Dance Perspectives

Dance, the most physically and mentally demanding subject within the performing arts, is the main theme of the Fabulous Feet Dance Studio. We aim to instill in our students knowledge of dance technique and style, the physical training necessary for proper body development, a feeling for movement, and the necessary emotional qualities needed for dance. Music association and appreciation, along with rhythm and timing, are also included in our students' training. It is our goal that when our students have left the Fabulous Feet Dance Studio, whether to pursue a career in dance or not, he or she will have developed a stronger sense of responsibility and a better appreciation for the arts.

Curriculum

Courses offered by the studio may be taken by the students starting at age three through adult, and are available for most levels from beginner to advance. Most classes are 55 minutes long and some are 85 minutes.

**Tiny Tots:** Ages 3-4 & 5-6 years old. A creative movement course for tots, based on the rudiments of dance: basic ballet, introduction to jazz, and development of good rhythm through tap.

**Jazz:** A free style of dance, involving stretch, isolations, and combinations, influenced by the social contemporary dances and music of both today and yesterday.

**Tap:** An audible form of dance that develops a strong sense of rhythm and coordination.

**Ballet:** The mother of dance which develops good body structure and tone, body placement and technique, strength and flexibility, and is important for the well-rounded dancer. Minimum age is 6 years old (unless otherwise cleared with the instructor).

**Hip-Hop:** A free-style type of dance that centers around music of today's dance floors.

**Contemporary:** A style of theatrical dance that rejects the limitations of classical ballet and favors movement deriving from the expression of inner feeling.
**Modern:** A style of dance that focuses on the dancer’s own interpretation of movements and emotions, rather than on structured steps.

**Musical Theater:** Musical Theater combines jazz technique with other varieties to create a “Broadway” style of dance. This class will follow a jazz warm up and will have progressions and center floor work and combinations that combine acting with jazz dance.

**Tumbling/Static Trapeze:** By learning the benefits of flexibility, balance, core strength, and body control, inherent in all aspects of tumbling, your child will be better equipped to safely enjoy and excel in all of his or her future athletic endeavors.

**Weightless Class:** This class provides a workout that allows you to stretch and strengthen without overstressing your joints or compressing your vertebrae. The key to Weightless class is the hammock, a swath of silky fabric that acts as your support system. Using the hammock, you learn to invert and hang suspended in the air. The hammock supports your hips for forward bends and backbends. It acts as your seat for any number of variations on the abtastic crunch. Best of all, the hammock wraps you in your own little cocoon for swaying that leaves you feeling weightless!

* Long Pants and a shirt with sleeves are must-haves, since the hammock can dig into your arms and legs under the weight of your body.
* Those with certain medical conditions, such as glaucoma and high blood pressure, are advised not to undertake this practice, so be sure to check your medical history.
* As with any yoga practice, coming prepared with a sense of humor and a willingness to try new things goes a long way toward making a weightless class a fun and relaxed experience.

**Aerial Silks:** Silks, also called Fabric or Tissu, are one long piece of fabric attached in the middle to the ceiling to create two long tails. In this class you will learn to climb, invert in the air, and hang upside down. As you increase strength and comfort-level, you will learn sequences, drops, slides, and flips that allow you to descend the fabric with style and grace. Minimum age is 9 years old (unless otherwise cleared with the instructor).

**Class Procedures**
- The Fabulous Feet Dance Studio thrives on a prompt schedule; please arrive 15 minutes before your class begins.
- All missed lessons should be made-up. Please do not miss more than 5 classes all year.
- There are **no refunds** for missed lessons. A make-up class is available for $7.00, paid directly to the assistant at the time of the lesson. When absent, please call us to let us know that you will be absent and we will schedule you a make-up.
- Cancellations of classes due to inclement weather will be broadcast on KPQ and posted on our Facebook and Instagram pages. If local schools close so do we. Please do not drop off students unless you are positive we are holding class.

