

CONTEMPORARY EXPRESSION IN MIDDLE SCHOOL DANCE

Students in the 6th–8th grade dance class are currently preparing a contemporary piece titled “Constant.” The choreography blends expressive storytelling with strong ballet technique, creating a performance that is both technically impressive and deeply meaningful.

Under the direction of Miss Samantha, a former professional ballerina, students are refining foundational skills while growing in confidence and artistry. Each class begins with connection and collaboration, as dancers take a few moments to talk, share ideas, and prepare mentally for rehearsal. From there, they move into focused warm-ups filled with stretching, conditioning, and turns.

One student shared,

“We’re doing lots of pirouettes and really stretching.”

The choreography incorporates extensive partnering work, including coordinated turns and trust-based movements that build both strength and teamwork.

“We do lots of partnering... we do our turns and trust falls. It’s really pretty.”

At times, the classroom atmosphere transforms entirely. The lights are dimmed, soft glow lighting fills the space, and students stretch and move in a reflective environment that allows them to fully immerse themselves in the music.

Music selection plays an important role in shaping the experience. From worship music by Maverick City to occasional hip-hop tracks, the variety allows students to explore different styles of expression.



For many, dance class provides a meaningful space to step away from the traditional academic setting and connect movement with faith and creativity.

“We love worshiping through dance,” a student shared.

Each dancer is also learning a unique solo section within “Constant,” allowing individual personality and artistry to shine while contributing to the unity of the full piece.

The growth in technical precision, stage presence, and confidence is evident. With the guidance of Miss Samantha—whose professional ballet background brings both expertise and inspiration—the students are not only developing as dancers, but also discovering the beauty of movement as a form of expression and worship.



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