

# Sweet Feet Tap Class Descriptions

**Start Up & Go!** - Have you always wanted to learn to Tap Dance? Did you dance back in the day and want to pick it up again? Do you have such a busy schedule that a once a week class is too much to add to your life? Come and join us 2 Fridays a month for a great workout and a lot of FUN! You'll learn the basics, interesting rhythms, and dance to fun, energetic music. This class has a new structure where there will be two instructors so that all levels can be accommodated! Tap Dancing benefits bone health, balance, coordination, brain health, and so much more!

**Pre Builders** – This class is similar to the Start Up & Go Class, with the option to begin building on some of the basic steps. We'll continue working on a strong foundation, as we also focus on ease, musicality, and having fun!

**Builders** - Calling Tap Dance lovers of all levels! If you've had Tap lessons over the years, this is a great class for you. In this class, you'll learn how to **build** more intricate sounds into the steps that we'll be practicing 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 performance pieces. Dancers must like a challenge, enjoy a high energy atmosphere, and also like working at their own pace as they learn.