

# Modern / Lyrical

## Modern (ages 12 & up) and Lyrical (ages 12 & up)

These classes are designed for students with some dance experience. Emphasis will be placed upon spatial awareness, floor work, weight shift and groundedness, musicality and story telling.

*\* Modern and Lyrical students are required to take at least one ballet class per week.*

**What to wear** –Solid color leotard and tights or jazz pants. Half soles or footundeez. Hair pulled back in a ponytail. No jewelry.