The Fabulous Feet Dance Studio is a place of learning, much like an academic school. Self-discipline, paying attention and knowledge of the work are just a few of the requirements for a positive learning experience. We take pride in the progress of our students and have established these guidelines to ensure the best environment for an education in dance.
Fabulous Feet Academy of Ballet

Class Description

Fabulous Feet Academy of Ballet classes are not based on level, but focused on skills required to progress through a high level of ballet training. Fundamentals such as postural alignment, weight placement and turn out are the beginning stages of a dancer’s development. Once these are achieved, dancers learn how to work through their limbs, and begin transferring their weight into steps and movement. Tempo, agility and muscle control become intermediate steps and turns. As skill and technique progress, the dancers are able to safely execute more advanced steps. For proper class placement, all students require assessment by the Ballet Director.

*Please be aware that students’ progress at different paces. Each child has a natural pace of growth. There is no ‘right’ or ‘wrong’ pace. It takes time and repetition to build muscle memory, and can often take more than one year in a class for the muscle memory to set in. Have faith and know training your child safely is on the forefront of their instructor’s mind. Ballet training is slow, tedious and repetitive. This is why all other forms of dance are built upon a ballet foundation.

Beginning Ballet

For young dancers’ first introduction to ballet training, this class teaches musicality, the wonders of imagination in dance, emotional expression, basic rhythm and counting, beginning stretches and beginning ballet exercises and traveling steps. This class focuses on the building blocks of ballet training. In order for steps to be safely executed, correct placement, muscle use and posture must become muscle memory. Students will learn how to support their spine through the use of their core, use the correct turn out muscles, where to place their weight to activate correct muscle groups, how to work through their feet with safe alignment, stretching through the joints, and muscle use in preparation for steps.

Young Intermediate Ballet

This class reinforces the skills developed in Beginning Ballet, and builds upon the strong foundation, as students begin to set the fundamentals into action. Tempos, preparation for turns, and more advanced exercises enter syllabus. As the challenges increase, two days a week are needed to maintain strength and the muscle memory needed for more advanced steps. In addition, students will learn basic anatomy such as types of joints and names of bones, translation of ballet terminology such as “Plié means to bend” and how to spell ballet terms.
Intermediate/Advanced Ballet

With the strength, placement and technique gained in Intermediate Ballet, dancers with postural alignment and consistently engaged turn out are now ready to execute more challenging movement. Combinations and intermediate steps are introduced, muscle memory and technique refined through repetition. Students gain balance through increased center-work, pirouettes, and side barre exercises. Hip placement and pelvic strength begin to develop in this level for extensions and advanced steps requiring specific muscle use. Stretching draws emphasis, and previously learned steps at the barre are now practiced in center.

Advanced Ballet

As the body is now fully trained to begin more intermediate/advanced steps, syllabus continues to move even faster. Extensions now rise well above demi-hauteur. All steps previously learned are executed in center combinations. Adagio and allegro become longer, finessing student’s muscle control, balance and creating endurance. Grande allegro takes forefront, and petite allegro combinations become quicker, including ¼ and ½ turns. Artistry is developed within movement, and students are taught to adapt to various methods of ballet. Students prepare for partnering, and are ready to learn Classical Variations. Performance presentation is molded in this level. Students begin to study artistry of famous ballet dancers, discuss dance as a hobby or career, and are considered advanced for their age.

Core Ballet (Pre-Professional Level)

This class is dedicated to our most advanced group of ballerinas and ballet danseurs. At this point in training, adagio and allegro become longer, petite allegro combinations become quicker, and pointe work becomes a main focus. Students must be technically efficient and have a high work ethic to safely execute advanced ballet steps and practice pointe work in center. This class meets multiple times a week and is considered our highest and most elite group of dancers. Students are selected by the director and ballet instructors to be a part of core ballet classes.

Adult Ballet

All of the fun of ballet, with no performing pressure. This class is geared for older teens and adult who wish to use Classic Ballet as a form of fun and challenging fitness. Ballet works the entire body, from head to toe, including your brain as you navigate combinations in the air, on the floor and at the barre.

