

Please note that in addition to the courses listed below, there are new classes added all the time. Please see the [Class Listings at this link for full list.](#)



Class Descriptions

Minis Dance (appx. age 2-3): This 30 minute class is structured to stimulate coordination skills, listening skills, balance, music interpretation, creative movement and motor development in the youngest dancers, ages 2-3 years. This program is an excellent introduction to the world of dance and lots of fun for the dancer!

Discover Dance: (appx. age 4-6) . Ages 4-6, this class offers pre-introductory instruction in Ballet, Tap, and Jazz. This class continues to focus on coordination, dance movement, balance, rhythm, stretching, and other basic dance techniques and concepts that are great for early development. Also included in this class are take home educational and instructional materials, such as coloring exercises, to aid in learning more about dance.

101 Preparatory Class: Prep 101 B and Prep 101 A: This pre-101 preparatory dance class focuses on the basic dance techniques of ballet, jazz, & tap. It is a more technique based class that is slightly more intense than Discover Dance. Students will learn short dances and play games that enhance cognitive and social development and prepare them for further dance training. This dance program is devoted to solid technique and age appropriate choreography. The focus is on coordination, body alignment and rhythm. Classes centralize technique, combinations and choreograph while still having fun.

About Jazz Jazz, a common form of dance used in musical theatre and commercial and entertainment industries, has its roots in social dance and is heavily influenced by African-American traditions.

Introduction to Jazz: (J101A) and (J101 B) (appx. age 7-10) Introduction to Jazz is a beginners jazz class that introduces students to basic movement vocabulary and dance terminology as they explore different styles of jazz technique. Students will further the foundation in technique and start to apply these movements to exercises across the floor these skills in across the floor exercises and dance combinations!

Intermediate Jazz: (J201A) and (J201B) This course focuses on building students' musicality and performance skills. Students are expected to demonstrate knowledge of dance terminology and movement vocabulary as introduced in Jazz 101. This class is required by any student wishing to be in the Junior Dance Company. A prerequisite to this course is graduation from Jazz 101, or its course equivalent.

Advanced Jazz: (J301)(appx. age 15 +) This course consists of enhanced focus on building students' musicality and performance skills. As well as having extensive knowledge of Jazz

Please note that in addition to the courses listed below, there are new classes added all the time. Please see the [Class Listings at this link for full list.](#)

terminology and movement vocabulary, students will also be expected to apply, demonstrate, and perform this knowledge. This class is required by any student wishing to be in the Senior Dance Company. This class is by audition and/or approval of the studio Director only.

Advanced Jazz 401: (Jazz 401) (appx. age 15+) (unless approved by director) - Jazz 401 is the highest level of jazz at CFPAA! By this time the technical level should be set. Students will have a heavy focus on conditioning and lots of focus on style preparing them for auditions or higher learning in college.

Lyrical/Contemporary: (C201 C Jr.) (C 201B) (C201 A) (C301) and (C401)*CFPAA's Lyrical dance class is a modern dance form class which fuses modern dance, jazz, and ballet to tell the song's story through movement. This class will float and touch on both lyrical and contemporary dance. Students will be required to have excellent technique to perform, as the moves are often difficult and precise. Moreover, students will be taught through repetition that they must be well aware of facial expressions, essentially acting, to properly perform Lyrical dance pieces. In Lyrical, the student will make use of movement to express "passion" and to tell the story through movement. Lyrical does involve heavy use of ballet technique, with more graceful and expressive movements attuned with heavy musicality. Pirouettes, arabesques, falls to the floor, recovery, contract and release, angles, and leaps are some popular moves featured in this class. Participation in this Master Class requires CFPAA enrollment in either Ballet or Jazz.*

About Ballet*Ballet is a formalized type of performative dance. It is primarily performed with the accompaniment of classical music. It has been influential as a form of dance globally and is taught in ballet schools around the world. Ballet dance works (ballets) are choreographed, and also include mime, acting, and are set to music.*

