ballet profession. The school is renowned for the strength of its teaching and focus on technique. The ambition in creating ENBS Juniors is to provide the same high quality teaching to a broader range of children (3yrs upwards) through weekly Ballet classes which incorporate RAD syllabi, free work, choreography and other creative exercises to best develop young dancers. These classes at MOVE IT will provide students with a taster of ENBS lessons and will involve some aspects of RAD work, performance technique and choreography in a fun and creative atmosphere. English National Ballet School.

Saturday 10th March, 10.30-11.30, Level: Masterclasses

### **Dance UK presents Launch Bite Size Commercial Masterclass**

Dynamic and challenging Commercial masterclass suitable for advanced and professional level dancers, led by a UK Choreographers Directory Choreographer from Dance UK. Dance UK.

## FULL CLASSES PROGRAMME

Saturday 10th March, 10.45-11.30, Level: Intermediate

### **Broadway Style**

Learn an energetic routine inspired by the Musical Theatre on the dazzling stages of Broadway. Suitable for those with dance experience, taught by an Sarah Roberts from PPAcademy. PPAcademy.

Saturday 10th March, 10.45-11.30, Level: Open

### **Pilates**

Join the Virgin Active team for a series of mat-based Pilates exercises to condition your body, improve flexibility, increase strength and boost endurance. Pilates is one of the world's most popular exercise classes. It gives strength without bulk and improves posture and flexibility. The perfect way to warm up for a day at MOVE IT! Virgin Active.

Saturday 10th March, 10.45-11.30, Level: Beginners

### **ABSOLUTE BEGINNERS: Commercial**

Try Commercial for the first time. Learn some stylish moves to the latest chart music. Taught by energetic tutor, Ida Freeman at Sway Dance. The ABSOLUTE BEGINNERS series is for anyone who's always wanted to learn to dance. This is the perfect opportunity to try out a range of styles in a relaxed and informal environment, with a group of like-minded people who just want to have fun. Sway Dance.

Saturday 10th March, 10.45-11.30, Level: Open

### **Dancing with Mr Darcy**

Travel back in time to the world Jane Austen recreated in her novels. Here is your chance to find out what they danced at a ball and learn some of the classic dances of the period. Perfect for anyone curious about dance from another era and for anyone looking to add some historical dance experience to their CV! Led by Tutors from Nonsuch History and Dance. Nonsuch tutors have taught for Laban and RADA. Nonsuch History and Dance.

Saturday 10th March, 11.30-12.15, Level: Open

### **Inspired: Priscilla Queen of the Desert**

Inspired by glamorous stage show Priscilla Queen of the Desert. Journey to the heart of fabulous with a fun routine taught by previous Dance Captain of the show in the West End, Matt Cole. Presented by Urdang Academy. Urdang Academy.

Saturday 10th March, 11.30-12.15, Level: Intermediate

### **Belly Bolly Fusion**

Try a completely new style, think Bellydancing Shakira meets the vibrant colour and style of Bollywood movies. Ideal for all ages and those with previous dancing experience looking to try a new style. Led by Bollywood Dance London. BDL teach across London at Pineapple Dance Studios, Danceworks, Gymbox and LA Fitness and have over 10 years of teaching experience as Bollywood Grooves, these tutors know their stuff. Bollywood Dance London.

Saturday 10th March, 11.30-12.15, Level: Intermediate

### **Styling for Salsa & Mambo**

Enhance the basics steps of Salsa and Mambo by focusing on the use of the head, arms, spins and hip movements. Add funk, finesse and elegance to your Salsa and Mambo performance. Ideal for dancers with some experience in Latin dance styles. Taught by Maria Palmieri of Salsa Tropical. Salsa Tropical.

## FULL CLASSES PROGRAMME

Saturday 10th March, 11.30-12.15, Level: Open

### **LA Hip Hop**

Fresh, cool and packed with attitude this style is straight from the US. Taught by the fantastic Tomas Simon. Tomas has worked across the industry including with Whitney Houston, Alexandra Burke, The Saturdays, Mariah Carey, Peter Andre and Cheryl Cole and has just finished being a featured dancer in the new Sony Playstation game 'DanceStar Party'. This class is open level, ideal for dancers looking for a fun, challenging class that focuses on musicality and incorporates lots of Urban styles. Tomas teaches regularly all over Europe and has a weekly class at Pineapple on Saturdays. Presented by Dancefusion - [www.dancefusion.co.uk](http://www.dancefusion.co.uk). Dancefusion.

Saturday 10th March, 11.30-12.15, Level: Intermediate

### **Boy Blue Hip Hop**

H2Ography. Come and learn from Olivier Award winning Hip Hop Theatre company, Boy Blue Entertainment. Taught by co-founder and co-artistic director, Kenrick H2O Sandy. Kenrick's choreographic work includes Plan B's video Prayin, the film Streetdance 3D and performances for Fergie, Lemar, the Sugababes and Leona Lewis. Kenrick recently appeared as a judge on CBBC's Streetdance Stars. Suitable for dancers with some experience in Streetdance or Hip Hop. Boy Blue Entertainment.

Saturday 10th March, 11.30-12.15, Level: Open

### **Capoeira**

Mix your Contemporary skills with Brazilian martial art, Capoeira. This class requires some dancing experience, not suitable for complete dance beginners. Taught by Ponciano Almeida and Baris Yazar of Cordao de Ouro London. Ponciano teaches across London in studios and has taught for Rambert Dance Company, Random Dance and Siobhan Davies Dance. Cordao de Ouro London.

Saturday 10th March, 11.45-12.30, Level: Open

### **Open Street**

Learn a signature routine set to current tunes from the charts. Taught by Fame Academy of Performing Arts. Suitable for all ages and abilities, recommended for dancers under 18. Fame Academy of Performing Arts.

Saturday 10th March, 11.45-12.30, Level: Advanced

### **Bold Tap**

Bring drama to your Tap performance with a class led by Stella Mann College of Performing Arts. Stella Mann College.

Saturday 10th March, 11.45-12.30, Level: Open

### **Commercial Funk**

Join Farouk Bhimji for a high energy Commercial class packed with sass and style. Presented by Dance Cast [www.dancecastuk.com](http://www.dancecastuk.com) a fantastic online casting service for performing artists and employers in the UK. Dance Cast.

Saturday 10th March, 11.45-12.30, Level: Open

### **Hip Hop Mix**

Learn some signature moves and fresh choreography with The A-Team. This dance collective is made up of highly talented artists coming all from different paths of dance including The Animaineax (BBC3 Winners of Move Like Michael Jackson and have worked with Boy Blue, ZooNation), Annihilation Brothers and Soul Mavericks. The A-Team.

## FULL CLASSES PROGRAMME

Saturday 10th March, 11.45-12.30, Level: Teachers

### **How to become a dance teacher**

SEMINAR: This session will look at the increasingly diverse dance teaching profession and the numerous pathways to becoming a qualified dance teacher. The session will begin with an overview of the various contexts in which dance teaching takes place and the different requirements in terms of training and qualifications. The discussion will cover the public, private and community dance sectors. Led by Dr. Carol Martin LRAD, BA (Hons), MA (Dist), PhD. Head of Programme Development and Research. Presented by Royal Academy of Dance. Royal Academy of Dance.

Saturday 10th March, 11.45-12.45, Level: Teachers

### **Tap from a new angle**

Practical session on new ways to explore Tap technique. Includes ideas on developing fun exercises for different age groups and developing student's confidence. Taught by Jo Scanlan. Presented by Tap Attack. Tap Attack's faculty's credits include Tap Dogs, 42nd Street, Singing in the Rain and have even broken the Guinness World Record for the fastest Tap dancer. Tap Attack.

Saturday 10th March, 12.30-13.15, Level: Open

### **Workshop Audition Technique**

Get inside knowledge on making your audition stand out. Pick up hints and tips for college auditions, while you enjoy a typical Jazz routine from this year's Urdang Academy auditions. Presented by Urdang Academy. Urdang Academy.

Saturday 10th March, 12.30-13.15, Level: Open

### **Jazz (14 yrs and over)**

Ideal for dancers aged 14 and over, looking to work on performance style and Jazz technique. Help build the foundations for advanced training. With Rachel Lane, tutor at Tring Park School for the Performing Arts. Tring Park School for the Performing Arts.

Saturday 10th March, 12.30-13.15, Level: Open

### **Lindy Hop**

Try your hand at Savoy style Lindy Hop, taught by international dance couple Joseph and Charlotte of JiveSwing.com. This type of Lindy Hop comes from the Savoy Ballroom in Harlem in the 1930's and 1940's. Open to all levels and any age dancer looking to learn the basics of a new style. This class will be for couples, you can bring your current partner or meet someone new in class. Please note each person will need a valid class ticket to attend. JiveSwing.com.

