

Adult Hip Hop

Class Description

Music will propel you through a fast paced, high energy form of dance that includes a warm up, isolations, traveling steps along with quick funky footwork and arm moves that are popular in current music videos. This class focuses on the body's center of movement.

Prerequisite

None

Age

Not applicable

Attire

Any sort of leotard or t shirt and jazz pants.

Shoes

Black slip on jazz shoe or jazz sneaker

Hair

Must be tied back

Other

See suggested locations for purchasing dancewear