

SEPTEMBER 2024

STUDIO ONE DANCE ACADEMY

We love to dance and it shows!

THE OFFICIAL NEWSLETTER OF STUDIO ONE DANCE ACADEMY



STUDIO ONE'S 30TH ANNIVERSARY!

October 9th, 1994 marked the beginning of a studio that has trained dancers not only to leap and turn, but to be responsible, good sportsmen, and to express themselves. Studio One Dance Academy opened with one room and a darling dance wear shop. Today it boasts three studio spaces, a kitchen where dancers eat and study, and a large lobby with a front desk where you'll find the answers to all of your questions. The studio growth is fueled by dedicated parents, caring teachers, and dancers who love what they do. Congratulations Studio One and cheers to thirty more!



WHAT IS THE S1 COMPETITIVE TEAM?

Ever notice the trophies, plaques, and awards that decorate the studio? Those accolades come from our team dancers who participate in competitions during the dance season. These dancers train in various styles including tap, jazz, acro, ballet, hip hop, and contemporary. Dancers compete in group dances, solos, duos, and trios choreographed by our S1 teachers.

This summer the competitive team traveled to San Diego to compete in nationals, as well as train with top instructors. Congratulations to our S1 dancers on all their success!

DANCER SPOTLIGHT ON: KAYLA C.



17 year old senior Kayla is a longtime Studio One dancer who has been dancing for 13 years! Over the years hip hop and contemporary have become her favorite styles, and if you have ever seen her dance, you may notice that she draws inspiration from a K-Pop group called Stray Kids.

Kayla has performed in many S1 dance recitals over the years and her hard work was recognized during a recital where she was awarded a certificate of being a dedicated dancer. Curious about her favorite dance move when a good song comes on? She takes the advice from a teacher who once said, “when in doubt, two-step it out”. However, Kayla’s backup move is a booty shake! Fun fact: Kayla has dyed her hair 11 times in the past 5 years.

This talented senior enjoys working with numbers and is considering a career in finance or accounting. Her parting advice to dancers is, “Having good technique is awesome, but having fun and feeling the music is equally as important! We couldn’t agree more! Studio One wishes this incredible senior all the best in her future!

Teacher Q&A with Miss Diana



What are some highlights of your dance career? I was always more of an artist and athlete than a dancer per se. My path as a dancer was quite roundabout. As a young gymnast, we were required to do some ballet. I was drawn deeper into dance when gymnastics became difficult with my height. I enjoyed my college concert dance experiences on stage but also had some really fun paid gigs in the world of fashion, hair, and business conventions. One of my favorite's was a show opening for a big housing development firm in San Diego. There were 4 of us dancers each one playing a different season. I was WINTER. The stage and set were built for a large outdoor show and my elaborate costume included a ginormous headdress with crystals, beads, etc. That day, the weather turned bad fast. The production crew put a large 'tent' over the stage areas and the show continued. As the wind blew, torrential rain was coming down hard and there were puddles everywhere! We danced the best we could. I couldn't reach or jump very high as I would hit the tarp/tent with my fingers or headdress. The audience was way to close to the stage. It was so awkward, but still quite a hilarious memory.

Who or what inspires you to teach? A good teacher is drawn to other good teachers. We LOVE to teach. I'm drawn to teachers who allow a dancer to find their path and inspire the students own journey to enjoy dance.

What is your vision for Studio One? I LOVE being a part of the community. It's such a joy to bump into dancers everywhere. Being our 30th season of dance, I'm watching dancers who grew up at the studio become teachers, parents, and generations keep coming back. I'd love to see S1 continue forever helping people find their joy in moving, exercise, music, and more!

Where is the most unusual place you have ever danced? A castle in Wales!

If you didn't own a dance studio, what would you do for a career? I LOVE my dance studio life and the dancers I am so lucky to teach. But I also love the outdoors and being in nature. I'd find or create another way to have fun in this wild world.

What is your favorite dance move and who is your favorite dancer of all time? I LOVE a good jazz hinge! I have been inspired and transformed by MANY including: Bob Fosse, Ann Reinking, Isadora Duncan, Mikhail Baryshnikov, Nadia Comaneci, Gene Kelly, Michael Jackson, & Paula Abdul.



Get to Know Acro

Acro, short for acrobatics, is a style of dance that S1 dancers can train in at the studio. Acro combines classic dance technique with elements of acrobatics. Acro routines may feature aeriels, back handsprings, back layouts, chest stands, and walkovers. The S1 acro team this year has 12 dancers ranging in ages from 9-17 who train in various styles of dance and receive acro training. Check the studio schedule for acro and tumbling classes to get your dancer started!

SEPTEMBER DANCE TERMINOLOGY

Attitude: The hip of the gesture leg is at 90°, the knee is bent, and the foot is pointed.

Arabesque: The gesture leg is extended behind the dancer's body at 90° or higher.

Bourrée: A step performed on pointe from fifth position. Initiated with the front foot, there is a rapid weight shift from one foot to the other, performed in place or traveling.



WHO WAS BOB FOSSE?

Born Robert Louis Fosse, Bob was an American actor, choreographer, and stage and film director. He is one of the most influential jazz dancers of the twentieth century. While choreographing the 1955 movie, *Damn Yankees*, he met and married fellow dancer Gwen Verdon.

Characteristic of his style is a type of trio dance, with its forward thrust of hips, hunched shoulders, turned-in feet and sharp, jazzy movements enhanced by sound effects. Derbies and animated hands became trademarks of his work. A signature Fosse move is the crescent jump: a jump in place with one leg in parallel coupé and the other straight. Jazz hands extend high above your head as you reach far to one side, making a "C" with your body. As you watch dances, try and look for that Fosse influence!

HAPPY SEPTEMBER BIRTHDAYS!



Rowan W.
Allie L.
Lily M.
Kayla C.
Maven G.
Ezelle G.
Sienna D.

Mel M.
Indigo M.
Mila M.
Ruthie F.
Emma R.
Vivian B.
Josephine B.

Tatum R.
Ruth J.
Emi R.
Kahlan S.
Skylar S.
Phoebe F.
Norah S.

Announcements

- August 12th: Fall registration begins
- September 9th: Classes begin
- Adult classes offered
- New **30th anniversary** gear available in the online portal. Show off your S1 spirit!
- Purchase dance wear and shoes from Discount Dance online and use teacher code 78029 to get 20% off your first order.



Visit the studio website today for information on schedules, dress code, and to access the parent portal!

Studio One
Dance Academy

STUDIO WEBSITE

[HTTPS://WWW.S1DANCEACADEMY.COM/](https://www.s1danceacademy.com/)

FACEBOOK

[HTTPS://WWW.FACEBOOK.COM/STUDIO1DANCE/](https://www.facebook.com/studio1dance/)

INSTAGRAM

[HTTPS://WWW.INSTAGRAM.COM/S1DANCE/](https://www.instagram.com/s1dance/)