Saturday 10th March, 12.30-13.15, Level: Open

### **Musical Theatre**

Improve your performance style and technique, ideal for future West End and Broadway performers. Taught by Stella Mann College of Performing Arts. Experience Musical Theatre taught at vocational college level. Stella Mann College.

## FULL CLASSES PROGRAMME

Saturday 10th March, 12.30-13.15, Level: Open

### **Waacking**

Set to a fun soundtrack of timeless tunes, Waacking is the Disco Freestyle dance from the 1970s. This class looks at how to Waack using all parts of your body and the confidence boosting attitude that comes with it! Taught by Londons' leading Waacking crew: The Waacktitioners. Featured in the Evening Standard Magazine, seen at the LoveBox Festival 2010 and 1st Winners of Beach Battle U.K!! Great for dancers of all levels. The Waacktitioners.

Saturday 10th March, 12.30-13.15, Level: Open

### **All Male Ballet**

Ballet especially for male dancers of all abilities looking to improve their Ballet skills. Led by Simon Horrill, who teaches ballet and partnering at the London Studio Centre. Simon has been a member of the Royal Ballet, Scottish Ballet and London City Ballet. Choreographic credits include gymnastic teams such as Britain's Got Talent winners SpellBound. Presented by London Studio Centre. London Studio Centre.

Saturday 10th March, 12.45-13.30, Level: Advanced

### **Contemporary Jazz**

Advanced level class fusing American Jazz with expressive Contemporary/Lyrical dance. Class will include a technical warm-up to build strength and flexibility followed by expressive and physical choreography. Ideal for dancers with experience and confidence in picking choreography. Taught by American dancer and choreographer Melody Squire. Melody is the founder of Contemporary Jazz company Sol Dans Company which has performed at Sadler's Wells and part of Cloud Dance Festival. Her choreography and dance credits include dancing with Madonna, Will Young and James Blunt and choreography for So You Think You Can Dance UK. Sol Dans Company.

Saturday 10th March, 12.45-13.30, Level: Open

### **Body Balance**

A beautiful mix of Yoga, Pilates and Tai Chi inspired sequences choreographed to a great soundtrack. Body Balance is a Les Mills programme that features regularly at Virgin Active. Learn class feeling refreshed and inspired. Virgin Active.

Saturday 10th March, 12.45-13.30, Level: Open

### **Hip Hop Battle Tips**

Learn how to battle with Hip Hop professionals and pick up hints and tips on how to freestyle with attitude, style and confidence. Presented by Step Into Dance, a partnership programme between The Jack Petchey Foundation and Royal Academy of Dance. Royal Academy of Dance.

Saturday 10th March, 12.45-13.30, Level: Beginners

### **Commercial Jazz (Under 16s)**

Fun Commercial class inspired by moves from the music videos. Especially for young dancers aged 16 and under. Learn a routine you can take home and share with friends! An inspiring class taught by Gemma Davies of Dance Off Studios, a British Ballet Organisation accredited school. Gemma trained at The Brit School of Performing Arts. Perfect for beginners. Dance Off Studios.

## FULL CLASSES PROGRAMME

Saturday 10th March, 13.00-14.00, Level: Masterclasses

### **Musical Theatre Masterclass**

Take the lead from experienced performer Matt Flint on taking your performance to the next level. Taught by Matt Flint from Happy Feet Productions. Matt won So You Think You Can Dance UK Season 2 and his credits include Strictly Come Dancing Series 9 (BBC), SYTYCD US Season 8 Finale (FOX), Dance Captain in Contact (Queens Theatre), Dance Captain in Dirty Dancing (Aldwych) and Guys And Dolls (Piccadilly). Happy Feet Productions.

Saturday 10th March, 13.00-14.00, Level: Teachers

### **Streetdance essentials**

SEMINAR An engaging session based around the history of Streetdance and Hip Hop that every teacher of these styles should know. From how the styles started to taking this knowledge into the studio, and boosting your skills to become a top Streetdance teacher. Led by Andy Instone, Artistic Director of one of the UK's leading Street Dance specialists, Urban Strides. Andy's work has been seen in 128 countries around the world and on 36 TV channels and he has made it his mission to travel the world to learn from the pioneers of hip hop. His crew, Urban Strides have performed alongside the likes of Dizzee Rascal, Sean Paul and Alexandra Burke and were the first Streetdance crew to open the Royal Variety Performance in the presence of Her Majesty the Queen. Urban Strides.

Saturday 10th March, 13.30-14.15, Level: Advanced

### **Hip Hop**

Work on the fundamental techniques that make Hip Hop unique, while learning an on trend routine. Taught by Bird College. Ideal for experienced dancers looking to gain a vital insight into study at vocational college level. Bird College.

Saturday 10th March, 13.30-14.15, Level: Intermediate

### **Broadway Jazz**

Straight from the stage inspire your Jazz dance style. Ideal for dancers looking to up their game and thinking about going into vocational training. Led by Gina Johnson, Director of full-time studies at The Sage Academy of Performing Arts. Gina trained at Northern Ballet School, Manchester; she graduated with the 'Choreographer of the Year' award and spent 12 years working as a professional dancer before becoming a choreographer and teacher. Sage Academy.

Saturday 10th March, 13.30-14.15, Level: Beginners

### **Strictly Ballroom Dancing**

Learn the basics of Ballroom dance, think of the glittering glamour of Strictly Come Dancing and films like Strictly Ballroom. Led by Reg Challinor of Court School of Dancing. This class will be for couples, you can bring your current partner or get paired up in class. Please note each person will need a valid class ticket to attend. Reg has been in the Ballroom business for more than 50 years and has trained and worked across the industry with many of the greats of the Ballroom world. Court School of Dancing.

## FULL CLASSES PROGRAMME

Saturday 10th March, 13.30-14.15, Level: Open

### **Commercial (12 yrs and over)**

Cool Commercial for 12 years and over. Not suitable for complete beginners. Taught by top dancer and teacher, Tom Shilcock who trained professionally at the prestigious Laine Theatre Arts. Most recently Tom appeared on season 2 of BBC's So You Think You Can Dance. Tom currently runs Next Generation Performing arts that provides dance masterclasses for young professionals around the UK and abroad. He has performed at the Royal Variety Show dancing for Mariah Carey and other artists including Jamelia and John Barrowman. Next Generation Performing Arts.

Saturday 10th March, 13.30-14.15, Level: Open

### **American Jazz**

Be inspired by the great American Jazz choreographers. Ideal for those with some dance experience and new to the style or want to improve on their knowledge. Taught by Jordi Guitart of Expressions Performing Arts. Renowned choreographer Jordi is from Barcelona. Jordi is American Jazz tutor at Expressions Academy of Performing Arts. Expressions Performing Arts.

Saturday 10th March, 13.30-14.15, Level: Intermediate

### **Classical Ballet**

For dancers aged 14 - 18 years with a good knowledge of Ballet looking to take it to the next level. With David Rhys of Tring Park School for the Performing Arts. David teaches Ballet at Tring and works regularly with ENB preparing the young dancers for their London performances of the Nutcracker. Tring Park School for the Performing Arts.

Saturday 10th March, 13.45-14.30, Level: Open

### **Street Tap**

Join top performer Chris Ernest for Tap with a Streetdance twist, dust off those tap shoes and give your style a makeover. Chris has performed in Tapdogs and is a tutor at Urdang Academy. Urdang Academy.

Saturday 10th March, 13.45-14.30, Level: Open

### **West End Audition Technique**

Invaluable class on improving your audition technique for West End and Broadway. Join West End performer and Principal of AMTA (American Musical Theatre Academy of London) Kenneth Avery Clark and his team of choreographers for this fast-paced, audition technique class. You will learn the actual dance audition routine from a leading West End musical. This class is invaluable for those who want to go pro! Kenneth has 23 years experience in Musical Theatre and has shared the stage with Lee Evans, Elton John, and Liza Minelli, to name a few. American Theatre Academy of Musical Theatre.

Saturday 10th March, 13.45-14.30, Level: Open

### **Inspired: Beyonce**

Fun moves inspired pop star diva Beyonce. Dance along to your favourite tracks. Taught by energetic tutor, Ida Freeman at Sway Dance. Ideal for dancers of all levels. Sway Dance.

Saturday 10th March, 13.45-14.30, Level: Open

### **ZooNation Hip Hop**

Learn about the unique ZooNation approach to Hip Hop. ZooNation produced previous hit stage shows such as Into the Hoods and Some Like it Hip Hop. ZooNation Dance Company.