Please make sure that your child is in proper Ballet Dress Code for class. Dress code includes black leotard, back seam tights, canvas ballet shoes, waist belt, and hair secured in a bun for girls, and white shirt, black tights or jazz pants, and black ballet shoes for boys. Please ensure that your child will regularly attend class in dress code with all required supplies.
Dance Attire

**Female students:** Ballet, see below. For jazz, tap and contemporary classes the black studio dress code is most important during recital or other special rehearsals. Any type of exercise clothing will work unless otherwise specified by the teacher. Students may also wear colored dance wear in class.

**Shoes:**
Tap: **Black** leatherette (for younger) or oxford shoe (slip on) with teletone taps
Competition Tap: Capezio Tapsonics
Jazz: **Tan** soft or split sole oxford
Contemporary: Dance Paws
Hip-Hop: White sneakers and workout clothes (no street shoes)
Hair: **ALL HAIR MUST BE SECURELY PULLED BACK OFF THE NECK OR IN A BUN.**

**Male Students:** Ballet, see below. For other styles you may wear sweats, T-shirts and dance belt.

**Shoes:**
Tap: Black oxford with teletone taps
Competition Tap: Capezio Tapsonics
Jazz: Tan soft or split sole oxford
Contemporary: Dance Paws
Hip-Hop: White sneakers and workout clothes (no street shoes)

**Fabulous Feet Academy of Ballet Dress Code**

**Female Students:** For all intermediate classes and under: Black leotard, pink back seam tights, pink canvas ballet shoes, and a waist belt. Hair must be secured in a bun.
Primas: any color leotard, pink back seam tights, pink canvas ballet shoes, they may wear a ballet short-mid ballet skirt for pointe. Hair must be secured in a bun.

**Male Students:** For **ballet** wear a white or black shirt or tank top, dance belt, men’s ballet tights (footed or footless with thin white sock), black canvas ballet shoes.

**Annual Recital**
Taking pride in the progress of our students, we set out to achieve the total fulfillment of dance by presenting our students in Wenatchee's most exciting annual review! The years’ work is brought to an exciting finish as students feel the magical thrill and glow of dance "framed in the proscenium." Our annual recitals are presented at the Riverside Playhouse and the Numerica Performing Arts Center. **This year’s recitals are on May 18th, 2019 (contemporary and ballet at the Riverside Playhouse) and June 15th, 2019 (all other styles at the Numerica Performing Arts Center).**

Performing classes will dance in at least one recital, some dance in both.

**Studio Calendar**
A copy of the studio calendar is available at the office or may be downloaded from our website. Other class changes will be sent home with the students in notice form.
**Pricing:**

**Registration Fee**
An *annual* charge of $20 per student is mandatory and due upon registration. SIGN UP ON OR BEFORE August 11th, 2018 AND HAVE THE REGISTRATION FEE WAIVED!

**Dance Tuition**
*Tuition is based on a course fee. The total cost for 40 classes and/or rehearsals has been divided into 10 equal payments. Studio Holidays have been taken into consideration and you do not pay for these missed classes.*

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**FFD and FFAB**

**UNLIMITED CLASSES**
(Silks and Tumbling not included):

$320.00

*Monthly Savings $130.00*

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**Costume Fees**
A $40 *non-refundable* costume deposit per student per performing class is due and payable starting with the September payment and due no later than the November payment. The remaining costume balance must be paid in full by the April payment. Balance owed on costumes should not exceed $30, and every effort is made to keep costs down. **Please note that exceptions may be made for costumes for the competition team.** The student will provide their own accessories such as socks, tights, and shoes. Accessories can be purchased at DiscountDance.com. Costumes are made to order and there will not be any refunds for any reason.

THERE IS A $40 SERVICE CHARGE FOR ANY CHECK RETURNED BY THE BANK.

