

PERFORMER ACADEMY

6 WEEK PROGRAM OUTLINE



6/9-6/25 @12:45-2:15
6/30-7/19TH @ 3-4:30



FARR BEST THEATRE
109 N MAIN ST. MANSFIELD, TX



HOMEWORK
ON APP

WORKOUT 1

HAMILTON
AN AMERICAN MUSICAL
NEWSIES
THE MUSICAL

HIP HOP & JAZZ

JUNE 9, 11, 16

PILLAR

Precision

CORE MOVES

- Jazz Walk
- Pivot Turn
- Jazz Square
- Pas De Bourree
- Pirouette



HOMEWORK

- ✓ Download App
- ✓ Hamilton Workout
- ✓ Precision Combo
- ✓ Sweaty Selfie

WORKOUT 2

HELLO
DOLLY!

BALLET

JUNE 18, 23, 25

PILLAR

Readiness

CORE MOVES

- Port de bras
- Plie
- Tendu
- Degage
- Saute



HOMEWORK

- ✓ Hello Dolly! Workout
- ✓ Readiness Combos
- ✓ Lip Sync Challenge
- ✓ Sweaty Selfie

WORKOUT 3

LION KING
TARZAN

MODERN

JUNE 30, JULY 2, 7

PILLAR

Connection

CORE MOVES

- Isolations
- Floor Work
- Barrel turn
- Chainé turns



HOMEWORK

- ✓ Tarzan Workout
- ✓ Isolations/Floor Work
- ✓ Slow-mo Barrel Turn
- ✓ Sweaty Selfie

WORKOUT 4

SWEENEY TODD
THE DEMON BARBER OF FLEET STREET
HADESTOWN

THEATRICAL

JULY 9, 14, 16

PILLAR

Texture

CORE MOVES

- Laban Movement Basics
- Character-Based Movement



HOMEWORK

- ✓ Hadestown Workout
- ✓ Video Worksheet
- ✓ Your workout space
- ✓ Sweaty Selfie



OUR GOALS

- ✓ Stronger dance technique
- ✓ Improve balance, turns, coordination
- ✓ Increase strength, stamina, and flexibility
- ✓ Learn choreography faster
- ✓ More confident performing.

GROUP ME



PERFORMER ACADEMY

FALL 14 WEEK OUTLINE



8/3 - 11/2
MONDAYS 5:45-7:15AM

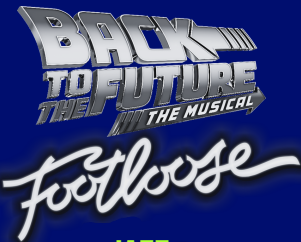


ELEVE DANCE COMPANY
3119 CHAMBERS ST STE 3 VENUS, TX



HOMEWORK
ON APP

WORKOUT 1



JAZZ

AUG 3, 10, 17, 24

PILLAR

Precision

CORE MOVES

- Battment
- Running Man
- Pike Jump
- Body Roll
- Pivot Turn



HOMEWORK

- ✓ Bk2Future Workout
- ✓ Battment Combo
- ✓ Sweaty Selfies
- ✓ Video Submission

WORKOUT 2



TAP

AUG 31, NOV 7, 14, 21

PILLAR

Readiness

CORE MOVES

- Shirley Temple
- Buffalo Bill
- Time Step
- Cramp Roll
- Shuffle



HOMEWORK

- ✓ Tap Workout
- ✓ Tap Core Moves
- ✓ Sweaty Selfies
- ✓ Video Submission

WORKOUT 3



JAZZ FUNK

SEP 28, OCT 5, 12

PILLAR

Connection

CORE MOVES

- Pique Turn
- Isolations
- Body Roll
- Jazz Walk



HOMEWORK

- ✓ Mama Mia Workout
- ✓ Jazz Turning Combo
- ✓ Sweaty Selfies
- ✓ Video Submission

WORKOUT 4



THEATRICAL

OCT 19, 26, NOV 2

PILLAR

Texture

CORE MOVES

- Chaine
- Kick bal change
- Tango glide
- Mambo
- Pas de Bourree



HOMEWORK

- ✓ Beetlejuice Workout
- ✓ Sweaty Selfies
- ✓ Video Submission
- ✓ Costume for party!



OUR GOALS

- ✓ Stronger dance technique
- ✓ Improve balance, turns, coordination
- ✓ Increase strength, stamina, and flexibility
- ✓ Learn choreography faster
- ✓ More confident performing.

GROUP ME



PERFORMER ACADEMY

WINTER 14 WEEK OUTLINE



NOV 9 - FEB 22
MONDAYS 5:45-7:17AM



ELEVE DANCE COMPANY
3119 CHAMBERS ST STE 3 VENUS, TX



HOMEWORK
ON APP

WORKOUT 1

WICKED

JAZZ

NOV 9, 23, 30

PILLAR

Precision

CORE MOVES

- Rombe de jambe
- Chaine turn
- Pony
- Leap
- Attitude Turn



HOMEWORK

- ✓ Wicked Workout
- ✓ Flying monkey combo
- ✓ Sweaty Selfies
- ✓ Video Submission