Introduction to Ballet (B201 C Jr.) (B101 A Jr.) (B101A) and (Ballet 101B)*Ballet is one of the world's most graceful dance styles. Dancers in our ballet classes build strength, grace, poise, and flexibility. Our classes are carefully designed to follow a logical progression, allowing our students to see themselves advance. Their confidence soars as they see their hard work paying off. Students learn the standard dance positions and their corresponding French terminology. This class includes: ***Pre-Pointe(P201)(age 13 or Physician Approval)****Pre-Pointe is designed to prepare dancers in Intermediate Ballet for the study of pointe work. This portion of the syllabus typically takes 1 year and is designed to set up the young dancers for success en pointe. This class emphasizes strengthening exercises for the legs and feet. Dancers learn about pointe shoes, how to properly affix and tie pointe shoe ribbons, and proper foot care. Pre-Pointe may also be recommended for a dancer who is physically unable to undertake the rigors of pointe work, but can benefit from the exercises offered and would enjoy learning about the process of dancing on pointe. Dancers remain in pre-pointe until they are formally advanced by the instructor to study on pointe. A prerequisite to Pre-Pointe is Introduction to Ballet, Intermediate Ballet, and teacher approval.**

Please note that in addition to the courses listed below, there are new classes added all the time. Please see the [Class Listings at this link for full list.](#)

Intermediate Ballet (B201A) and (B201B) *In Intermediate Ballet, the aspiring ballet dancer further learns more movements in classical ballet. As the student's technique improves, he/she learns jumps, turns, and static poses like the arabesque. As the female students approach 11 or 12 years old, they will be ready to begin dancing on their toes (Pre-Pointe 201) A prerequisite to this course is graduation from Ballet 101, or its course equivalent.*

Pre Pointe and Pointe (part of the Ballet 201 A, Ballet 301, and Ballet 401 Program:

*Pointe/Pre-Pointe is a class wherein the ballet dancer supports all their body weight on the tips of fully extended feet. Dancing en pointe makes the dancer appear weightless and sylph like; this is done by wearing special box toed pointe shoes. Students are recommended for pointe based on age and ability. A minimum of **two regular ballet** classes must be attended to dance en pointe.*

Advanced Ballet (B301)(avg age 16 +) *This course consists of enhanced focus on building students' musicality and performance skills in the art of Ballet. The student will continue to work on technique and will continue to don pointe shoes. The goal of this class is to make every movement seem effortless and graceful. As her training continues, she will learn how to dance with a male partner and participate in student performances. Advanced Ballet is by audition and/or approval of the studio Ballet Mistress. This class also includes: **Pointe (P301)** This class is for advancement in the technique of Pointe work. Students move into this class when they demonstrate strength and ability in the pre-pointe class. Students move into this class upon the recommendation of the Pre-Pointe teacher*

About Tap: *Tap is an exciting form of dance developed in America, in which dancers wear special shoes equipped with metal taps. Tap dancers use their feet like drums to create rhythmic patterns and timely beats.*

Introduction to Tap (T101b) and (T101A) *This class introduces students to basic movement vocabulary and dance terminology in the art of tap dancing. The most mathematical of all dance forms, tap teaches students to use both the organized left side of their brains, and the creative right. It's also a great way to improve coordination, and let's face it, making sounds with your shoes is just fun!*

Intermediate Tap T101A and (T201B) and (T201A): *Intermediate Tap Class begins with a warm-up to stretch the muscles of the legs and feet. Dancers practice a series of basic steps, adding more difficult combinations as they become more proficient. Students are expected to demonstrate knowledge of tap terminology. Students will be introduced to and explore different styles of tap technique. A prerequisite to this course is graduation from Tap 101, or its course equivalent.*

Advanced Tap (T301) and (T401) *This course consists of enhanced focus on building*

Please note that in addition to the courses listed below, there are new classes added all the time. Please see the [Class Listings at this link for full list.](#)

students' musicality and performance skills in the art of tap. In advanced tap dancing, basic steps are often combined together to create new steps. As well as having extensive knowledge of Tap terminology and movement vocabulary, students will also be expected to apply, demonstrate, and perform this knowledge. This class is by audition and/or approval of the studio Director only.