WE ACCEPT CREDIT/DEBIT CARDS

ALL TRANSACTIONS WILL BE SUBJECT TO
A $2.00 PROCESSING FEE
Faculty

Melissa Miller Port:

Studio Director/Owner ~ Production Development ~ Tap Specialist ~ Nutcracker Production ~ Ballet Program Director

Melissa, past-president of Dance Masters of America chapter #39 is certified by test to teach. She has studied dance seriously since the age of five under the direction of David DeMarie. She has taken master classes with Gus Giordano, Betsy Haug, Brian Foley, the infamous Tom Ralabate, and others. She was crowned Miss Dance D.M.A. Chapter #8. She has also competed in and won highest scores in national competitions. Melissa taught for David DeMarie while in Buffalo, NY. At that point, she went on to tour with Greg Thompson Productions, and has performed all over the world including Philadelphia, Atlantic City, New York, Reno, Toronto, and Bermuda. Since opening the Fabulous Feet Dance Studio, Melissa’s students have achieved top honors in many competitions, including high score, Dancer of the Year, Groups and Duo’s of the Year and many first place awards. Other students have gone on to dance professionally, with Greg Thompson Productions and other producers and dance companies. The great success of her students has brought the Fabulous Feet Dance Studio to a high that makes all of its students proud to be “Fabulous Feet dancers.” Melissa served on the National Board of Dance Masters of America and has been on the National Judges Panel for DMA. She was the future planning director of DMA as her teaching skills, studio “know-how” and assertive attitude are the things she is recognized for. Melissa absolutely loves working with young children, as they love working with her.

Tracy Trotter:

Director of FFD Aerial Arts ~ Nutcracker Development ~ Tap Specialist

Miss Tracy graduated from Wenatchee High School. During her prep education years she studied Ballet with Joan Shelton at the Wenatchee School of Ballet, danced at Fabulous Feet Dance Studio, and performed with the Wenatchee Youth Circus. She spent 5 years at Eastern Washington and received her Bachelor of Arts in Music Education. She taught at EWU dance and gymnastics camps and received “Best Teacher Awards”. While at Eastern, she was an assistant teacher in the athletic department and a featured soloist with the Spokane Ballet Company. Miss Tracy has attended Master Teacher courses in New York as well as attended teacher classes at the LADF National Convention. She was a corporate member of the “Royal Academy of Dance” London 2003-2013, and the “International Tap Association” 2003-2013. Also, Tracy toured as a professional dancer. She has performed, danced and held the position of “Dance Captain” and “Assistant Choreographer” in many shows, ranging from Magic Shows, Vegas style Reviews, Circus, Rock Tours, Motown and Blues, and various Broadway style reviews. She has traveled and performed in Japan, Bahamas, West Indies and various locations in the U.S. While in Japan and Bahamas, she taught gymnastics, dance and aerobics as a professional guest. She has done choreography for Wenatchee Music Theatre productions of “Grease,” “Chorus Line,” and “Thoroughly Modern Millie”. Tracy and competition dancers have won several honors and national awards.

Trisha Miller:

Youth Development ~ Contemporary Choreographer ~ Technique Specialist ~ Private Instructor

Trisha was born and raised at Fabulous Feet Dance Studio and has danced since the age of 2. She has taken master classes from Travis Payne, Michael Rooney, Travis Wall, Andrew Winghart, Mia Michaels, and many others. The past two summers she has traveled to California to train and study intensely with Mandy Moore. While competing, Trisha has achieved highest overall honors including Senior Miss Encore, judge’s choice awards, and is a crowd favorite to watch. Trisha has a special gift with children and truly cares about each and every dancer. Her students have won multiple highest overall awards and special awards, and her routines have won multiple choreography awards. She loves sharing her love for dance with others and helping dancers achieve their goals.
Andrea Locke:

Modern Specialist ~ Movement Technicality

Andrea holds a Bachelor of Science degree in Dance from The University of Idaho. She has an extensive and eclectic dance background. Andrea grew up in Richland, WA and studied classical ballet under a Royal Academy of Dance certified instructor. She began modern, jazz, and tap training in High School. She has worked with world renowned choreographers, including Frankie Manning, Vickie Uris, and Christopher Morgan, to name a few. She has taken master classes from members of Ailey II, Paul Taylor Company and Bill T. Jones Company. She has had the opportunity to perform in a number of reconstructions of classical modern pieces, including Passacaglia and Fugue originally choreographed by Doris Humphrey and Soaring originally choreographed by Doris Humphrey and Ruth St. Dennis. Andrea enjoys sharing her unique knowledge and experiences of dance by bringing a different focus and awareness to the way we use our bodies. She focuses on proper technique, natural forms of movement, as well as strength and flexibility in her classes. Andrea has two young daughters, and works as a Medical Assistant during the day.