WORKOUT 2

elf WHITE CHRISTMAS

BALLET

DEC 7, 14, 21

PILLAR

Readiness

CORE MOVES

- Passe
- Pop kick
- Jazz Square
- Suzie Q
- Pas de bourree



HOMEWORK

- ✓ Elf Workout
- ✓ Foot Articulation
- ✓ Sweaty Selfies
- ✓ Video Submission

WORKOUT 3

CABARET CHICAGO

FOSSE

JAN 4, 11, 18, 25

PILLAR

Connection

CORE MOVES

- Plie
- Pirouette
- The "Fosse Run"
- Kickline
- Hat-orgraphy



HOMEWORK

- ✓ Cabaret Workout
- ✓ Pirouette across floor
- ✓ Sweaty Selfies
- ✓ Video Submission

WORKOUT 4

SHREK FROZEN

THEATRICAL

FEB 1, 8, 15, 22

PILLAR

Texture

CORE MOVES

- Bal change slide
- Chest isolations
- Pony
- Shimmy
- Kick skip



HOMEWORK

- ✓ Shrek Workout
- ✓ Isolations
- ✓ Sweaty Selfies
- ✓ Video Submission



OUR GOALS

- ✓ Stronger dance technique
- ✓ Improve balance, turns, coordination
- ✓ Increase strength, stamina, and flexibility
- ✓ Learn choreography faster
- ✓ More confident performing.

GROUP ME



PERFORMER ACADEMY

SPRING 14 WEEK OUTLINE



MAR 1 - MAY 31
MONDAYS 5:45-7:15AM



ELEVE DANCE COMPANY
3119 CHAMBERS ST STE 3 VENUS, TX



HOMEWORK
ON APP

WORKOUT 1

hairspray
DREAMGIRLS

JAZZ

MAR 1, 8, 15

PILLAR

Precision

CORE MOVES

- Bal change
- Pencil Turn
- Windmill turn
- Pony



HOMEWORK

- ✓ Hairspray Workout
- ✓ Chaine Turn Combo
- ✓ Sweaty Selfies
- ✓ Video Submission

WORKOUT 2

SEVEN BRIDES
FOR
SEVEN BROTHERS
The
Mus/c
Man

BALLET

MAR 22, 29, APR 5

PILLAR

Readiness

CORE MOVES

- Balance
- Chasse
- Fouette
- Saute
- Pirouette



HOMEWORK

- ✓ 7B47B Workout
- ✓ Saute Combo
- ✓ Sweaty Selfie
- ✓ Video Submission

WORKOUT 3

WEST SIDE STORY

STAGE COMBAT

APRIL 12, 19, 26, MAY 3

PILLAR

Connection

CORE MOVES

- Coupe turn
- Low chaine
- Uppercut
- Superman punch
- Lunge



HOMEWORK

- ✓ West Side Workout
- ✓ Combat Combo
- ✓ Sweaty Selfies
- ✓ Video Submission

WORKOUT 4

THE GREAT
GATSBY

CHARELSTON

MAY 10, 17, 24, 31

PILLAR

Texture

CORE MOVES

- Chareleston
- Truckin'
- Suzie Q
- Jazz Square
- Sugar



HOMEWORK

- ✓ Gatsby Workout
- ✓ Kick Strength Combo
- ✓ Sweaty Selfies
- ✓ Video Submission



OUR GOALS

- ✓ Stronger dance technique
- ✓ Improve balance, turns, coordination
- ✓ Increase strength, stamina, and flexibility
- ✓ Learn choreography faster
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GROUP ME



PERFORMER ACADEMY

FIRST DAY CHECKLIST



BRING:

- ✓ Water Bottle
- ✓ Clothes to move and sweat in
- ✓ Yoga Mat
- ✓ Tennis Shoes
- ✓ Jazz Shoes



BEFORE CLASS

- Sign the Waiver
- Download the Fit by Wix App
- Join GroupMe



PARENTS:

Please allow **5 minutes** before or after class so we can:



Review
program
expectations



Receive
program
outline



Confirm
app
access



Confirm
GroupMe
access



Answer any
questions

READY TO TRAIN?

*Transform Your Body.
Upgrade Your Performing.*



PERFORMANCE EVALUATION

THE 4 PILLARS ASSESSMENT

VIDEO SUBMISSION

CHOREO COMBO:

- RECORD 1-2 FULL-OUT COMBOS
- COMPLETE SELF-EVALUATION
- SUBMITTED BY:

1 PRECISION

CAN YOU EXECUTE MOVEMENT ACCURATELY?

ELEMENT	DEMONSTRATED
Stance & Posture	
Direction & Targeting	
Sequencing	
Timing	

NOTES: _____

2 READINESS

IS YOUR BODY PREPARED TO MOVE EFFICIENTLY?

ELEMENT	DEMONSTRATED
Weight Transfer	
Balance	
Foot Articulation	

NOTES: _____

3 CONNECTION

CAN YOU COORDINATE THE BODY AS A WHOLE?

ELEMENT	DEMONSTRATED
Isolation/Initiation	
Core-Distal	
Head-Tail Connection	

NOTES: _____

4 TEXTURE

CAN YOU CREATE DYNAMICS AND CONTRAST?

ELEMENT	DEMONSTRATED
Multiple Texture Types	
Contrast & Clarity	
Tone & Cohesiveness	

NOTES: _____

INSTRUCTOR FEEDBACK

STRENGTHS

AREAS FOR GROWTH

RECOMMENDED DRILLS

NEXT STEPS

ADDITIONAL COMMENTS

STUDENT NAME: _____

DATE: _____