

# MONTHLY NEWSLETTER



**HSD**  
HORSHAM SCHOOL OF DANCE

JANUARY 24

It's been a lovely start to the year at HSD. It's always so nice to see everyone back dancing again after a break!

We're hitting the ground running with more RAD ballet exams and class awards planned in early March. For many it will be their first experience of an exam situation and as always we'll make sure it's a positive one for them all.



1

## BALLET TRIP!

Just after term began, the Grade 6 Ballet students took a trip with me to see English National Ballet perform 'Giselle' at the London Coliseum. The higher RAD grades are based on the 'romantic' era of ballet, and Giselle is a great example of this. The girls came away thoroughly inspired, and with a deeper understanding of the style needed for their class work. Look out for some Giselle inspired choreography in our show now!

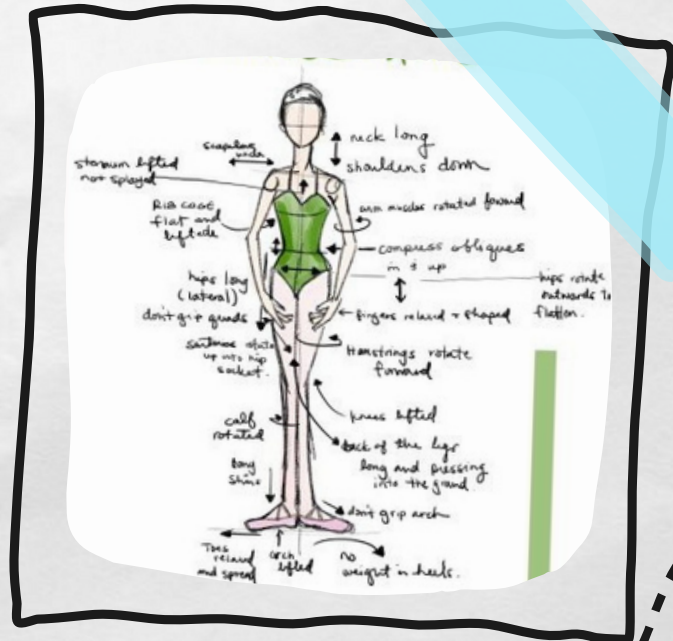


## 2 TEACHER'S 'TIP OF THE MONTH'

Top tip for January is from Miss Annie :) Probably the most important technical aspect for most dance styles is **posture**. There's a lot to think about - and that's before you start to move! Here's a few ideas to help you find the right posture:

- Feel like your feet are 'plugged' into the ground, with the whole foot in contact with the floor.
- Imagine you're wearing a magic 'onesie' that zips up the front of the body and down the back, or visualise energy or light flowing in that direction.
- Feel like you're trying to pull your shoulder blades down to reach your back pockets.

Good posture will help make you look and feel confident, even when you're not dancing!



## 3 DATES FOR YOUR DIARY

The last Saturday before half term is the 10th February. There will be no classes in Half term week from Feb 12th- 17th.

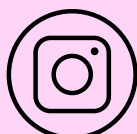
Ballet exams and class awards for those involved on 9th/10th March.

Summer term starts on April 15th and ends with our 2024 show weekend on 13th/14th July!

No classes in half term week commencing 27th May.



FOLLOW US ON



@HORSHAMSCHOOLOFDANCE

4

## HSD SHOW 2024!

We are now officially in 'Show year'! At this stage I'm always excited and daunted in equal measures! There's a lot to do and so much to organise, but the result is always worth it - not only for the show itself, but also for all the fun we have in the process! If you haven't experienced the excitement backstage before, then please do volunteer to get involved - so far we only have around half the amount of chaperones we'll need, and it's a really simple process to get your licence. No experience needed, just enthusiasm! Please contact Katey for details.



5

## CLASS SPACES

We currently have spaces in the following classes:

**Beginners Tap and Modern:** Wednesdays with Miss Michaela. Suitable for 6-8yrs approx

**Musical Theatre 11+ years:** Wednesdays with Miss Michaela

**Primary Ballet** - 5-6yrs: Thursdays with Miss Katie

**Nursery Ballet** - 3-4yrs: Saturdays with Miss Katie

**Also for the grown-ups!** If you've ever wanted to try ballet we have a beginners class on Wednesday evenings with Miss Annie!



FOLLOW US ON



@HORSHAMSCHOOLOFDANCE

## 6 FUN FACT :)

The 'Moonwalk' is one of the most famous dance steps ever, and most people think that Michael Jackson was the one who invented it, but in fact the earliest Moonwalk recorded was performed by American Tap dancer Bill Bailey over 80 years ago! He made it his signature exit move, although he called it the 'backslide'. You can see him perform it in [this clip from 1955](#). It's a really fun step to try and perfect - give it a try! I know some of my older ballet students have managed to Moonwalk on Pointe! (Don't try that at home!)



## 7

## LAST WORD

I came across this graphic the other day, and obviously our parents at HSD already know the benefits that dancing brings. Whether a child goes on to pursue a career on the stage, or ends up being a doctor, lawyer, rugby player or financial wizz - I truly believe that dancing will have given them skills for life, and space to develop self-expression, friendships and creativity, and what could be better than that?



EMAIL - HORSHAMSCHOOLOFDANCE@HOTMAIL.CO.UK