

SUPREME GROOVERS

SUPREME GROOVERS CONTINUE TO HONE THEIR CRAFT WITH NEW AND EXCITING EXPERIENCES, INCLUDING OPPORTUNITIES TO AUDITION FOR OUR PRE-PROFESSIONAL COMPANIES, THE UNLIMITED HIP-HOP DANCE CREW DIVISION II AND FUTURESTEP TAP COMPANY AS WELL AS SPECIALTY DANCE CONCERT PIECES. BY BECOMING A MEMBER OF OUR SENIOR TAG TEAM, SUPREME GROOVERS EARN COMMUNITY SERVICE HOURS AS THEY LEARN LEADERSHIP SKILLS AND THE IMPORTANCE OF BECOMING A POSITIVE ROLE MODEL FOR THEIR PEERS AND ALL OUR GROOVERS.



THE ULTIMATE GROOVER'S JOURNEY

MINI GROOVERS

Hip-Hop

LITTLE GROOVERS

Groove 'N Shuffle

ELITE GROOVERS I

Hip-Hop

Tap

ELITE GROOVERS II

LIMITLESS

Street Jazz

Hip-Hop

Tap

Body Percussion

NextSTEP

X-TREME GROOVERS

UNLIMITED

TLC

Street Jazz

Hip-Hop

Tap

Body Percussion

Tap Improvisation

FutureSTEP

TAG Team

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UNLIMITED

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Tap Improvisation

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TAG Team

ULTIMATE GROOVER'S JOURNEY CONDUCTOR'S NOTES

	MINI GROOVERS	LITTLE GROOVERS	ELITE GROOVERS	X-TREME GROOVERS	SUPREME GROOVERS	ULTIMATE GROOVER
Age / Duration	3-5 years old (1) 40 min class/wk	5-7 years old (1) 45 min class/wk	7-10 years old (2+) 45-60 min classes/wk 1-2 days/wk	10+ years old (2+) Hip-Hop classes/wk (2+) Tap classes/wk 2+ days/wk	13+ years old (3+) Hip-Hop classes/wk (3+) Tap classes/wk 2+ days/wk	Senior Year Ultimate Groover Graduating Class of XX
Positive Characteristics	Brand new and ready to be shaped. Super cute.	They "get it" and can do more.	Lots of energy.	Desire to learn and progress quickly.	Experienced and responsible.	Identity Red Ultimate Groover Hoodie (they receive this Junior year, from the Seniors during the Concert) Social Proof Graffiti wall photoshoot (group and individual) On the wall in the Lobby Shared with them for social media "Ultimate Groover Send Off" Senior Roses (Formal Dress) Senior Group Dance Pass down the Hoodie Grooves Yearbook Everyone goes in the yearbook, but current seniors stay on the wall for the year (and then go into the yearbook)
Negative Characteristics	Separation anxiety. Not fully socialized.	Kids have opinions. Like to challenge the rules.	Comparisonitis (age, height, skill). Pushing boundaries. Feed off the negative energy of others in the room.	Anxious. Harsh on themselves. Potential to Bully.	Giving excuses. Sometimes lazy.	
Aspirations / Desires / Needs	Parents want their children to socialize. Kids want to have fun.	Kids want to dance like the people they see on TV. Parents want to keep them active and involved.	Kids want to be the best. Parents want to see what they're learning.	Kids want to nail their choreography with confidence. Parents want to see strength and improvement.	Parents want to see how dance is going to influence their future. Kids want to dance like the influencers they see on social media.	
Challenges	Parents don't trust the process and they want proof before it's time.	Height comparisons. Age comparisons.	Parents want them to do everything. Fear of too much choreo to remember in the recital.	Too much homework. Balancing the jump to middle school. Fear of overload. Mitzvah preparation.	Struggle with time management for homework, social life, school activities, and dance. Parents want them to "have a life" and do "extracurriculars".	
Identity Status Symbols	Certified MG Shirt Low Top Converse	Certified LG Shirt Patent Tap Shoes	Certified EG Shirt Single-Sole Oxfords High Top Converse	Certified XG Shirt Custom Color Tap Shoes High Top Converse	Certified SG Shirt Custom Color Tap Shoes High Top Converse	
Values in Action	Educate them on how to take the class. Energize their love of movement. Excite them about music/dance.	Educate them in Hip-Hop and Tap. Energize them to shuffle. Excite them for the "best of both worlds". Confidence to own the stage.	Educate them on the 5 Elements of Hip-Hop and the 5 Fundamentals of Tap Dance. Energize them to take more classes. Excite them to dive deeper into the opportunities available to them. Build their confidence to do more.	Educate them deeper on culture. Energize them to be in the studio 2+ days per week. Excite them to say yes to more opportunities, including assisting and masterclasses.	Inspire a life-long passion.	
Mission in Action: Magical Moments that Matter	Giving them the confidence to step on stage.	"Best of Both Worlds". Igniting a passion for both Hip-Hop and Tap Dance.	"... all Street Dance Culture". Cyphers. Choreo Challenges.	More chances to own the stage, including Company or YouTube Dance Stars.	More chances to own the stage, including specialty pieces and additional companies.	
Pathway Options	Click here for Class Progressions	Click here for Class Progressions	Click here for Class Progressions	Click here for Class Progressions	Click here for Class Progressions	

X-TREME II/SUPREME GROOVERS TLC

Warm-Up

TLC (Turns/Leaps/Conditioning) is an extension of our Hip-Hop dance program for Groovers ages 8+. The focus is on strength, flexibility, conditioning and laying a strong technical foundation so our Groovers can properly execute turns and leaps.