## FULL CLASSES PROGRAMME

Saturday 10th March, 14.15-15.15, Level: Masterclasses

### **Ballet Masterclass**

Advanced Ballet with Paul Tyers, Deputy Artistic Director of the Scottish Ballet and Artistic Director of the BA Modern Ballet at the Royal Conservatoire of Scotland. Focused, challenging class for advanced and professional level dancers. Royal Conservatoire of Scotland.

Saturday 10th March, 14.15-15.00, Level: Teachers

### **Strategies for a successful dance business**

SEMINAR Explore the essential skills to help you grow your dance business. This seminar will guide you through the practical importance of creating strategies for growing and developing yourself as a business. Offering key insights into how to equip yourself for success in an increasingly competitive market. An inspirational, challenging and thought provoking session led by Golden Boy Productions CEO Donna Daly Blyth. Owner's of the Angelina Ballerina Dance Academy franchise Goldenboy Productions specialise in training teachers to effectively manage and run their own dance businesses. Angelina Ballerina, Golden Boy Productions.

Saturday 10th March, 14.30-15.15, Level: Open

### **Inner Diva**

Unleash your inner diva in a class on confidence and glamour. Ideal for dancers of all styles and levels. Taught by dancer and Burlesque performer Madeleine de la Crème. Have fun while adding a touch of diva attitude to your performance. Based around vintage Burlesque glamour, this class is recommended for older dancers. Madeleine de la Crème.

Saturday 10th March, 14.30-15.15, Level: Open

### **Commercial Tap**

Bringing Tap up to date with a fresh routine that mixes Commercial and Tap in a completely new way! With Philip Joel (UK choreographer for Titanic the Musical and First Family Panto) from TT Dance Studio [www.talentsmettheatre.com](http://www.talentsmettheatre.com). Not suitable for complete beginners. TT Dance Studio.

Saturday 10th March, 14.30-15.15, Level: Open

### **Explore Dance**

The perfect introduction to creative dance for children aged 5 years and under. Disco Duck will capture children's imagination and increase self esteem, co-ordination, balance and poise, concentration and a real sense of fun! Led by Amanda Hughes of Disco Duck. Amanda, a professional dancer, has been operating Dance-Beat for over 20 years, before starting Disco Duck in 2009. Parents can come in, join and watch the class without a ticket. Disco Duck.

Saturday 10th March, 14.30-15.15, Level: Open

### **Fresh Streetdance**

Think high energy, hard-hitting Streetdance, led by Momentum Dance choreographer and dancer, Alex Bowen. Alex's numerous achievements include being part of the Streetdance cat 2 Championship team and has been a National Youth Dance Festival finalist. Presented by Momentum Dance. Open to all abilities, more suitable for those with some dance experience and confidence in picking up a routine. Momentum Dance.

Saturday 10th March, 14.30-15.15, Level: Open

## FULL CLASSES PROGRAMME

### **Contemporary Rock**

Rock out with a style that fuses elements from Hip Hop, Commercial and Contemporary choreographed to quirky, alternative, Indie Rock music. Presented by the UK's leading alternative dance company Inko Dancers. They have worked with the likes of E4, MTV, Kerrang, Glastonbury Festival and numerous music videos, they also teach regularly at Pineapple Dance Studios in London. Inko Dancers.

Saturday 10th March, 14.30-15.15, Level: Beginners

### **ABSOLUTE BEGINNERS: Ballet**

Ideal for those completely new to Ballet, looking for an introduction to the basics. Especially for over 16s. Taught by Gemma Davies of Dance Off Studios, a British Ballet Organisation accredited school. Gemma trained at The Brit School of Performing Arts. The ABSOLUTE BEGINNERS series is for anyone who's always wanted to learn to dance. This is the perfect opportunity to try out a range of styles in a relaxed and informal environment, with a group of like-minded people who just want to have fun. Dance Off Studios.

Saturday 10th March, 14.45-15.30, Level: Intermediate

### **Modern Jazz**

An upbeat, lively Modern Jazz routine. Taught by fantastic tutor, Sarah Roberts of PPAcademy. PPAcademy.

Saturday 10th March, 14.45-15.30, Level: Open

### **StreetBolly Fusion**

Unique opportunity to experience Bollywood fusion at it's best! Led by guest Choreographer, Syxx Isaac of Boy Blue entertainment, this class focuses on Hip Hop musicality fused with Bollywood funk. Having led the exclusive StreetBolly workshops at Danceworks last Christmas, Syxx Isaac is back for another round of this high energy, technically challenging class. This class is suitable for those with any form of dance experience. Bollywood Dance London.

Saturday 10th March, 14.45-15.30, Level: Open

### **Tutting**

The art of Tutting, learn where this style come from and the techniques that make Tutting unique. Led by Rikki Doughty of FutunityUK. This class is ideal for Hip Hop dancers of all levels looking to expand their styles and drill down to the detail of how Tutting came about. FutunityUK.

Saturday 10th March, 14.45-15.30, Level: Open

### **Soulful Jazz**

Go with the flow and feel the music through a lyrical and soulful Jazz class. Taught by Matt Cole of Urdang Academy. Matt is Urdang Third Year Tutor and has extensive industry experience, including previous Dance Captain of Priscilla Queen of the Desert. Urdang Academy.

Saturday 10th March, 15.30-16.15, Level: Open

### **Street Edge**

Give your Street style an edge with a class taught by Game of Urdang Academy. Game is currently Dance Captain on Thriller in the West End. Urdang Academy.

## FULL CLASSES PROGRAMME

Saturday 10th March, 15.30-16.15, Level: Open

### **Alleviate Contemporary**

Experience Got to Dance finalists Alleviate's unique interpretation of Contemporary dance. Ideal for dancers of all ages with some experience, confident picking up new choreography. Presented by World Dance Management. Alleviate.

Saturday 10th March, 15.30-16.15, Level: Open

### **West End Musical Theatre**

Take inspiration from stage shows across the West End with a Musical Theatre class. Welcome to boys and girls, especially for 10-18 year olds, this open level class will focus on professional level musical theatre choreography for young performers from West End Kids Choreographer, Emma Griffiths and Artistic Director, Martin-Gwyn Williams. West End Kids.

Saturday 10th March, 15.30-16.15, Level: Open

### **Street (Under 12's)**

Fresh, funky Street routine, think of moves inspired by Usher, Jessie J and Rihanna. Learn stylish moves set to songs from the charts. Taught by energetic teacher Ida Freeman of Sway Dance. Especially for younger dancers aged 12 and under. Suitable for those new to dancing. Sway Dance.

Saturday 10th March, 15.30-16.15, Level: Open

### **1920's Charleston**

Go back in time with a class in 1920's Charleston. No partner needed to try this fun, Jazz inspired style. Taught by Joseph and Charlotte of JiveSwing.com. JiveSwing.com.

Saturday 10th March, 15.30-16.15, Level: Open

### **Contemporary African**

An introduction to African dance within a Contemporary framework. For dancers new to the style or with some experience in Contemporary, this session will introduce you to a new take on the African dance expression. Led by Francis Angol of Movement Angol, one of the UK's most progressive Contemporary dance companies, a chance to experience the company's distinctive approach. Movement Angol.

Saturday 10th March, 15.30-16.30, Level: Teachers

### **Teaching Lyrical Jazz**

PRACTICAL Find new and inspiration ways to use this style for your young, intermediate and advanced dancers. A beautiful art form that combines both classical and Jazz techniques that can be adapted for all ages. Presented by Angela D'Valda Sirico of danceteacherweb.com. DanceTeacherWeb.com.

Saturday 10th March, 15.30-16.15, Level: Teachers

### **Working with children - what you need to know**

SEMINAR Ideal for existing dance teachers, this seminar will explore safe practice points, outlining the key considerations to be taken when planning and delivering a dance session for children. By the end of the seminar you will have gained an understanding of the key responsibilities for a teacher of dance working with children, including an awareness of the expectations of training outcomes for different age groups, legislation, child protection and safeguarding. Led by Chloë Naalchigar and Claire-Louise West of Royal Academy of Dance. Royal Academy of Dance.

## FULL CLASSES PROGRAMME

Saturday 10th March, 15.45-16.30, Level: Open

### **Bellydance**

Learn the ancient art-form of Bellydance brought up to date with hip drops, belly pops, snakes arms and shimmies. Try your hand at a new style. Led by Fleur Estelle Dance Company. As one of London's largest Bellydance schools, Fleur and her team teach across London. Fleur has appeared with Akon, Fat Joe, Alan Titchmarsh, Gordon Ramsay and several TV appearances as well as Kasabian's music video. Fleur Estelle Dance Company.

