

Urban Fusion Dance Class

Course Overview

Explore urban and commercial dance with an afro vibe. This short 10 week course is aimed at dancers who have some dance experience looking to strengthen their performance in urban and commercial dance with an afro twist. This high energy and fun dance class is perfect those looking to refresh their urban dance practice, develop their fitness levels and perform weekly routines inspired by popular music videos and trends.

What you will learn

You will learn new weekly routines covering a range of styles to include urban styles, commercial, afrobeats, dancehall and soca. Classes will follow a similar structure in each week and material will develop in complexity and pace. Expect high energy, fun and a great atmosphere. Classes will be led by Demi Essex and visiting guests within our professional dance studio at Abbey Park Campus. Participants must wear suitable loose clothing for classes, trainers and take water to classes.

Entry Requirements

Participants must be aged 15 years and over with some dance experience. Classes will allow for those with less confidence to work at a slower pace, whilst challenging those with more technique and experience.

How you will be assessed

There are no assessments for this course.

Course Fees

There are no additional costs.

Course Progression

Upon completion of this short course, you can continue onto our next block of classes. You may wish to look at our L2 (P00176) and L3 (P00183) full-time dance courses on our website and take your training to the next level on a full time course. You can complement this course with a block of classes in contemporary dance (P00696).

What Happens Next

Apply online via the College website. For enrol and pay courses: Once you have decided to take the course, you need to fill in a short learner details form online and pay the course fee. Once you have done this, you will receive an electronic confirmation of enrolment and payment.

Course Details

Course Code	P00695
Start Date	26/01/2026
Study Hours	Part Time
Duration	10 weeks
Campus	Abbey Park Campus
Level	1

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