



# NEWSLETTER – DECEMBER 2024

## What's New in **HIP-HOP?**

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

CreativeMovementAndDance.com  
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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. One cancellation is accounted for in the cost of tuition. For more than one, classes will be made up within 30 days of the cancelled class. Makeup day and time will be posted in the lobby, and notices will be emailed to all families.*

### **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.

We've come a long way since September, and are presently working on technique and rhythm skills that will help us prepare for our Spring Recital. The recital will be held at the Class location. The recital is a presentation to the parents, to demonstrate what the students have been working on since September. More information will be sent out as recitals are scheduled. Posters will be posted at your child's school in early March with the date, time, and location. We will also have all dates posted on our website.



**BE SURE TO UPDATE YOUR CONTACT & CC INFO**  
Please notify us or update the Portal if you have had any changes in phone, email, or credit card info

**Winter Break - Classes Will Not Be Held**

Dekalb, Fulton	Dec. 23 – Jan. 7
Gwinnett	Dec. 23 – Jan. 3
Forsyth, Cobb	Dec. 23 – Jan. 3
Henry	Dec. 23 – Jan. 7
Cherokee	Dec. 23 – Jan. 3

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.

CMD does not observe closings for Fall Breaks and other County closings at child care facilities. We have no classes for Thanksgiving, Christmas, and Spring Breaks only. Generally (churches can vary), other than those holidays, if the day care is open, we have classes. Obviously, if the school or day care is closed, there will be no class.


**DANCEWEAR FROM CMD**



[CreativeMovementAndDance.com](http://CreativeMovementAndDance.com)

**Instructional CD's/Download Available**

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



Includes 27 original songs/routines.

## HIP-HOP PRACTICE SHEET

### ISOLATIONS:

Head: up/down, look side to side, tilt side to side, circle

Shoulders: up/down, rotate front/back, around

Rib cage: in/out (contract/release), lateral (side to side), circle (use discretion)

### STRETCHES:

Floor - V-stretch, ankles, lunges, splits, side stretches, etc.

### CENTER TECHNIQUE:

Step touch...add snaps, claps

Side tog side touch/jmp/passé jump/add arms

Grapevine - side X side touch

Jazz square progressions

Chainé progressions (3 step turns)

Pivot turn progressions

Body roll

Coffee grinders

Arch back to touch floor and up

Jump apart, X, turn

Jazz split, spin

Hand stand, split thru

Tricks

### PERFORMANCE TECHNIQUES:

Circle around partner and back to spot

Travel in circle as a group, then back to spot

Changing rows

Entrances & exits

### ACROSS THE FLOOR:

Funky freestyle walks

Step clap

Grapevine (side X back, side X front)

Shimmies

Walk 3X, jump tog & clap

Walk 3X, jump tog & clap, slide 2X

Leaps & Jumps