Saturday 10th March, 15.45-16.30, Level: Open

### **Bokwa Fitness**

BOKWA is an intense dance fitness cardiovascular workout. BOKWA is derived from a combination of two words. "BO" represents the light boxing and "KWA" representing the cultural and traditional dance Kwaito. It is fun and exciting and has been proven to burn a great amount of calories making it easier for weight loss goals. Through the use of fast paced extreme movement, a fun, challenging, and energizing total body workout was created. BOKWA is a very unique dance fitness program due to the use of letters and numbers as placement, combined with use of BOKWA hand signals and American Sign Language. It is refreshing and builds strength and endurance driven by the pulsating rhythmic beats of African, Latin, Popular dance and House music. Bokwa is an innovative dance fitness program that is an abundance of fun and does NOT feel like a workout! Led by Anna Louise Dockeray, Viki Davis and the UK B.E.S.T. Team of Bokwa Fitness

Saturday 10th March, 15.45-16.30, Level: Open

### **LA Hip Hop**

Fresh, cool and packed with attitude this style is straight from the US. Taught by the fantastic Tomas Simon. Tomas has worked across the industry including with Whitney Houston, Alexandra Burke, The Saturdays, Mariah Carey, Peter Andre and Cheryl Cole and has just finished being a featured dancer in the new Sony Playstation game 'DanceStar Party'. This class is open level, ideal for dancers looking for a fun class that focuses on musicality and incorporates lots of Urban styles. Tomas teaches regularly all over Europe and has a weekly class at Pineapple on Saturdays. Presented by Dancefusion - [www.dancefusion.co.uk](http://www.dancefusion.co.uk). Dancefusion.

Saturday 10th March, 15.45-16.30, Level: Open

### **Open Hip Hop**

Work on the fundamental techniques that make Hip Hop unique, while learning an on trend routine, taught by Lizzie Gough. Professional dancer Lizzie has worked across the industry including coming third on BBC's So You Think You Can Dance and featured credits are Take That 'The Circus' Tour, X Factor, Dancing on Ice and George Sampson's singing in the rain. Presented by Dancers INC. Dancers INC.

Saturday 10th March, 16.30-17.15, Level: Open

### **Cheerleading**

High energy class for anyone interested in the fabulous and exciting world of Cheerleading! Learn a fun cheer routine and try the dance moves, jumps, motions all part of Cheerleading. With Sian Todd of DC49. DC49 have been national Cheerleading champions for the last 4 years! Dance and Cheer 49.

Saturday 10th March, 16.30-17.15, Level: Open

### **Strike Street**

Join the boys from Strike - Urdang Academy's exceptionally talented all male group for a class in their unique style of Street. Urdang Academy.

## FULL CLASSES PROGRAMME

Saturday 10th March, 16.30-17.15, Level: Open

### **Flamenco**

Whirl and stamp your way through a fiery Spanish Flamenco lesson with Danielle Allan of Flamenco con Gusto. Ideal for adult dancers, although suitable for all ages. Enjoy an authentic taste of Spanish Gypsy dance. Flamenco con Gusto.

Saturday 10th March, 16.30-17.15, Level: Open

### **Street**

Learn a routine that blends Streetdance and Comedy in the style of Twist and Pulse. Taught by Britain's Got Talent 2010 runners up Twist and Pulse. Twist and Pulse.

Saturday 10th March, 16.30-17.15, Level: Intermediate

### **Pure Vogue**

Release your inner Diva and learn authentic 'Vogueography'. Work on your technique and get the same confidence, sass and style into your performance. Taught by Darren Suarez, Darren teaches at Liverpool Institute for Performing Arts and is Director of House of Suarez Dance Company and part of the Vogue movement in the UK. Perfect for confident dancers looking to experience teaching from a professional training institution perspective. LIPA was founded by Sir Paul McCartney and runs a BA (Hons) Dance Programme which focuses on training students to gain and maintain training in all areas of the dance industry. Liverpool Institute for Performing Arts.

Saturday 10th March, 16.30-17.15, Level: Advanced

### **Ballet Performance**

Challenging class for confident Ballet dancers looking to experience a professional level class and geared towards performing. Led by Emma Northmore, Assistant Director of the London Studio Centre's Classical Ballet third year dance company - Images of Dance. The company is led by former Royal Ballet Principal Margaret Barbieri. A must for any advanced dancer looking to hone their Ballet skills. Presented by London Studio Centre. London Studio Centre.

Saturday 10th March, 16.45-17.30, Level: Open

### **Inspired: Footloose**

Learn a routine inspired by hit show and film Footloose. Presented by PPAcademy. Ideal for dancers of all ages and open to all abilities. PPAcademy.

Saturday 10th March, 16.45-17.30, Level: Open

### **Burlesque Workout**

A fun, cheeky workout with added spice. Learn the art of traditional Burlesque moves whilst conditioning, stretching and toning your body. Led by the Virgin Active team. Virgin Active.

Saturday 10th March, 16.45-17.30, Level: Open

### **Commercial (14 yrs and over)**

Cool Commercial for 14 years and over. Not suitable for complete beginners. Taught by top dancer and teacher, Tom Shilcock who trained professionally at the prestigious Laine Theatre Arts. Most recently Tom appeared on season 2 of BBC's So You Think You Can Dance. Tom currently runs Next Generation Performing arts that provides dance masterclasses for young professionals around the UK and abroad. He has performed at the Royal Variety Show dancing for Mariah Carey and other artists including Jamelia and John Barrowman. Next Generation Performing Arts.

## FULL CLASSES PROGRAMME

Saturday 10th March, 16.45-17.30, Level: Advanced

### **Matt Mattox Jazz**

Focus on improving technique with an isolation class based on Matt Mattox Jazz. Matt Mattox is considered one of the greatest dancers of the twentieth century in film, theatre and television. Experience this unique take on Jazz dance and what a class is like taught at the highest level. Suitable for those with dance experience, confident learning choreography at a fast pace and with dance terminology. Presented by Millennium Performing Arts Millennium Performing Arts.

Saturday 10th March, 16.45-17.45, Level: Masterclasses

### **Contemporary African Masterclass**

For advanced and professional level dancers looking to expand their Contemporary dance repertoire. Led by Francis Angol, Director of Movement Angol. An opportunity to develop your repertoire and enhance your own practice. No matter what your background, experience a class in Contemporary with an African flavour with one of the UK's top artists in this field. Movement Angol.

Saturday 10th March, 16.45-17.30, Level: Teachers

### **How to Stage a Show**

SEMINAR: Get some advice and tips on putting together a show for your school or dance group. From choosing venues and costumes to getting the best from your show video this session will assist in creating a stage show to remember! Led by Wizard Video Productions Ltd, run by a dance teacher for dance teachers. Wizard Video Productions Ltd.

Saturday 10th March, 17.30-18.15, Level: Open

### **Inspired: A Chorus Line**

A 5678! Get ready to work on the ultimate dancers musical, high kicking fast paced Musical Theatre Jazz routine, bring your heels girls! Bought to you by Talent Time Musical Theatre Boot Camp who will be talent scouting for their next musical in this class! A must for keen Musical Theatre performers. With TT Dance Studios leading choreographers [www.talenttimetheatre.com](http://www.talenttimetheatre.com). Not suitable for complete beginners. TT Dance Studio.

Saturday 10th March, 17.30-18.15, Level: Intermediate

### **Contemporary Technique**

Focus on improving your technique and performance style. Led by Adam Galbraith by Cambridge Performing Arts at Bodywork. Ideal for those with some previous dance experience looking for a challenge. Adam recently finished a run as Dance Captain on the national tour of Sound of Music and has worked with Madonna on her new film W.E. His stage credits for Matthew Bourne's New Adventures includes: Original Cast Edward Scissorhands and Nutcracker! Cambridge Performing Arts at Bodywork.

Saturday 10th March, 17.30-18.15, Level: Open

### **Latin Bellydance Fusion**

The Latin moves of Salsa, Reggaeton and Samba fused with traditional Bellydance. Learn stylish shimmies packed with lots of attitude! Become a Bellydancing senorita! Taught by Melissa BellyDance. Melissa has taught Bellydance across London and her credits include The 5 O'Clock Show with Lenny Henry, Sadie Frost - FrostFrench, BBC2's Strictly Come Dancing It Takes 2 and BBC3's Don't Tell the Bride. Melissa BellyDance.

Saturday 10th March, 17.30-18.15, Level: Open

## FULL CLASSES PROGRAMME

### **Inspired: Top Hat**

A routine inspired by Top Hat the musical. Think of the glamour and style of 1930's stars like Fred and Ginger. Taught by Hannah Cauchi and Jeremy Batt of Urdang Academy. Urdang Academy.

