

Sweet Feet Class Descriptions 2016

Start Me Up! - Have you always wanted to tap dance? Are you looking for a new form of exercise that's fun and exciting? Join us as we learn the basics and fundamentals of tap dancing, as well as proper technique and interesting rhythms and combinations. Tap dancing benefits bone health, balance, coordination, and so much more!

Builders - Calling Tap Dance lovers of all levels! If you've had a little Tap along the way and still feel like you need more review, this is a great class for you. If you've had experience, you'll learn how to **build** more intricate sounds into the steps that we'll be doing in class. Be ready to move, get a great workout, build stronger bones, and have fun! Along with learning steps, routines will also be taught.

Fast Track - This class is for the more serious dancer who wants to learn as much as possible while being challenged. The focus will be on intricacy, complicated rhythms, as well as staying current on classic pieces that have been learned. Dancers must be OK with a challenge, enjoy a high energy atmosphere, and also like working at their own pace as they learn.