

CLASS DESCRIPTIONS: FALL 2016

- **ADULT CLASS:** Class for dancers who started as adults. From beginner to intermmEDIATE/advanced levels. Fabulous group of supportive and fun dancers! ***Ages 16 & up.**
- **COOL CHOREO:** "I saw this move....it's so cool!" breaking down and teaching the ***wow*** moves of Irish dance. Including work on classics like rocks, cross-keys, heel-boxes, walk-backs, twisting heels, as well as 10 contemporary moves (with a few Hogan originals!), and moves requested by dancers in the class. Both soft and hard shoe choreo will be covered. ***Pre-requisites: Ages 9 & up, previous hard shoe dance experience. Contact Allison if you have questions about whether you meet the pre-requisites.**
- **GROUP CLASS:** General practice. Work covered will vary from week to week, but is geared toward practicing all dances with music and reviewing/catching up on any new material. ***All dancers ages 8 & up.**
- **KIDS CLASS:** Classes for children from beginner to intermmEDIATE/advanced levels. Both solo and ceili dancing covered. ***Ages 7 & up.**
- **LITTLES CLASS:** Classes for young children at beginner to advanced beginner levels. Skills that are cultivated in our Littles class include: Balance, awareness of body in space, control and fluidity of body movements (gross-motor skills), distinguishing right/left sides, rhythm/finding beat in music, knowing when/how to count yourself into the music to commence dancing on time, coordinating movements with others in a group, and most importantly, basic Irish dance steps. Depending on everyone's level of silliness/crabbiness, some days we spend a little more time on following directions, respecting other peoples' personal space, being a good friend/neighbor, etc. ***Ages 6 & under.**
- **OIREACHTAS CLASS:** Mandatory practice for dancers attending the 2016 Southern Region Oireachtas in December. ***Pre-requisite: Must receive permission from Allison to participate at SRO.**
- **PRIZEWINNER-CHAMP CLASS:** Advanced practice class for dancers at prizewinner, preliminary championship, and open championship levels.
- **TECHNIQUE FOCUS CLASS:** "A good Irish dancer makes a simple step look difficult and a difficult step look easy". In order to make ANY step look its best, you've got to have solid technique. Hone your technique and form in this class of exercises and drills, which will target different skills each week, including: toe point, toe-height, turn-out, leg-crossing, leg-extension, core & upper-body control, ankle range of motion, consistency of sounds, etc. ***All dancers ages 10 & up.**
- **TRADITIONAL (TRAD) SETS:** Learn 6 traditional sets over the course of the semester, including: King of the Fairies, 3 Sea Captains, Jockey to the Fair, Garden of Daisies, PLUS the ancient Molyneaux Blackbird. (Excellent for dancers who love hardshoe and/or who are interested in completing grade exams or sitting the TCRG exam). ***Pre-requisites: Ages 10 & up, previous hard shoe dance experience. Contact Allison if you have questions about whether you meet the pre-requisites.**

- **YOGA CLASS (FREE)** - Free class open to all Hogan dancers/families who want to improve balance, core, strength, and flexibility. Not taught by a live instructor, but rather by vintage/somewhat cheesy (but impressively strenuous) yoga videos from the 1990s that were picked up at the thrift store for 50 cents ;)