Saturday 10th March, 17.30-18.15, Level: Open

### **Jazz**

Give your Jazz a refreshing makeover with a dynamic and focused routine. Ideal for dancers with experience and used to picking up choreography. Taught by fantastic tutor of Tiffany Theatre College. Tiffany Theatre College.

Saturday 10th March, 17.30-18.15, Level: Open

### **Adult Ballet**

Ideal for adult dancers with confidence in basic Ballet terminology and technique looking to improve their skills. Taught by Royal Academy of Dance. Royal Academy of Dance.

Saturday 10th March, 17.45-18.30, Level: Open

### **American Tap**

Brush up on your American Tap skills, ideal for dancers with experience in Tap looking to expand their knowledge. Taught by Matt Flint from Happy Feet Productions. Matt won So You Think You Can Dance UK Season 2 and his credits include Strictly Come Dancing Series 9 (BBC), SYTYCD US Season 8 Finale (FOX), Dance Captain in Contact (Queens Theatre), Dance Captain in Dirty Dancing (Aldwych) and Guys And Dolls (Piccadilly). Happy Feet Productions.

Saturday 10th March, 17.45-18.30, Level: Open

### **Zumba**

Shake your body to fiery Latin and world music. Perform sassy, urban dance moves to get your heart racing. Join the Virgin Active team for a hot dance workout.

Saturday 10th March, 17.45-18.30, Level: Open

### **Gothic Hip Hop**

A dramatic, theatrical routine packed full of Hip Hop energy and attitude. Open to all levels, ideal for dancers with some confidence in the Hip Hop style. Led by Soul Nana of FutunityUK. Soul Nana has choreographed many routines for FutunityUK which have gone on to win the UDO World and XXL Championships among them. FutunityUK.

Saturday 10th March, 17.45-18.30, Level: Intermediate

### **Music Video Commercial**

A routine inspired by dance from the music videos of today. Suitable for those with some dance experience and confidence in picking up a routine. Taught by Momentum Dance choreographer and dancer, Alex Bowen. Alex's numerous achievements include being part of the Streetdance cat 2 Championship team and has been a National Youth Dance Festival finalist. Presented by Momentum Dance. Momentum Dance.

Saturday 10th March, 18.00-19.00, Level: Masterclasses

### **Commercial Masterclass**

## FULL CLASSES PROGRAMME

Fast paced, challenging class in fresh, cutting edge Commercial. This class is for confident advanced and professional level dancers looking to up their game. Presented by Dancers INC. Taught by Aaron Renfree, previous member of S Club Juniors, Aaron has just come off The Saturdays tour. In association with D.inc. Wear.

Sunday 11th March, 10.30-11.15, Level: Open

### **Inspired: Burlesque**

International dancer, model and choreographer Ben Skevy will be teaching a sassy routine to the music of the hit movie Burlesque. A blend of Commercial Jazz and Burlesque moves bought to you by TT Dance Studio! [www.talenttimetheatre.com](http://www.talenttimetheatre.com). Not suitable for complete beginners or very young dancers. TT Dance Studio.

Sunday 11th March, 10.30-11.15, Level: Open

### **Waacking**

Set to a fun soundtrack of timeless tunes, Waacking is the Disco Freestyle dance from the 1970s. This class looks at how to Waack using all parts of your body and the confidence boosting attitude that comes with it! Taught by Londons' leading Waacking crew: The Waacktitioners. Featured in the Evening Standard Magazine, seen at the LoveBox Festival 2010 and 1st Winners of Beach Battle U.K! Suitable for dancers of all levels. The Waacktitioners.

Sunday 11th March, 10.30-11.15, Level: Open

### **Latin Line Dance**

Learn combinations which draw on the rhythms of different Latin American styles such as the Cha Cha, Rumba, Jive and Samba. No partner required and ideal for those with some dancing experience, new to the style, young or not so young. Pick up helpful hints and tips to improve your dancing style and try something new and fun. Taught by professional coach and teacher Pamela McGill. Pamela McGill.

Sunday 11th March, 10.30-11.15, Level: Open

### **Body Conditioning & Flexibility**

Kick off your MOVE IT experience with a class in toning and stretching. Ideal for any dancer looking to pick up helpful hints and exercises that focus on improving your flexibility, toning up and conditioning the body. Presented by Mandy Ellen Performing Arts. Mandy Ellen Performing Arts.

Sunday 11th March, 10.30-11.15, Level: Open

### **Contemporary**

Open to all abilities although most suitable for dancers with some experience; learn a routine to push your Contemporary skills. Taught by dancer Nuno Campos, Nuno has danced for a number of Contemporary companies including with Henri Oguike Dance Company and teaches at London Studio Centre. Presented by London Studio Centre. London Studio Centre.

Sunday 11th March, 10.30-11.30, Level: Teachers

### **Breaking Down Hip Hop**

## FULL CLASSES PROGRAMME

PRACTICAL A session around teaching Hip Hop and how to break the style down and make it exciting for students. Led by ZooNation Dance Company. ZooNation produced previous hit stage shows such as Into the Hoods and Some Like it Hip Hop. ZooNation Dance Company.

Sunday 11th March, 10.30-11.15, Level: Beginners

### **ABSOLUTE BEGINNERS: Streetdance**

Perfect for anyone completely new to Streetdance looking to pick up the basics. The ABSOLUTE BEGINNERS series is for anyone who's always wanted to learn to dance. This is the perfect opportunity to try out a range of styles in a relaxed and informal environment, with a group of like-minded people who just want to have fun. Presented by Fame Academy of Performing Arts. Fame Academy of Performing Arts.

Sunday 11th March, 10.45-11.30, Level: Intermediate

### **Tap Fusion**

Take traditional Tap combinations and mix it with different movement styles. Suitable for dancers with good knowledge of Tap steps and happy picking up a dance routine. Taught by James Beattie. James teaches at Liverpool Institute for Performing Arts (LIPA). LIPA was founded by Sir Paul McCartney and runs a BA (Hons) Dance Programme which focuses on training students to gain and maintain training in all areas of the dance industry. Liverpool Institute for Performing Arts.

Sunday 11th March, 10.45-11.30, Level: Open

### **Yoga for dancers' fitness**

Improve your flexibility. Increase your strength. Start your day with a Yoga class led by the Virgin Active team. Learn different Yoga postures and sequences which will aid balance in your body while developing strength and flexibility. Led by Virgin Active. Virgin Active.

Sunday 11th March, 10.45-11.30, Level: Open

### **Hip Hop Mix**

Learn some signature moves and fresh choreography with The A-Team. This dance collective is made up of highly talented artists coming all from different paths of dance including The Animaineax (BBC3 Winners of Move Like Michael Jackson and have worked with Boy Blue, ZooNation), Annihilation Brothers and Soul Mavericks. The A-Team.

Sunday 11th March, 10.45-11.30, Level: Open

### **Lyrical Jazz**

Smooth Jazz set to a song from the charts. Led by Jenny Finney of Expressions Performing Arts. Jenny is a renowned Commercial and Streetdance tutor having worked extensively in TV and commercial dance. She is Hip Hop/Streetdance tutor at Expressions Academy of Performing Arts. Expressions Performing Arts.

Sunday 11th March, 11.30-12.15, Level: Open

### **West End Audition Technique**

Invaluable class on improving your audition technique for West End and Broadway. Join West End performer and Principal of AMTA (American Musical Theatre Academy of London) Kenneth Avery Clark and his team of choreographers for this fast-paced, audition technique class. You will learn the actual dance audition routine from a leading West End musical. This class is invaluable for those who want to go pro! Kenneth has 23 years experience in Musical Theatre and has shared the stage with Lee Evans, Elton John, and Liza Minelli, to name a few. American Theatre Academy of Musical Theatre.

Sunday 11th March, 11.30-12.15, Level: Open

## FULL CLASSES PROGRAMME

### **Gentle Dance Fitness**

Feel refreshed and revitalised with low impact dance fitness. Medau Movement combining dance movements with a natural flowing quality which helps stamina, strength, suppleness and coordination. Led by Jane Seyler from the Medau Society. Presented in association with Exercise Movement and Dance Partnership (EMDP). Medau Movement, in association with EMDP.

Sunday 11th March, 11.30-12.15, Level: Beginners

### **ABSOLUTE BEGINNERS: Flamenco**

Open to those completely new to dance, enjoy an authentic lesson in the basics of fiery Flamenco. Led by Danielle Allan of Flamenco con Gusto. The ABSOLUTE BEGINNERS series is for anyone who's always wanted to learn to dance. This is the perfect opportunity to try out a range of styles in a relaxed and informal environment, with a group of like-minded people who just want to have fun. Flamenco con Gusto.

