

The Little way to big steps

Disco dancing for children is an alternative to traditional dance classes and a fun way of introducing the little ones to dance. Penny Little, an ex-professional dancer, has started to teach disco dancing to teenagers and younger children.

"Young children can relate to dance more easily through disco dancing using modern music and from this they will often develop an interest in dance," says Penny. She realises most children have a natural

inclination to dance and clap their hands to music but are not suited to the strict methods of teaching dance such as traditional ballet.

"I'm offering an alternative method of teaching the basics of dance to children. It's also a great way for them to let off steam," she says.

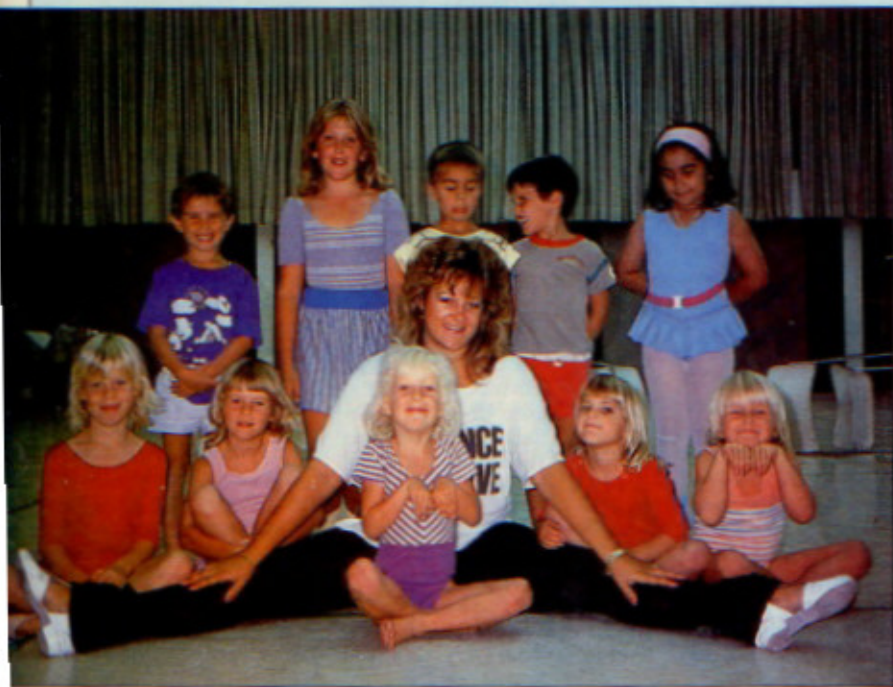
Penny trained as a classical ballet dancer but went on to specialise in jazz dancing and started her own company teaching jazz

and disco. As well as teaching coordination, rhythm and basic dance movements Penny encourages the children to listen to the music and to interpret the sounds with their bodies. Each class begins with warm-up exercises and basic dance steps followed by hand-clapping and simple dance routines to music such as Stray Cat Strut and Frankie. The children are free to create their own movements and the emphasis is on fun.

The teenage group is taught more complicated dance steps and work on improving set dance routines. The children are all currently preparing routines for a dance show scheduled for June.

Penny's classes are taught at the Jumairah English Speaking School on Saturdays from 1pm to 1.45pm for seven to 10 year olds and from 1.45pm to 2.15pm for two-and-a-half to five year olds. On Sundays Penny teaches ballet at the Hyatt Health Club where she will shortly be starting a disco class for children and teenagers. Her regular classes at the Country Club on Thursday afternoons are for children and teenagers.

Penny Little and her dancing team...encouraging creativity



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