

# ELITE GROOVERS

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LEVEL I ELITE GROOVERS ACCELERATE THEIR TRAINING WITH INDIVIDUAL HIP-HOP AND TAP CLASSES. ELITE GROOVERS HARNESS THEIR ENERGY TOWARDS STRENGTHENING THEIR MOTOR SKILLS, FLEXIBILITY, CORE STRENGTH AND DANCE BASICS AS WE EDUCATE THEM ON THE 5 ELEMENTS OF HIP-HOP AND THE 5 FUNDAMENTALS OF TAP DANCE.

LEVEL II ELITE GROOVERS EXPAND THEIR HIP-HOP AND TAP TRAINING WITH STREET JAZZ AND BODY PERCUSSION.

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# 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

## SUPREME GROOVERS

UNLIMITED

TLC

Street Jazz

Hip-Hop

Tap

Body  
Percussion

Tap  
Improvisation

FutureSTEP

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.	<b>Identity</b> Red Ultimate Groover Hoodie (they receive this Junior year, from the Seniors during the Concert)
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.	<b>Social Proof</b> Graffiti wall photoshoot (group and individual) On the wall in the Lobby Shared with them for social
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.	<b>"Ultimate Groover Send Off"</b> Senior Roses (Formal Dress) Senior Group Dance Pass down the Hoodie
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. Miltzvah preparation.	Struggle with time management for homework, social life, school activities, and dance. Parents want them to "have a life" and do "extracurriculars".	<b>Grooves Yearbook</b> Everyone goes in the yearbook, but current seniors stay on the wall for the year (and then go into the yearbook)
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	<a href="#">Click here for Class Progressions</a>	<a href="#">Click here for Class Progressions</a>	<a href="#">Click here for Class Progressions</a>	<a href="#">Click here for Class Progressions</a>	<a href="#">Click here for Class Progressions</a>	

# ELITE GROOVERS STREET JAZZ

## Warm-Up

**STREET JAZZ** I is a part of our Hip-Hop dance program, appropriate for Groovers ages 8+. The focus is on opening up their personality while honing their Jazz and Hip-Hop techniques. Reminder: Street Jazz is a mix of Hip-Hop and Jazz technique. Make it sassy, but include Hip-Hop elements throughout the class and choreography.

### Starting Class

When the door opens, Groovers should wait in their assigned box on the floor grid. At this time, the Teacher Assistant can start to take attendance.

### Head Isolations

### Shoulder Isolation

### Chest Isolation

### Hip Isolations

### Hip Bounces

### Jazz Walks

- Step 2 3 together to the right, then the left
- Progression: with a turn
- Progression: adding Jazz arms, slow walks
- Progression: faster walks w/ Jazz arms

### Standing Stretches

- Second Position Laterals right and left
- Second Position Flat back 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 by grabbing the foot and pulling upwards

# ELITE GROOVERS STREET JAZZ

## Warm-Up

### Seated Stretches

- Half Split Stretch Forward into Half Split Laying Back into Pretzel Twist
- Repeat on Left
- Straddle Right, Left, Center
- Butterfly
- Pike

### 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 75
- Seal Stretch
- 10 Push-ups

### Splits Right/left/center

# ELITE GROOVERS STREET JAZZ

## Signature Steps

### **Positions of the feet**

First, second, and fourth position

### **Positions of the arms**

First, second, and fifth position

### **Passe**

Flat and en releve

### **Pirouettes** *from fourth position*

- Quarter turn
- Half turn
- Full turn

### **Battements**

- At least 90 degrees
- En que: Front, Side, Back, Side

### **Vogue**

Pictures/poses & arm movements

### **Waacking**

Wrist flicks & arm rolls

### **Hairography**

Hair flips & head swings

### **Strike a Pose**

Using long lines & being dynamic

### **Chasses**

Front and side

# ELITE GROOVERS STREET JAZZ

## Signature Steps

Pivot Step

Kick Ball Change

Grapevine

Box Step

Pas De Beurre

Pas De Beurre Turn

# ELITE GROOVERS STREET JAZZ

## Fun Phrases

### **Chasse Pas De Beurre Turn**

2 Chasses front, 1 chasse side, pas de beurre turn

### **Pivot Step Pas De Beurre**

Pivot step 2x, pas de beurre 2x | kick ball change step jump 2x

### **Chasses with Chaîne**

Chasse R ball change, chasse L Ball change | chaîne R pose, chaîne L, pose



# ELITE GROOVERS STREET JAZZ

## Floor Progressions

### **Jazz/Sassy walks**

Front, side, and back

### **Drag Cross Steps**

### **Triplets/Triple Steps**

**Chaine Turns** Arms open and close

**Alternating Chasses**- 2 Chasses forward, chasse front, chasse side face back

### **Tuck Jumps**

# ELITE GROOVERS STREET JAZZ

## Activities

**Cyphers** that include "Catch the Step" or going into the middle to show off your best moves

**I Go You Go** Mirror and Repea

**Choreography Challenges** while including elements they need to incorporate

**Dance Pop Quiz** that involves Groovers providing terminology