



NEWSLETTER – DECEMBER 2020

What's New in Tap-Ballet?

We're SO thankful to be allowed to have classes at several of our locations, and glad your child is in the program. For those of you in the virtual classes, we hope to be able to teach your child in person again soon. We're doing everything we can to ensure a safe environment for your children. See page 3 for some measures we're taking. We've come a long way since September, and are presently working on technique and rhythm. Information about recitals will be sent out as they are scheduled (soon).



**CREATIVE
MOVEMENT AND
DANCE®, INC.**

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Inclement Weather

Creative Movement and Dance® follows the same cancellations for inclement weather as the county in which your child's school is located. Classes will be made up within 30 days of the cancellation. The makeup day and time will be posted in the lobby, and notices will be mailed to all students.

BE SURE TO UPDATE YOUR CONTACT INFORMATION!
Please notify us if you have had any changes in phone or email

Holiday & Teacher Workdays

County schools throughout the metro Atlanta area have several teacher workdays scheduled which CMD normally does not observe (see note at right). CMD will hold classes as scheduled on all other teacher work days. As detailed in your registration brochure, CMD follows the same holiday closings as the county in which your child's school is located for Thanksgiving, Winter Break, and Spring Break only. Private schools and church enrichment programs may differ – at these schools, we follow their closing schedule.

Winter Break - Classes Will Not Be Held

Gwinnett	Dec. 21 – Jan. 5
Dekalb	Dec. 21 – Jan. 1
Fulton, APS	Dec. 21 – Jan. 4
Cobb, Henry	Dec. 21 – Jan. 5
Forsyth	Dec. 23 – Jan. 5

Note: CMD normally holds classes on Teacher Workdays – but when they fall at the beginning or end of Winter Break, they're treated as part of the holiday, as noted above.

DANCEWEAR FROM CMD



CreativeMovementAndDance.com

Instructional CD's Available

Ballerinas On The Move is the perfect accompaniment to classroom instruction. Students can now practice routines at home for fun, or to reinforce classroom training.

Includes 27 original songs/routines.





TAP-BALLET PRACTICE SHEET

BALLET

- 1st Position** - heels together, toes point out from body
- 2nd Position** - 1st position with feet shoulder width apart
- 3rd Position** - from 1st position, slide 1 foot to arch of other foot
- 4th Position** - from 1st position, slide 1 foot forward so that feet are 6" apart and each is turned out
- 5th Position** - from 1st position, slide heel of 1 foot to toes of other foot
- Plié** - bending the knees while in position
- Tendú** - extend & stretch leg, point foot (no weight on toes, no bent knees)
- Piqué** - tendú (straight knees) and tap floor with toes (lightly)
- Relevé** - while in position, rise up on ball of foot
- Port de bras** - carriage of the arms (through positions)
- Arabesqué** - stand on one foot and extend free leg to back
- Soutenu** - tendú to side, cross front, and turn all the way around
- Sauté** - to jump from a position (start in plié and end in plié)
- Pas de bouree** - tendú side and with same leg, step back (now alternate feet), step side, step back to 1st position
- Glissade** - start in plié - extend leg, transfer weight to other leg and slide into 1st position
- Rond de Jambé** - circle one leg (extended and stretched) around standing foot (which should be turned out)
- Passé** - standing on one foot, bring other foot to knee of standing leg (knee pointing outward)
- Grand battment** - lift extended and stretched leg
- Developpé** - start with foot in pose and extend outward until leg is straight (held off floor)
- Chassé** - traveling-step, together step, with jump in the middle (a "gallop" sideways)
- Bouree** - while in relevé, make tiny little steps to side (keeping legs together)
- Pas de chat** - start in position, move leg to passé, then to 2nd, then move other leg to passé and to 1st
- Eschappé** - from position, jump out to 2nd, and back to starting position
- Jeté** - jump from one leg to the other

TAP

- Shuffle** - brush front and brush back
- Shuffle step** - brush front, back, and step
- Shuffle hop step** - shuffle (hop on 1 foot and step on shuffling foot)
- Shuffle hop toe, heel** - shuffle and hop with standing foot, then toe + heel of other foot
- Shuffle ball change** - shuffle, then with ball of that foot, step back, then other foot steps
- Flap** - quick brush and step with ball of foot
- Flap heel & double** - flap, then heel of the same foot taps down
- Step ball-change** - step, use ball of other to step back and other foot to step front
- Flap ball-change** - flap and follow above
- Toe-heel walk** - ball of foot to heel - 2 sounds
- Flap-heel walk** - flap, then heel - 3 sounds
- Flap runs** - flaps (alternating feet) in relevé
- Riffs** - brush with ball then heel - 2 sounds
- Riff toe-heel** - riff (as above), then same foot does sound, then heel sound - 4 sounds
- Dig (toe & heel)** - make sound by striking either toe or heel on floor
- Irish** - shuffle hop step traveling forward (feet turned out), cross in front
- Back Irish** - same as above, but no cross in back
- Step shuffle-leap toe** - "jump" on shuffle foot and tap toe on floor
- Toedrops** - basically, tapping toe-heel stays down (as if impatient)
- Shim sham** - 2 shuffle steps - alternating feet on third shuffle - do a ball change

Fall 2020 Covid Procedures

We're monitoring DECAL and CDC recommendations to modify procedures as appropriate. In the meantime, below is our plan.

In addition to the locations' protocol, CMD is implementing the following

- Updated safety guideline documents for instructors.
- Instructors will certify that they check their temperatures daily.
- CMD supplied hand sanitizer to be used prior to entering, and upon leaving a location.
- Instructors required to wash hands upon arrival where possible.
- Updated room transition procedures (as necessary), to eliminate hand-holding.
- Updated choreography to include safe spacing, with no hand-holding, partnering, or touching.
- Painters tape to be used for marking distances. At locations that don't allow tape, disposable "spot dots" to be used.
- Face covering/masks as required by locations.
- Only props that can be sanitized to be used.
- No stamps or stickers to be used.
- Dance equipment bags (for tape, speakers, etc.) if used, must be sanitized between visits.
- Dress code not enforced, but changing allowed only by staff at locations deeming this safe.
- Temporary suspension of Quality Control Representative visits.
- Modified sign in/out procedures.

We realize our policies will have to dovetail with your location's protocol, so these procedures will be in addition to those policies.