



Level One – Urban Street Dance

Cost: £100.00

Course Dates: 1st November – 13th December

Times: 18:00pm – 21:00pm

What are the entry requirements?

- Age 18+
- Basic Dance Skill
- A standard of literacy and numeracy
- Related interests and experience

The Course is made up of the following 9 Units:

- History of Street Dance
- Basic Street Dance Techniques
- Basic Anatomy
- Street Dance Definitions – Basic Steps & Actions
- Street Dance Arm & Hand Movements
- Safe & Effective Warm up and Cool downs
- Teaching Methods
- Written Assessment
- Practical Assessments

Level One Street Dance Course runs over a period of 7 weeks at 3 hours per week.

Students must complete all 21 hours of study plus practical assessments and a written test to complete and pass Level One

(Please wear comfortable loose clothing you can dance in and come equipped with writing materials)

To Book:

Online: www.amandanicole.co.uk/courses.html

Contact: **Amanda Nicole**

Email: amanda@amandanicole.co.uk

Course Venue:

Coach Lane Sports Centre, Northumbria University, Coach Lane Campus. NE7 7RH

Telephone: 0191 2156575

Please note: Level One Urban Street Dance is NOT a Teaching Qualification.

This course is designed for participants to gain the necessary skills and knowledge required to assist fully qualified Street Dance Teachers or Coaches

(Completion of Level Four will lead to a full Street / Hip Hop Teaching Qualification)