



Steppin' Out

Academy of Performance

PROSPECTUS

Welcome to Steppin' Out Academy

Steppin' Out is a Dance & Performing Arts Academy in Poole, Dorset. Our purpose-built performing arts centre has some of the best facilities in the country with five dance studios, two changing rooms, student green room, reception area with a coffee shop and dance shop. The building is wheelchair friendly and accessible by the disabled. We also have a car park.

Founded in 1991 our ethos is to provide students with the best facility and training possible. We provide specialised training, implementing strong core values and offering regular performance opportunities. We were described by a visiting professional as "a London Theatre School in a coastal setting".

Steppin' Out Academy believes that all students of various ability and race should have an equal opportunity to fulfil their passion to dance and perform. Our ethos is growing a child's confidence through dance and performance. We offer social and elite training to nurture every individual.

We made the move into our own premises, and we continue to invest in these to give our students the best facility possible. We now have air conditioning, sprung floors, fixed barres and sound systems. Recently we added a fantastic senior green room for homework and relaxing.

At Steppin' Out we provide specialised training, implementing strong core values and offering regular performance opportunities.

We cater for all, from those wishing to take part as a hobby and to enjoy the social, fitness and artistry of dance through to those wishing to pursue a career in the performing arts.





Principal Angela Taylor



Deputy Principal Danielle Shirley



Senior Teacher: Megan
Heathcott-Mould



Teacher: Daisy Dickson

Teaching Faculty

Our teaching faculty are all professional performers and qualified teachers.

Principal Angela Taylor holds the ISTD Licentiate along with Acrobatic Arts module 2. Trained at the prestigious Bush Davies Angela has a vast knowledge of all genres and has won numerous awards for her choreography.

Danni Fry teaches the Street and Commercial classes alongside all other genres. She is also an Acrobatic Arts qualified teacher. Having managed her own performance group Danni offers a great insight to the industry.

Megan Heathcott-Mould holds the ISTD DDI and specialises in Ballet & Contemporary in addition to teaching all genres. Trained initially at Steppin' Out then Laine Theatre Arts, Meg is a versatile teacher of any style.

Daisy Dickson holds her full DDE qualification in both Ballet and Modern and holds a degree in Dance from Performers Dance College. Trained at Steppin' Out as a child she returns to pass on her immense skills specialising in exam training.

Lynsey Simon



Helen Jenkins

Guest Faculty

We are lucky to have guest tutors at the Academy.

Lynsey Simon provides outstanding vocal production weekly in person at our studios. West End Singer and Recording Artist Lynsey Simon provides outstanding vocal consultancy in person at our studios. Lynsey is a sought-after working singer and vocal coach, with many of her past students now working professionally. Her credits both as an experienced performer and tutor are extensive.

Helen Jenkins is still performing, originally trained at the Academy and with Lynsey Simon. Helen provides additional vocal tuition.



Imperial Society of
Teachers of Dancing

Approved Dance Centre



Imperial Society of
Teachers of Dancing

Registered Member



TRINITY

COLLEGE LONDON

Registered Exam Centre 64835



Accreditations

- o ISTD Approved Dance Centre
- o Acrobatic Arts Preschool, module 1 & 2
- o Council for Dance & Musical Theatre
- o iD Company
- o ISTD Registered Member
- o Trinity Centre

Titch & Tiny Preschool Program

This unique syllabus encourages the young dancers through imaginative characters and gives them a reward program to motivate and chart their achievements.

This program incorporates:

- Musicality and rhythm
- Imaginative thinking skills
- Increased focus and ability to follow direction
- Respect for authority figures
- Peer co-operation
- Self-confidence and overcoming fears

Whilst predominately a class with ballet foundations we explore other genres of dance and musical theatre whilst encouraging artistry and improvisation.

Starting at age 2 they progress through the levels till around age 5 where they transfer into the graded classes.



www.titchandtiny.com

Coming

Soon.....

ISTD Ballet

Our ballet classes are designed to help each student reach his or her individual potential in this discipline.

ISTD ballet syllabi are specially created to test the dancer's knowledge and encourage a very strong technique. It works to develop a knowledge base by learning the names of the ballet steps, arms positions and alignments as well as developing artistry and musicality.

This knowledge is key in the audition process, as the student can quickly adapt to the requirements.

In all the children's work a steady build up and safe practice are of great importance. This syllabi is recognised by all the top Dance and Performing Arts colleges and is QCF recognised with UCAS points awarded at Grade 6 and Intermediate level.



ISTD Modern

Modern is often seen on the stages of musical productions and is known for its theatrical qualities.