Starting Class When the door opens, Groovers should go straight to their assigned spots and sit until instructed to stand for Warm-Up.

Center Warm-Ups Groovers must have assigned spots in class

Head Isolations

Shoulder Isolation

Chest Isolation

Hip Isolations

Plie and "Breathe"

Standing Stretches

- Second Position Laterals right and left
- Second Position Flat backs right and left
- Second Position Touch your right/left/center foot, kiss your knee
- Full Lunge (Runner's Stretch) facing to wall, right and left
- Quad Stretch Grab the foot and pull upwards

Seated Stretches

- Half Split Stretch Forward into Half Split Laying Back into Pretzel Twist
- Repeat on Left
- Straddle Right, Left, Center
- Butterfly
- Pike
- Pointing and flexing the feet

Laying Stretches

- Hip Flexer Stretch *Pull knee into the chest right and left*
- Spinal Stretch *Cross knee over the body right and left*
- Hamstring Stretch *Pull leg up w/ straight legs over the head*

Strengthening

- Crunches 100
- Seal Stretch
- 10 Push-ups

Splits Right/left/center

X-TREME II/SUPREME GROOVERS TLC

Signature Steps

Positions of the feet First, second position, fourth position

Positions of the arms First, second, fifth position

Plies First and second position turned in and turned out

Footwork Series turned in and turned out

-Tendu 3x plie,repeat enqueue

-Tendu close, tendu close, tendu flex, tendu close, repeat enqueue

-Tendu close, tendu close, tendu shift the weight, tendu close, repeat enqueue

-Degage 4x, repeat enqueue, etc.

Balance Series

-First position releve

-Second position releve

-Passe down, passe down, passe releve down, switch

-Coupe balance

Pirouette Series, turned in and turned out

-Tendu, fourth, Quarter

-Tendu, fourth, half

-Tendu, fourth, full

-Repeat with coupe turn

Battements Front, side, back, side

Fan Kick

-Fan kick, step, step Arms in second

-Step fan kick Arms in second

-Step fan kick adding arms over the head

-Fan kick roll to stand

X-TREME II/SUPREME GROOVERS TLC

Signature Steps

Kick Ball Change

Pivot Steps

Chasses

Pas De Beurre

Pas De Beurre Turn

Triple Steps

Chaine turn

Jumps

-Straddle Jump

-Stag Jump

-C-Jump

-Jete/Leaps

-Pas De Chat Jump

-Calypso Jump

-Barrel Jump

-Star Fish Jump

X-TREME II/SUPREME GROOVERS TLC

Fun Phrases

Chasse Pas De Beurre Turn: 1 chasse front, 1 chasse side, pas de beurre turn, pas de bouree in place

Pivot step Pas De Bourree- Pivot step 2x, pas de beurre 2x, Tombe Pas de beurre, single pirouette

Chasses with Chane and Passe Balance: Chasse R ball change, Chasse L Ball change, tombe pas de beurre , passe on releve hold, step.

Transfer of weight and Controlled Balance: Deggage front, transfer weight to front leg plie, push off front leg to center balance, hold, plie , repeat en que.

Back Arches and Contractions: 1st position, slide grand plie 2nd position open arms and arch back|close legs parallel to R side contract the back and extend arms forward| Repeat to the L side.

Leg Swings

X-TREME II/SUPREME GROOVERS TLC

Floor Progressions

Walk variations w/ arms

Triplets (with arms)

Chasse Forward alternating legs

Pas De Beurre

Tombe Pas De Beurre

Pas de bourree, pas de bourree, pirouette down

Chaine Turns:

-Plie 1 turn 2 3 4 , repeat Plie 6 7 8,

-Hands on Hip,

-Hands up the body

-Alternating chaines: 3 R chanes step lunge, 3 L chaines step lunge

Pique passe Progression: pique passe, pique passe, pique passe, pique turn

Step kick/ battement forward

Chasse step, step, leap forward

Progression- Side leap

Roll to stand:

-Walk 1 2 3 4, Roll 5 6, Stand 7 8

-Walk 1 2, fan kick roll 3 4 5 6, stand 7 8

Stag Jumps:

-Run, run, run single stag jump,

-Repeat with double stag jump

X-TREME II/SUPREME GROOVERS TLC

Activities

Choreography Challenge

Dance Pop Quiz

Partner Contact Improvisation - Improvise with a partner without ever losing body contact.