



Ekreeti

Creatives

DANCE PROGRAM

Dance your heart out!



ABOUT THE COURSE

A step-by-step dance program designed to build rhythm, confidence, creativity and expression through movement. Learn, practice and grow with Ekreeti Creatives!

Keep Dancing!

WHAT YOU WILL LEARN

- Learn different dance styles step-by-step
- Improve rhythm, coordination & flexibility
- Build confidence & stage presence
- Express creativity through movement
- Prepare for performances & competitions



BENEFITS



Improves Flexibility & Posture



Builds Confidence & Self-Esteem



Enhances Creativity & Expression



Boosts Physical Fitness & Stamina



Develops Teamwork & Discipline

COURSE LEVELS (6 LEVELS)

LEVEL

1

BEGINNER



DANCE FOUNDATIONS

- Introduction to Dance & its benefits
- Basic warm-up & stretching
- Basic steps & movements
- Rhythm & beats understanding
- Simple dance combinations

OUTCOME

- Understand dance basics
- Improve coordination
- Develop rhythm & timing
- Gain body awareness

PRACTICE / PROJECT

- Basic steps practice
- Rhythm exercises
- Short routine performance

LEVEL

2

ELEMENTARY



BASIC TECHNIQUES & STYLES

- Learn different dance styles
- Footwork & body movements
- Hand & facial expressions
- Dance formations
- Basic turns & jumps

OUTCOME

- Improve balance & flexibility
- Learn dance techniques
- Perform with expressions
- Build confidence

PRACTICE / PROJECT

- Style-based practice
- Partner / group dance
- Mini performance

LEVEL

3

INTERMEDIATE



INTERMEDIATE SKILLS

- Advanced steps & patterns
- Choreography basics
- Rhythm variations
- Stage movements & presence
- Improvisation

OUTCOME

- Perform complex steps
- Improve stamina
- Enhance stage presence
- Express creativity

PRACTICE / PROJECT

- Choreography practice
- Improvisation tasks
- Group performance

LEVEL

4

ADVANCED



ADVANCED TECHNIQUES

- Advanced choreography
- Sync & coordination
- Complex turns & leaps
- Floor work & transitions
- Performance techniques

OUTCOME

- Master advanced moves
- Improve control & precision
- Build strong stage presence
- Work in perfect sync

PRACTICE / PROJECT

- Advanced routine
- Team choreography
- Stage performance

LEVEL

5

EXPERT



PERFORMANCE & EXPRESSION

- Expressive choreography
- Musical interpretation
- Costume & stage techniques
- Audience engagement
- Competition preparation

OUTCOME

- Express emotions through dance
- Perform confidently on stage
- Handle stage situations
- Prepare for competitions

PRACTICE / PROJECT

- Themed performance
- Mock show / competition
- Solo performance

LEVEL

6

MASTERY



MASTERY & LEADERSHIP

- Creative choreography
- Leadership skills
- Teaching basics
- Stage production
- Final showcase preparation

OUTCOME

- Create original choreography
- Mentor others
- Lead teams & performances
- Achieve dance excellence

PRACTICE / PROJECT

- Final showcase
- Teach & guide juniors
- Full production performance



Rhythm & Musicality



Creativity & Expression



Flexibility & Agility



Focus & Concentration



Discipline & Dedication



Teamwork & Confidence

♡ Dance is the hidden language of the soul. ♡

