

Modern Jazz dance classes & Lyrical Jazz for dancers & aspiring dancers

Advanced and intermediate

Mondays at 19:30 in Heidelberg, Tuermegasse 1

Be fifteen minutes before we start the class.

You tried many things and figured out you cannot do anything but art.
Join regular classes, discover more about your style and link it to your reality.

You need more clarity about following Your Self, inner freedom to express your full
potentials, freedom to move in any direction you want

You know what you are passionate about and you like to link your passion surrounded by
loved ones, living in a supportive environment.

You are dedicated to following your best path in life.

MORE ABOUT THE CLASS

These classes build the bridge between jazz and modern dance style. Jazz pirouettes, Body Rolls, Flatback, Isolation will be connected with characteristics of modern dance where one movement is a result of another.

We focus on deepening conscious connection between mind and body, finding the balance between using muscles and allowing relaxation by improving awareness of bodily weight. Typical jazzy isolation will be more fluent.

In the first part of the class, a series of dance routines made with specific intention will improve the connection between breath and movement.

In the second part of the class, we will learn choreographic sequences applying the same techniques used in the first half while allowing room for creative freedom and personal interpretation of the movement style.

This class is a mixture of lyrical jazz dance and contemporary, elements of hip-hop, African dance and sometimes Latino and it is usually very dynamic.

It combines technique, choreography with improvisation and an individual expression of one's movement.

If your goal is to perform, it supposes to assist you in your practice, exploration of own style, deepen your body awareness, but mostly I want you to move and get inspired. This is when you get most of the fun, ease, and naturalness.