The style uses travelling steps, high kicks, leaps and turns which all need strength and flexibility.

It incorporates all different styles such as Lyrical, Contemporary, Jazz, Musical Theatre and Street under its umbrella. Uses a wide variety of musical styles and develops performance quality along with a strong technique.

The syllabi is graded and UCAS points awarded at Grade 6 and Intermediate Level





ISTD Tap

Tap dance is an American art form, born of the fusion of cultures on American soil. Established in 1904 the Imperial Society of Teachers of Dancing (ISTD) is one of the world's oldest and most influential dance examination boards.

Tap encourage the development of rhythm and an understanding of sound. In the very young dancer, it assists with counting and the ability to hear different rhythms in the music then try to create their own rhythms.

Confidence is developed through the listening and responding to sound and often helps the very shy to communicate.

Musical Theatre

Our Musical theatre classes encompass dance and singing and leads on to developing performance.

Vocal production & Portfolio

This involves basic techniques of breathing and speech level singing, along with learning songs from a wide repertoire. Acting through song is also a vital component of our lessons.

Drama

Using both improvisation and script work to develop the young performers.

Dance

The use of dance whilst singing and acting is very important. Combining the three skills takes dexterity and continued practice. We also look at acting through dance.





Street Dance

Street dance is an umbrella term that people use to cover a variety of dance styles. These styles all originated from social dances born on the streets and in nightclubs and were heavily influenced by the social circumstance and music of the time.

In our lessons we cover:

- Hip-Hop
- House
- Breaking
- Popping
- Locking
- Waacking
- Waving
- Tutting
- Commercial

Acrobatic Arts

Acrobatic Dance, is the beautiful fusion of classic dance technique and the precision and athleticism of acrobatic elements. It seamlessly blend musicality, emotional expression, lines and extension with acrobatic movements in a dance context.

Acro's roots are in traditional Chinese dance, later appearing as a favoured style on the Vaudeville stage. More recently, acro gained popularity with the widespread success of Cirque du Soleil and mainstream media including dance television programs like 'Dance Moms' have further fuelled it's demand in amateur competitive dance and studio settings.

Acro is an especially challenging style for dancers to master as each level is divided into 5 areas of training, Balancing, Limbering, Strength, Tumbling, Flexibility. Technique and progressions lead them comfortably on at each stage to enable them to perform all movements on a stage not just a mat.





Contemporary

Contemporary dance is an expressive dance that combines elements of several dance genres including modern, jazz, ballet and street.

Contemporary dancers work to connect the mind and the body through fluid and dynamic dance movements.

Unlike the strict, structured nature of ballet. Contemporary dancers focus on floorwork, using gravity to pull them down to the floor.

Contemporary dance can be performed to many different styles of music.

Pioneers of contemporary dance include Isadora Duncan, Martha Graham, Merce Cunningham and more recently Matthew Bourne.

Choreography is often created using improvisation, and this is explored during each lesson.



Productions

Our productions staged annually are unique and written especially for our students.

These give opportunity to sing, dance and act and we hire in West End standard theatrical equipment, so, they learn with the best.

Our show fee dramatically reduces expenses, as this fee includes the hire of costumes.

Students get the opportunity to audition for main roles and receive specialist tuition from our theatrical consultants.



Elite Training Program

The elite training runs alongside our normal training.

It gives the opportunity for those wishing to work at national level additional hours of training and to train as a team.

We have 5 elite teams starting as young as 5 through to 18.

Entry is by invitation and a high level of dedication and natural ability is essential.

Steppin' Out competes at National level and has won many awards. We have also been a part of Team England for dance world cup since 2019.



In House Agency

Students are invited to join our theatrical and commercial agency. We have a Young Performers Spotlight page that enables us to submit clients for various castings.

We have had great success most recently clients

Have been featured on TV in adverts for Cazoo, M&S and Swiss Post along with theatrical castings such as The Osmonds UK tour, Polar Express

It requires a high level of dedication as most castings are often just with 24 hours notice to attend in London.

A professional headshot is required by our photographer

Graduate successes:

- We Will Rock You
- Queen Mary 2
- Wizard of Oz
- The Producers
- Mr Selfridges
- Hunters
- P&O Cruises
- Celebrity Cruises
- Jean Ann Ryan Company

Dance College places:

- Performers
- EmiDale
- Addict
- Arts Ed
- Laine
- Bird
- LIPA
- The Centre
- London Studio Centre
- Tring Park
- Shockout
- Italia Conti
- Urdang
- Brit School

Alumni & Further Education