Adult Dance (A101): *This is an adult's only jazz class for any level student that will focus on stretching and basic jazz technique. Students will add on weekly to a Jazz combination and in time, have memorized a dance routine that tones and sculpts the body while learning Jazz technique. This class, taught by Bryan Beaman, is a favorite among adults. It is loaded with laughs, fun, and zero stress!*

About CFPAA Hip Hop: *Hip Hop dance classes have become one of the more popular classes offered from studios across the country. Hip Hop has rich history, intertwined with scratch Djs, rappers, and the entire urban culture. The traditions of Hip Hop are passed on in a more oral/demonstrative way, with groups of dancers cooperatively helping each other develop their craft. Hip Hop, which is diverse and forever changing, is an excellent vehicle of self expression. Hip Hop Director, Ms. Nicolette Ehrke, comes to CFPAA with years of experience in Hip Hop.*

Introduction to Hip Hop (HH 101) *This high energy class introduces the student to the world of Hip Hop with the latest sounds in kid friendly rap, R&B, and pop music. This class centers on drilling movements and Hip Hop techniques, such as poppin' and locking, so that students can begin to develop mastery of Hip Hop skills.*

Intermediate Hip Hop (HH201B) and (HH201A) *Students will complete this class equipped with knowledge of Hip Hop history and culture, which are the spine of the dance form. Students will gain a valuable understanding and appreciation of the improvisational nature of this dance form while learning basic movements and terminology. Throughout the year, this class will examine different expressions of this dance form in such ways as poppin' and locking, gliding, etc. While equipping students with the fundamentals, the student will be pushed to develop his or her own individual style. This class will emphasize bringing that style and the student's personality to the movement. A prerequisite to this course is graduation from Hip Hop 101, or its course equivalent.*

Advanced Hip Hop (HH301) and (HH401): *This course consists of enhanced focus on building students' musicality and performance skills in the area of Hip Hop including krumping, east coast west coast style, breakin, etc. As well as having extensive knowledge of terminology and movement vocabulary, students will also be expected to apply, demonstrate, and perform this knowledge. This class is required by any student wishing to be in the Hip Hop Performance Troupe. This class is by audition and/or approval of the Hip Hop Director only.*

Please note that in addition to the courses listed below, there are new classes added all the time. Please see the [Class Listings at this link for full list.](#)

Specialty Classes:

Broadway Bound Elite: *A competitive Musical Theater Troupe that features the best singers and dancers ages 10-17. Members must be well trained dancers and/or singers. This class combines elements of jazz and acting. With this style of dance, dancers work through jazz technique while portraying a character. Using songs from Broadway and movies, Musical Theater focuses on our inner actor/actress. The audition for the 2017-18 Broadway Bound Elite Troupe is August 5th at 12 PM.*

Piano/Music Education Lessons(ML 101) and Private Vocal Instruction: *CFPAA offers an exciting array of music education for the young aspiring artist...Many studios will have stock method books with dull and unchallenging material. CFAPA offers curriculum that's focused around the personal goals of the student. Whether their interest is pop, classical, jazz or hip hop, we are willing and equipped to work with them in any genre, on any level. We music to always be a fun and enjoyable process, but at the same time challenge the individual to be the best they can in their artistic journey. CFPAA music instructor is Ms. Stephanie Cappello. See her bio on our website.*

Ballet Technique and Ballet Intensive: *Additional, non performance ballet classes that focus on technique only.*

Tumbling: *CFPAA offers acrobatic tumbling courses for ages 2 and up. This is an acrobatic style class that teaches floor gymnastics. Acro is a class that progresses from forward rolls and cartwheels to advanced tumbling, including aerial work. The Coach works with each student on his or her individual level. This class also focuses on flexibility, agility, and teamwork. Tumblong 101: This class teaches the basics of floor tumbling including forward rolls, back bends, cartwheels and fundamental acrobatic strengthening and coordinating skills. This class does not participate in the recital. Focus shifts in levels 201 and higher to be Tumbling in Dance. This is a key course for our competitive dancers wanting to learn the tumbling skills used as core skills in competitive routines. Tumbling at CFPAA is under the direction of Master Coach Marsha Roberts. No tumbling classes perform in the showcases. Courses include: Tumbling Minis, Tumbling Starz, Tumbling in Dance 101, 201, 3o1, and 401.*

CFPAA Competitive Dance Troupes and Companies:

Congratulations again, and thank you for allowing your child to participate in competitive dance troupes at Carolina Forest Performing Arts Academy! We have some exciting stuff this year that we believe will continue to take our dance troupes and companies to the next level! While we are not solely competition driven, we do send troupes to competitions with excellent routines that they can be proud of. We also tend to do very well in these competitions, including best overalls, state & national winners. Just consider the awards below from Encore alone last year:

Please note that in addition to the courses listed below, there are new classes added all the time. Please see the [Class Listings at this link for full list.](#)

#15 "I've Got That Power" The Power Prize Award Carolina Forest Performing Arts Academy
COMPETITIVE TOP PETITE SOLO 3RD OVERALL #15 "I've Got That Power" Carolina Forest Performing Arts Academy
GRAND FINALS SCHOLARSHIP RECIPIENT Isabella Priessler Carolina Forest Performing Arts Academy
TOP JUNIOR SUPER SOLOIST 1ST OVERALL Hana Lawson Carolina Forest Performing Arts Academy
1ST OVERALL #77 "Got It" Carolina Forest Performing Arts Academy
TOP JUNIOR SUPER SOLOIST 1ST OVERALL Mary Beck Mclain Carolina Forest Performing Arts Academy
1ST OVERALL #102 "On My Way Home" Carolina Forest Performing Arts Academy
1ST OVERALL #139 "Power" Carolina Forest Performing Arts Academy
ELITE TOP JUNIOR DUET/TRIO 1ST OVERALL #87 "Castle" Carolina Forest Performing Arts Academy
TOP JUNIOR LARGE GROUP 1ST OVERALL #145 "Mambo" Carolina Forest Performing Arts Academy
DISCOVERY SPOTLIGHT SCHOLARSHIP RECIPIENT Claire Carson Carolina Forest Performing Arts Academy
ENCORE EXTREME SCHOLARSHIP RECIPIENT Mary Beck Mclain Carolina Forest Performing Arts Academy
BEST CHOREOGRAPHY 1ST OVERALL #145 "Mambo" Carolina Forest Performing Arts Academy
ELITE JUNIOR HIGHEST SCORE 1ST OVERALL #77 "Got It" Carolina Forest Performing Arts Academy
TOP JUNIOR SOLO
TOP JUNIOR SUPER SOLOIST
TOP TEEN VOCALIST
SENIOR HIGHEST SCORING SOLO

We consider dance competitions to be alternate performance outlets for our students to experience. We are happy, but humble if we win, and we are grateful for the opportunity to perform if we lose. The competitive tract at CFPAA was designed for dance troupes in order to instill the importance of working together and experiencing a fun event together as a team.

What you, as the parent and troupe member, can expect from us:

1. 100% Support. We will try our best to keep it fun and positive. We all must remember how blessed we are. As a studio, we are there to support YOUR kids, not to rub elbows with competition executives. Competitions are about the students; they are not about the studio owners and choreographers. With that being said, being a member of a competitive troupe means training in dance at an accelerated pace. The instructors will be hard on your kids when they need to be; you have to trust that all of this is a process of building your child up—it is not about tearing your child down.
2. You can expect age appropriate music, choreography, and costumes. While we are not prudish by any means, routines and costumes that are highly suggestive in nature are not acceptable options for CFPAA.

Please note that in addition to the courses listed below, there are new classes added all the time. Please see the [Class Listings at this link for full list.](#)

3. We will be mindful of parents' wallets and purses. Studios that are solely competitive bring with them fees and tuitions that can reach sixteen thousand dollars a year.
4. That we will provide an outlet for students to experience being on a team and to instill the importance of working together for the ultimate good.
5. That we will experience and share in your kids' talents—to exhibit the growth of students at CFPAA. The ultimate goal is not a top place finish, but a top rate experience.

CORE REQUIRED CLASSES:

For Troupe Members:

1. **Ballet**
2. **Jazz**
3. **Ballet Technique**
4. **Troupe Class (not tuitioned)**

For Company Members

1. **Membership on a CFPAA Troupe including all its core classes.**
2. **Ballet Intensive**
3. **Company Class**

For Production Members

1. **Membership on a CFPAA Troupe including all its core classes.**
2. **Enrollment in Summer 2017 Production Class**

Our troupes include Broadway Bound Elite, Mini Elite, Youth, Youth Elite, Junior, Junior Elite, Teen, Senior, Elite, Junior Production, Teen Production, and Senior Production. Companies include Youth Company, Junior Company, Teen Company, and Senior Company. We also enter individual soloists for dance and voice!