Sunday 11th March, 11.30-12.15, Level: Open

### **Inspired: Shrek The Musical**

Learn a routine inspired by the musical Shrek. Fun light hearted routine taught by cast member from Shrek and presented by Urdang Academy. Urdang Academy.

Sunday 11th March, 11.30-12.15, Level: Open

### **Alleviate Contemporary**

Experience the Got to Dance finalists, Alleviate's unique interpretation of Contemporary dance. Ideal for dancers with some experience, happy learning new choreography. Alleviate.

Sunday 11th March, 11.30-12.15, Level: Advanced

### **Advanced Ballet**

A class suitable for advanced level Ballet dancers looking for pointers on technique, improving artistry and style. Taught by Stella Mann College, this taster class offers an insight into professional training. Stella Mann College.

Sunday 11th March, 11.45-12.30, Level: Open

### **Inspired: Billy Elliot (Under 16s)**

Have fun with a routine inspired by hit stage show Billy Elliot the Musical. The story of a young boy following his dreams of becoming a dancer in secret to avoid his family's disapproval. Be inspired by some of the show's big numbers. Suitable for young male dancers aged 8-15 years. Taught by Damian Jackson, Billy Elliot Resident Choreographer (Dream Ballet and Electricity). Billy Elliot the Musical.

Sunday 11th March, 11.45-12.30, Level: Intermediate

### **Inter Jazz (15 yrs and over)**

An Intermediate level class ideal for young dancers aged 15 upwards. Perfect for dancers looking to build their foundations for advanced training. An opportunity to explore and enjoy Jazz technique with Ruth Armstrong, senior teacher for the dance faculty at Tring Park School for the Performing Arts. Tring Park School for the Performing Arts.

Sunday 11th March, 11.45-12.30, Level: Open

### **Locking Foundations**

## FULL CLASSES PROGRAMME

Take your Streetdance and Hip Hop to the next level with a class in Locking. Suitable for the beginners, this class will teach you the basics. Taught by Andy Instone, Artistic Director from the UK's leading Streetdance specialists, Urban Strides. Andy has worked with many artists such as Dizzee Rascal, Sean Paul and Alexandra Burke Urban Strides.

Sunday 11th March, 11.45-12.30, Level: Intermediate

### **Commercial Jazz Funk**

Fast paced and fun routine taught by Alyx Steel. Alyx comes from the heart of the Commercial industry, having spent the last 8 months in New York, as well as working for Jesse J, Alphabeat, L'oreal, Ministry of Sound, BBC and K-Swiss. Presented by Liverpool Institute for Performing Arts (LIPA). LIPA was founded by Sir Paul McCartney and runs a BA (Hons) Dance Programme which focuses on training students to gain and maintain training in all areas of the dance industry. Liverpool Institute for Performing Arts.

Sunday 11th March, 11.45-12.30, Level: Teachers

### **DSI Dance Scene Investigation**

SEMINAR Looking to take your dance school to the next level? Let us help you uncover the clues, examine the evidence and round up all the usual suspects to solve the mystery of running a successful dance studio or school. This session will explore new marketing ideas to help meet the right customers to run a successful business. Presented by Steve Sirico and Angela D'Valda Sirico of danceteacherweb.com. DanceTeacherWeb.com.

Sunday 11th March, 11.45-12.45, Level: Teachers

### **Creative Strategies for Effective Dance Teaching**

PRACTICAL This practical workshop is aimed at existing dance teachers, particularly those at the early stages of their career. This interactive workshop will guide you through effective teaching strategies developing improved performance of dance sequences. Engaging with fellow dance teachers there will be plenty of opportunity to discuss, try out and reflect on how this might be applied in your context. Led by Corrie Lunghi and Heulwen Price of Royal Academy of Dance. Royal Academy of Dance.

Sunday 11th March, 12.30-13.15, Level: Open

### **Inspired: Chicago**

A smooth, Fosse fused dance routine inspired by stage show Chicago, taught by David Page. David has just finished playing Fred Casely and understudying the part of Billy Flynn in Chicago in the West End. David is a graduate of Urdang Academy. Urdang Academy.

Sunday 11th March, 12.30-13.15, Level: Open

### **Chinese Classical Dance**

An introduction to Chinese Classical Dance, a style containing elements of Beijing Opera, Martial Arts and Ballet. Ideal for dancers who are familiar with Ballet or Contemporary Dance looking to try something new. Taught by professional Chinese dancer, Wanlin Steele. Wanlin trained and taught at the Beijing Dance Academy and has appeared on Chinese National Television. Wanlin currently teaches at the Confucius Institute at the University of Sheffield and performs regularly at major cultural and corporate events. Confucius Institute at the University of Sheffield.

Sunday 11th March, 12.30-13.15, Level: Open

### **Ballroom**

A taster of the Ballroom dance styles and a fantastic insight into the world of competitive dance. Perfect for dancers of all abilities and those with some experience in Ballroom who wish to expand their knowledge. This class will be for couples; you can bring your current

## FULL CLASSES PROGRAMME

partner or meet someone new in class. Please note each person will need a valid class ticket to attend. Taught by Graham Oswick of the Ballroom Dancers' Federation. Graham has trained many for the 'Strictly' professionals, has been Former International Junior Champion, Former United Kingdom Professional Champion, Honorary Secretary of the Ballroom Dancers' Federation, Member of Latin Faculty of Imperial Society of Teachers of Dancing and International Adjudicator. BDF organise Ballroom and Latin championships such as Star Professional and Amateur Ballroom and Latin Championships and the World Professional Ballroom Championship. Ballroom Dancer's Federation.

Sunday 11th March, 12.30-13.15, Level: Advanced

### **Contemporary Fusion**

Fresh, challenging class fusing familiar Contemporary style with current trends. Ideal for dancers with experience and confident at learning new choreography. Taught by Michelle Queen. Michelle teaches at Masters Performing Arts College and works in the industry running Contemporary Rock company Inko Dancers. Great for dancers interested in the level taught at vocational colleges. Masters Performing Arts College.

Sunday 11th March, 12.30-13.15, Level: Open

### **Inner Diva**

Unleash your inner diva in a class on confidence and glamour. Ideal for dancers of all levels and styles. Taught by dancer and Burlesque performer Madeleine de la Crème, have fun while adding a touch of diva attitude to your performance. Based around vintage Burlesque glamour, this class is recommended for older dancers. Madeleine de la Crème.

Sunday 11th March, 12.30-13.15, Level: Open

### **ENBS Juniors**

Ballet with English National Ballet School. Suitable for ages 5 - 7 years old. A class focusing on embedding strong ballet technique within a creative and fun atmosphere. ENBS Juniors runs weekly Ballet classes for children from pre-school to develop high quality Ballet ability. English National Ballet founded English National Ballet School in 1988 to train talented young dancers for the company and the Ballet profession. Our school is renowned for the strength of its teaching and focus on technique. Our ambition in creating ENBS Juniors is to provide the same high quality teaching to a broader range of children (3yrs upwards) through weekly Ballet classes which incorporate RAD syllabi, free work, choreography and other creative exercises to best develop young dancers. Our classes at MOVE IT will provide students with a taster of our lessons and will involve some aspects of RAD work, performance technique and choreography in a fun and creative atmosphere. English National Ballet School.

Sunday 11th March, 12.45-13.30, Level: Intermediate

### **Inter Ballet**

An inspiring Classical Ballet class. Ideal for dancers with some knowledge of Ballet terminology and technique looking to develop their presentation and performance style. Taught by Kate Webster of PPA. Kate teaches at PPAcademy, Central School of Ballet and GSA. PPAcademy.

Sunday 11th March, 12.45-13.30, Level: Open

### **willPower & grace®**

A workout that'll knock your socks off! Free your mind, improve your flexibility and boost your cardio system. This workout is for everyone and has gone down a storm with dancers in America and Sweden. Join this class led by the Virgin Active team. Virgin Active.

Sunday 11th March, 12.45-13.30, Level: Open

## FULL CLASSES PROGRAMME

### **Street**

Learn a funky Streetdance routine set to the latest tracks. Taught by Fame Academy of Performing Arts. Suitable for all ages and abilities, recommended for dancers under 18. Fame Academy of Performing Arts.

Sunday 11th March, 12.45-13.30, Level: Advanced

### **Contact Work**

Get used to working with a partner and focus on contact work in Jazz. Suitable for those with confident dance experience, bring your partner or meet someone new in class. Please note all participants will require a valid class ticket. Presented by Bird College. Bird College.

