

Contemporary Fusion Dance Class

Course Overview

Explore and perform contemporary dance styles, with a lyrical twist. This short course is aimed at dancers who have some dance experience looking to strengthen their contemporary dance skills in a fun and dynamic contemporary fusion class. Classes will focus on developing and strengthening techniques and learning exciting performance phrases each week.

What you will learn

Classes will focus on the development of technical and performance skills in the contemporary style, drawing on lyrical and release techniques. Classes will follow a similar structure in each week and material will develop in complexity and pace. Classes will be led by Demi Essex and visiting guests within our professional dance studio at Abbey Park Campus.

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. Suitable for those looking to pursue a full-time dance course, those already in training, local graduates and dance artists.

How you will be assessed

There are no assessments.

Course Fees

There are no additional costs. Participants should wear sports/dance clothing. T-shirt, leggings, jogging bottoms/leggings and bring water.

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. You can complement this course with a block of classes in the urban and afro fusion style directly after (P00695).

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	P00696
Start Date	26/01/2026
Study Hours	Part Time
Duration	10 weeks
Campus	Abbey Park Campus
Level	1

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