






AmericanDanceTrainingCamp.com

SHIFT




ADTC Free To Dance Calendar

#adtcshift
#adtcfreetodance




Week 1: Contemporary * NOW

<p>Movers <u>"Follow The Sun"</u> By Caroline Pennell Choreographer: <u>Jayne</u></p> 	<p>Shakers <u>"Dog Days Are Over"</u> By Florence + The Machine Choreographer: <u>Kate</u></p> 	<p>Makers <u>"Rise Up Remix"</u> By Andra Day Choreographer: <u>Ellen</u></p> 
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Week 2: Hip Hop * FRESH

<p>Movers <u>"I'm Better"</u> By Missy Elliott Choreographer: <u>Emma</u></p> 	<p>Shakers <u>"Work"</u> By Rihanna (NJ Remix) Choreographer: <u>Delight</u></p> 	<p>Makers <u>"Burnitup"</u> By Janet Jackson Choreographer: <u>Ashley</u></p> 
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Week 3: Jazz * GROW

<p>Movers <u>"Brand New"</u> By Ben Rector Choreographer: <u>Alli</u></p> 	<p>Shakers <u>"Aquarius/Sunshine In"</u> By The 5th Dimension Choreographer: <u>Kierstyn</u></p> 	<p>Makers <u>"I'm Coming Out"</u> By Diana Ross Choreographer: <u>Megan</u></p> 
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Week 4: Triple-Threat Week * BELIEVE

<p>Movers Jazz <u>"A Brand New Day"</u> From <i>The Wiz</i> Choreographer: <u>Katelyn</u></p> 	<p>Shakers Contemp <u>"A Million Dreams"</u> By P!nk Choreographer: <u>Erica</u></p> 	<p>Makers Hip Hop <u>"Throw It Back"</u> By Missy Elliott Choreographer: <u>Corinne</u></p> 
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* Combos are ordered easiest to most challenging each week (left to right). **Movers** (Adv); **Shakers** (Int); **Makers** (Beg)

This month's free to dance offering is an invitation to SHIFT.

As we try to stay healthy, safe & sane in this ever-changing world we live in, we always have one thing that's completely in our control:

We can choose to SHIFT our perspective and see things differently.

This month is an opportunity to open up to new ways of looking at things and new ways of doing things. It's a chance to get curious and create new rituals.

At ADTC, we believe a shift in perspective from fear to love is a miracle. Let's create more miracles this month by doing more of what we love. And let's take time to dance each day.

Week 1 Word of the Week: NOW

We live in the age of distraction. But our life unfolds in the present. This week, let's practice living in the moment, paying attention to whatever is going on for us, whether we like it or not. This is the practice of mindfulness - when we realize we're lost in thoughts & judgment, simply breathe and come back to the present moment. We cultivate our happiness & brightest future when we connect to the **NOW**.

Week 2 Word of the Week: FRESH

Fresh refers to a new beginning, a clean slate, or a revitalized perspective, often symbolizing hope, energy, and the opportunity for positive change. It represents shedding the past to embrace immediate, renewed action. In hip hop, "fresh" means something is stylish, innovative, or exceptionally cool. As we shift our perspective, we can start **FRESH**.

Week 3 Word of the Week: GROW

"Grow" symbolizes personal evolution, progress, and the conscious choice to advance beyond one's current state. Growth requires consistency, patience, and discomfort. It means moving forward rather than remaining stagnant, learning from mistakes, and nurturing potential. This week we remember that standing still is actually much scarier than moving. Let's shift outside our comfort zone and **GROW**.

Week 4 Word of the Week: BELIEVE

This week we choose to have faith in ourselves, our potential, and our inevitable success through perseverance. We know that we have the power to transform dreams into goals and goals into achievements. We trust that we can make shifts in our life, both big and small. We **BELIEVE**.