Sunday 11th March, 13.00-14.00, Level: Masterclasses

### **Crossed Rhythms Tap**

Exploring rhythms, canons and working acappella. As seen in stage show Tap Dogs. Suitable for tap dancers with an advanced knowledge of Tap and confidence in the style. Taught by Jo Scanlan of Tap Attack. Tap Attack's faculty credits include Tap Dogs, 42nd Street, Singing in the Rain and have even broken the Guinness World Record for the fastest tap dancer! Tap Attack.

Sunday 11th March, 13.00-13.45, Level: Teachers

### **How to market yourself**

SEMINAR Hear how to utilize all aspects of marketing to promote yourself as a teacher and your school. This session will help equip you with need-to-know advice. From basic marketing strategy and goals to making the best use of social media. Presented by Consider This. Consider This.

Sunday 11th March, 13.30-14.15, Level: Open

### **Unique Street**

Learn some new moves from the team behind Got to Dance 2011 winners Chris & Wes. Blending Hip Hop, Streetdance, some abstract moves and a twist of comedy this duo have a very unique signature style. Chris and Wes.

Sunday 11th March, 13.30-14.15, Level: Open

### **Young Street**

For young up and coming dancers, an exciting Streetdance routine set to songs from Glee, High School Musical and Wild Cats! Try out your moves in a Freestyle circle as part of class! Open to all ages and abilities. Led by Nicole McDonnell and Molly Evans from Futurity UK. FuturityUK.

Sunday 11th March, 13.30-14.15, Level: Open

### **Cha Cha Cha**

Learn bright and lively Latin American style, Cha Cha Cha. Fun and for anyone to try for the first time. This class will be for couples, you can bring your current partner or get paired up in class. Please note each person will need a valid class ticket to attend. Presented by Richard Miller of Miller Dance Centre Norwich. Richard, together with wife Lynn run a very successful dance school in Norwich for some 18 years and have actively been involved in competitive teaching, judging and lecturing. Richard has been involved in choreographing routines for TV

## FULL CLASSES PROGRAMME

and stage including Britain's Got Talent and involved with Strictly Come Dancing. Miller Dance Centre Norwich.

Sunday 11th March, 13.30-14.15, Level: Intermediate

### **Back to Basics Jazz**

Take up the challenge and experience pure, stripped back Jazz. Perfect for young dancers considering a career in performing arts. Led by Gina Johnson, Director of full-time studies at The Sage Academy of Performing Arts. Gina trained at Northern Ballet School, Manchester; she graduated with the 'Choreographer of the Year' award and spent 12 years working as a professional dancer before becoming a choreographer and teacher. Sage Academy.

Sunday 11th March, 13.30-14.15, Level: Intermediate

### **Boy Blue Hip Hop**

H20graphy. Come and learn from Olivier Award winning Hip Hop Theatre company, Boy Blue Entertainment. Taught by co-founder and co-artistic director, Kenrick H20 Sandy. Kenrick's choreographic work includes Plan B's video Prayin, the film Streetdance 3D and performances for Fergie, Lemar, the Sugababes and Leona Lewis. Kenrick recently appeared as a judge on CBBC's Streetdance Stars. Suitable for dancers with some experience in Streetdance or Hip Hop. Boy Blue Entertainment.

Sunday 11th March, 13.30-14.15, Level: Intermediate

### **Contemporary Rock**

Take your Contemporary dance style to the next level. Fusing elements from Hip Hop, Commercial and Contemporary choreographed to quirky, alternative, Indie Rock music, this style is at the cutting edge. Perfect for dancers confident in picking up choreography and used to dance terminology. Presented by the UK's leading alternative dance company Inko Dancers. They have worked with the likes of E4, MTV, Kerrang, Glastonbury Festival and numerous music videos, they also teach regularly at Pineapple Dance Studios in London. Inko Dancers.

Sunday 11th March, 13.45-14.30, Level: Intermediate

### **Inter Tap**

Experience Tap at vocational college level. For dancers with experience in Tap looking to perfect their style, performance and technique. Taught by a fantastic tutor from Stella Mann College of Performing Arts. Stella Mann College.

Sunday 11th March, 13.45-14.30, Level: Open

### **Breakdance Basics**

Open level class for dancers with experience looking to learn the basics of Breakdance and develop their technique. Presented by Step Into Dance, a partnership programme between The Jack Petchey Foundation and Royal Academy of Dance. Royal Academy of Dance.

Sunday 11th March, 13.45-14.30, Level: Open

### **Urban Groove**

Give your Hip Hop style a refresh with a cool, smooth Urban Groove. Taught by Israel Donowa, graduate of Urdang Academy, finalist on BBC's So You Think You Can Dance and currently touring with Thriller Live! Stay one step ahead with a fresh routine. Urdang Academy.

Sunday 11th March, 13.45-14.30, Level: Intermediate

### **Musical Theatre Technique**

## FULL CLASSES PROGRAMME

Learn a routine inspired by West End and Broadway shows. Ideal for dancers thinking about making dance their career. Taught by Emma Rogers of Performers College. Emma has choreographed for new Michael Jackson Tribute show Man In The Mirror which is touring the USA, UK and Europe and Strictly Tap Dance Fever. Performers College.

Sunday 11th March, 14.15-15.15, Level: Masterclasses

### **Burlesque Masterclass**

Inject glamour into your performance with a style that oozes with confident femininity. Join dancer and Burlesque performer Madeleine De La Crème to explore the dance based art form that echoes the glamour of the 1940's and 1950's, infused with the modern music of today. Expect a fun, yet challenging class, focusing on blending core muscle work and a celebration of femininity. Suitable for advanced and professional level dancers. Madeleine de la Crème.

Sunday 11th March, 14.15-15.00, Level: Teachers

### **Everything you've always wanted to ask about dance teaching but . . .**

SEMINAR Bring your questions and thoughts on dance teaching to an informative session chaired by Sean Williams, Director of the Council for Dance Education and Training with representatives of the Council's validated Dance Awarding Organisations. A unique opportunity to questions on everything from getting into training, finding a job and how to promote yourself as a teacher. CDET.

Sunday 11th March, 14.30-15.15, Level: Open

### **Inspired: Fame**

International dancer, model and choreographer Ben Skevy from Talent Time Musical Theatre Boot Camp (who will be scouting for there next musical at this class) will be teaching a high energy Jazz routine from the hit musical Fame. Wanna live forever? Wanna learn how to fly? Find out in this class! Presented by TT Dance Studio! [www.talenttimetheatre.com](http://www.talenttimetheatre.com). TT Dance Studio.

Sunday 11th March, 14.30-15.15, Level: Intermediate

### **West African Dance**

Experience the powerful and energetic style of West African dance. Feel the rhythm and sounds of the pulsating beat of the drum and be inspired by the engaging style. Suitable for those with dance experience, used to learning choreography, looking to try a new style. Taught by Diene Sagna of Yaye Dib Sabar. Yaye Dib Sabar.

Sunday 11th March, 14.30-15.15, Level: Open

### **Latin**

An introduction to Latin American and some of the dance styles on offer. Perfect for dancers looking to learn a new style or those with some experience in Latin styles who wish to expand their knowledge. This class will be for couples; you can bring your current partner or meet someone new in class. Please note each person will need a valid class ticket to attend. Taught by Graham Oswick of the Ballroom Dancers' Federation. Graham has trained many for the 'Strictly' professionals, has been Former International Junior Champion, Former United Kingdom Professional Champion, Honorary Secretary of the Ballroom Dancers' Federation, Member of Latin Faculty of Imperial Society of Teachers of Dancing and International Adjudicator. BDF organise Ballroom and Latin championships such as Star Professional and

## FULL CLASSES PROGRAMME

Amateur Ballroom and Latin Championships and the World Professional Ballroom Championship. Ballroom Dancer's Federation.

Sunday 11th March, 14.30-15.15, Level: Open

### **LA Hip Hop**

Fresh, cool and packed with attitude this style is straight from the US. Taught by the fantastic Tomas Simon. Tomas has worked across the industry including with Whitney Houston, Alexandra Burke, The Saturdays, Mariah Carey, Peter Andre and Cheryl Cole and has just finished being a featured dancer in the new Sony Playstation game 'DanceStar Party'. This class is open level, ideal for dancers looking for a fun class that focuses on musicality and incorporates lots of Urban styles. Tomas teaches regularly all over Europe and has a weekly class at Pineapple on Saturdays. Presented by Dancefusion - [www.dancefusion.co.uk](http://www.dancefusion.co.uk).  
Dancefusion.

