

# Dance & Movement with Nicole



## About the Class

This dance class is based around the foundations of Hip Hop, Party Styles, Urban, and other popular dance styles of today. Students will learn steps, grooves & dance combinations to create a base for learning and executing future choreography. Guest instructors will join in the fun to bring diversity in dance styles and approaches to movement. There is a strong emphasis on rhythm and timing, body isolations, freestyling, and using your body as an instrument of expression. Music used in this class; Hip Hop, R&B, House, Funk, Pop and more. Themes that will be included in your class are: Dance Basics & Foundations, Popping & Locking, Waacking, Freestyling, Choreography.

## Meet Your Instructor

Nicole has been a dance teacher and movement advocate for over 20yrs. During this time she has danced both competitively and non-competitively in Hip Hop, Urban Styling and Street Jazz. For the last 10 years, Nicole has made it her mission to make dance accessible to youth in Montreal through her mobile dance company Junior Jams Montreal. Dance competitions & shows, non-profit organizations, community outreach, and programming for youth is Nicole's passion. Connecting people and introducing them to the amazing benefits of dance is her greatest reward. Dance and movement for all. Regardless of your gender, age, body size, or social status. Let's MOVE, GROOVE & EXPRESS OURSELVES!

## Equipment Required

Equipment: Comfortable clothing, running shoes, water bottle & towel. A mirror is not necessary but can be helpful for watching your lines.

Space: Minimal space (approximately 6 feet sq). Be able to comfortably slide & step (front/back & side to side)

SPORT. EDUCATION. PRIDE.

**RSEQ**

GMAA

Course offered as part of the GMAA Let's Move – Virtually program