



STEP POPPERS

TRAINING PROGRAMME 2018

At STEP, we aim to dancers and develop their potential to the best they can be. We believe a close-knit and encouraging group is the best environment to learn popping, to find different personal unique styles and to equip with the necessary skills to shine on any stage.

Our training programme focuses on building strong technique, as well as performance value. As such, students who wish to participate in this programme are required to commit to once a week training sessions.

Class levels increase over the course of 1 year. One year consists of 4 terms. **Each term consists of 10 sessions.** Dancers who wish to join the programme will have to commit to **1 year of training minimum.** Spaces are limited to 30 members.

A programme fee of **\$250 per term** is applicable upon acceptance of placement in the STEP Poppers. (A total of \$1000 for 1 year of training)
A **one-time deposit of \$100** will be collected upon registration together with fees for Term 1, and refunded only upon completion of the full year.

WHAT DO I GET AS A MEMBER?

- Weekly training with STEP popping instructors
- Allocated popping sessions in studio
- Professional performance opportunities
- Priority passes to external workshops organized by STEP
- Choreography & sharing opportunities
- Intensive training for external competitions
- Experience concept video filming

COURSE SYLLABUS:

- Muscle tension technique (Pop in a natural yet explosive way)
- Create and develop a popping style that is uniquely yours
- Exposure to various substyles (eg: tutting, waving, boogaloo, etc)
- Isolations and control that is extensively used in Popping
- Understanding the history and culture of Popping & Street Dance
- Music knowledge break down to deepen your dance flavour
- Applicable Physical training and conditioning



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Term	Focus	No. of Sessions	Description
Term 1 (05/01 - 16/03)	Drill phase	10	Regardless of the level you are at, this term will be spent on improving the quality of your pops, foundational moves and your dance.
Term 2 (06/04 - 08/06)	Exploratory phase	10	On top of drills, we will explore the possibilities on creating your own personal style and tips on how to develop step by step.
Term 3 (06/07 - 07/09)	Building phase	10	Working with different groups to inspire one another, overcoming anxiety and boosting confidence for performances & battles.
Term 4 (21/09 - 23/11)	Exposure phase	10	Further confidence building from performances & battles. Goal setting and life application of dance lessons and trainings.

Important Notes:

- Training will start on the 5th January 2018.
- All trainings are scheduled to be held on **FRIDAYS 8PM - 10PM**.
- Intensity of practices required nearing events & performances will result in changes to the schedule based on the majority of the crew's availability.
- If selected and you wish to confirm your participation, training fee for Term 1 & deposit payment (\$350/-) must be made during registration.

*For enquiries regarding our STEP Poppers Training Programme,
please call 63974989 or email dance@step.sg.*