Sunday 11th March, 14.30-15.15, Level: Advanced

### **Adv Commercial Jazz**

A class straight from the charts with a fast paced on trend routine that's packed with sass and attitude. This class is an advanced level ideal for dancers confident in learning a routine and interested to see the level taught at a vocational college. For the dancer looking to stand out from the crowd. Taught by Stuart Hayes. Stuart is an established dancer and choreographer in the music, TV and entertainment industry. Presented by Masters Performing Arts College.  
Masters Performing Arts College.

Sunday 11th March, 14.30-15.15, Level: Open

### **Graham Contemporary**

Build on your Contemporary dance foundations ready for advanced training with an introduction to the popular Martha Graham technique of Contemporary. For dancers aged 12 years and upwards. With teacher Julie Pedrick from Tring Park School for the Performing Arts. Julie trained at The Rambert School of Ballet and Contemporary dance and she later worked as a soloist and guest artist for many European Contemporary companies and choreographers. Presented by Tring Park School for the Performing Arts. Tring Park School for the Performing Arts.

Sunday 11th March, 14.45-15.30, Level: Open

### **Rhythm Tap**

Catch the current trends in Tap with a fun up to date routine, set to unlikely music! Ideal for dancers with some tap knowledge, confident in basic tap terminology. Taught by Jo Scanlan of Tap Attack. Tap Attack's faculty credits include Tap Dogs, 42nd Street, Singing in the Rain and have even broken the Guinness world Record for the fastest tap dancer! Tap Attack.

Sunday 11th March, 14.45-15.30, Level: Open

### **Zumba**

Shake your body to fiery Latin and world music. Perform sassy, urban dance moves to get your heart racing. Join the Virgin Active team for a hot dance workout.

Sunday 11th March, 14.45-15.30, Level: Open

### **Monster Hip Hop**

High energy style with a strong sense of attack, mainly using Krumping. Ideal for Hip Hop dancers looking to expand their knowledge and try Krumping for the first time. Led by Soul Nana of FutunityUK. Soul Nana has choreographed many routines for FutunityUK which have gone on to win the UDO World and XXL Championships among them. FutunityUK.

## FULL CLASSES PROGRAMME

Sunday 11th March, 14.45-15.30, Level: Open

### **Lyrical Hip Hop**

Try a Lyrical, expressive and engaging style, taught by Jennie Finnie of Momentum Dance. Jennie has worked successfully across the industry for many years, including for Momentum Dance and had an extensive career dancing for the likes of Pink and Take That. Ideal for dancers of all abilities looking to master Lyrical Hip Hop technique. Momentum Dance.

Sunday 11th March, 15.30-16.15, Level: Open

### **Voguing and Waacking**

Learn to combine the disco funk style of waacking and the House dance style of Voguing, as these styles are all over the dance scene at the moment, here is your opportunity to find out what they are all about. Taught by Garry Netley and Kieram Mitchell, graduates of Urdang Academy who have danced with Beth Ditto of the band The Gossip. Urdang Academy.

Sunday 11th March, 15.30-16.15, Level: Open

### **Disco (Under 16s)**

High energy Disco Freestyle class especially for dancers aged 16 and under. Fun, modern routines of varying tempos set to the latest chart music and 80's classics. Taught by Amy Lewis an ISTD Associate qualified teacher at Harfield Dance Studios. Ideal for young dancers of all abilities. Harfield Dance Studios.

Sunday 11th March, 15.30-16.15, Level: Open

### **Lindy Hop**

Working on your partnering technique with a fun and lively class in the basics of Lindy Hop. Learn a new skill to boost your dance knowledge. Book a ticket for your current partner or just meet someone new in class. Led by Leon Hazelwood of London Studio Centre. Leon's professional credits include Show Boat, Zazou, UK tour with Zoots and Spangles, Riverdance (Tap specialist) and Oh! What a Night UK Tour. Presented by London Studio Centre. London Studio Centre.

Sunday 11th March, 15.30-16.15, Level: Open

### **Song and Dance**

A class inspired by hit US show Glee! Learn a fun routine that combines dance and some singing. Taught by Kelly Rainford of Urdang Academy. Kelly's credits include Chicago, Cats and Mamma Mia. Urdang Academy.

Sunday 11th March, 15.30-16.15, Level: Open

### **Contemporary Rock**

Rock out with a style that fuses elements from Hip Hop, Commercial and Contemporary choreographed to quirky, alternative, Indie Rock music. Presented by the UK's leading alternative dance company Inko Dancers. They have worked with the likes of E4, MTV, Kerrang, Glastonbury Festival and numerous music videos, they also teach regularly at Pineapple Dance Studios in London. Inko Dancers.

Sunday 11th March, 15.30-16.15, Level: Open

### **Classical Ballet**

Ballet suitable for dancers with some knowledge of Ballet, a great class to focus on your performance skills and Ballet technique. Taught by Artistic Director of Momentum Dance, Eddie Copp. Eddie trained at Rambert School and Central School of Ballet and went on to be

## FULL CLASSES PROGRAMME

a soloist and choreographer for Royal Ballet de Wallonie, Charleroi Dances and choreographers including Merce Cunningham and Lucinda Childs. Momentum Dance.

Sunday 11th March, 15.30-16.30, Level: Teachers

### **Develop your potential -Warm up and cool down – the effective way!**

**PRACTICAL** Whether it's Hip Hop or Ballet, Tango or Tap, knowing how to undertake and deliver a safe and effective warm up is essential for the health, well-being and continued practice of dance teachers and performers alike. This practical workshop will take you through the most up to date ways to warm up and cool down the body before and after dance class. If you want to dance for longer and enhance your performance and teaching - this is the workshop for you. Presented by Trinity College London and the Dance Training & Accreditation Partnership. Trinity College London and the Dance Training & Accreditation Partnership.

Sunday 11th March, 15.30-16.15, Level: Teachers

### **Using Dance to recognise creative development**

**SEMINAR** Discover how to accredit existing dance programmes and the benefits this can bring. This session will focus on how Arts Award can be used for accreditation. Gain practical tips on how you can begin to use the award as way of recognising and celebrating the creative development of children and young people you work with. Led by Corrie Lunghi. As a freelance dance artist Corrie has worked extensively in and with schools within the UK and abroad, from primary through to higher education settings, and with youth dance companies, alongside delivering creative projects for adults. Corrie has been involved with Arts Award since launch, delivering it within schools (secondary, sixth form and vocational) as well as part of a youth dance group. Corrie's role as a senior moderator for Arts Award has given her an insight into the full range of ways of delivering Arts Award through dance; in youth settings, inclusive education, arts organisations and dance companies. Her many arts and choreographic projects/residencies include working in partnership with Royal Festival Hall, British Film Institute, the National Gallery, Service Children's Education (Europe) and Creative Partnerships. Corrie trained at the Laban Centre and worked as a freelance dance artist for 10 years before joining the Royal Academy of Dance as a Lecturer in Dance Education in 2007. Corrie is currently involved in Teacher Training and Education, alongside teaching Contemporary dance technique. Arts Award.

Sunday 11th March, 15.45-16.30, Level: Open

### **Musical Theatre (10 yrs and under)**

Feel good Musical Theatre routine based on hit musical 'The Lion King'. Perfect your musical style with tutor Kirsty Swain (SYTYCD). Suitable for ages 5 - 10 years old. Presented by the Royal Academy of Dance. Royal Academy of Dance.

Sunday 11th March, 15.45-16.30, Level: Open

### **Popping Foundations**

Take your Streetdance and Hip Hop to the next level with a class in Popping. Suitable for beginners, learn the basics. Taught by Andy Instone, Artistic Director from the UK's leading Streetdance specialists, Urban Strides. Andy has worked with many artists such as Dizzee Rascal, Sean Paul and Alexandra Burke. Urban Strides.

Sunday 11th March, 15.45-16.30, Level: Open

### **Belly Street**

Shake like Shakira, bounce like Beyonce with a class in Bellydance fused with Streetdance styles. Set to a soundtrack of Arabic beats, reggaeton, soca and the latest chart tracks, this class is busting attitude and style. Suitable for all level of dancer. Beginners welcome. Taught by Marsha Ramlogan of Sheikh It. Sheikh It are based in London but their troupe come from

## FULL CLASSES PROGRAMME

all over the world with dancers from India, Trinidad, Kenya, Seychelles, USA and Australia, making their style a blend from all corners of the world. Sheikh It.

Sunday 11th March, 15.45-16.30, Level: Open

### **1920's Flapper**

Think 1920's glamour with Charleston from Nonsuch History and Dance. Nonsuch tutors have taught for Laban and RADA. Nonsuch History and Dance.