Elizabeth Wilson:

Ballet Specialist ~ Technique Development

Elizabeth began dancing at a very young age and received Royal Academy of Dance (RAD) ballet training through the age of 14. Training continued under a number of instructors through her high school and college years with summer intensive training at schools in Portland Oregon and Vancouver, Canada. In 1981 she opened the Bainbridge Dance Center on Bainbridge Island, Washington, a school of ballet, modern, tap and jazz, with approximately 200 students, ages 4 through adult, and several instructors. She continued her dance and teaching training through workshops at Pacific Northwest Ballet, Spectrum Dance, and other Puget Sound schools. In 1989 the Bainbridge Dance Center was purchased by one of the instructors and still exists today. Although Elizabeth’s career took another path, she continued to take classes regularly.

Hana Getsinger:

Ballet Specialist ~ Technique Development

Hana Getsinger grew up in Seattle, training at Spectrum Dance Studio from the age of 4. Hana studied Jazz, Tap and Modern but felt particularly drawn to the poise and discipline of Ballet. Hana has had the privilege of studying with Dale A Merrill, Ron Tice, Ann Reinking, Melissa Lowe, Sam Watson, James Clauser and Joan Shelton. She received a merit scholarship to University of Arizona's prestigious dance department, and later completed her studies at University of Washington. Hana is passionate about all children having access to the arts and has worked to advance this cause through outreach work with Seattle International Film Festival, Seattle International Children's Festival, and Icicle Arts in Leavenworth. Hana recently moved from Leavenworth to Wenatchee with her husband and two children, and is delighted to share her love of Ballet with students at Fabulous Feet.

Shawna Shelton:

Tap Specialist ~ Youth Development ~ Diversified Choreographer

Shawna started her dancing career with Fabulous Feet One! She has studied all styles and competed in competitions across the country receiving numerous overall awards. She has taken master classes in New York and in LA from various teachers such as Patsy Swayze and Mia Michaels. Shawna has also completed 3 years of intense teacher training through Dance Masters of America to hone in her natural ability to teach. As a teacher she has been awarded for her outstanding choreography. Shawna’s particularly gifted with amazing rhythm and is well known for her inspired choreography. We are thrilled to have Shawna on the Fabulous Feet Faculty!
Katie Spurbeck:

Ballet Instructor ~ Youth Development ~ Tap Technician

Katie has been dancing for 20 years. She has attended many regional and national competitions all over the United States. With her team, Katie has received many top awards ranging from first overall to Judge’s choice. She has starred as the Sugar Plum Fairy in the Wenatchee Nutcracker and debuted as the Wenatchee Nutcracker’s original “Clara” at the age of 12. Katie has observed Master Classes by Jennifer Martin of Eugene Ballet Company and participated as an Instructor in training at a Weekend Workshop with Internationally sought after Master Ballet Instructor Stephanie Saland. She has also attended master classes from Travis Wall, Mia Michaels, and Stacey Tookey. She loves sharing her passion of dance with all ages, and enjoys watching her students grow through their challenges.

McKayla Corulli:

Youth Development ~ Tots Combo Instructor ~ Hip Hop Specialist

McKayla Corulli began dance at Fabulous Feet Dance Studio at two years old. She was inspired by her four older siblings who introduced her to the world of dance. McKayla has studied all styles of dance including ballet, contemporary, jazz, hip hop, and tap and has expanded upon the basics with training in tumbling, trapeze, and aerial silks. McKayla was featured as the Sugar Plum Fairy in past productions of the Wenatchee Nutcracker. She began competing at the age of seven. Over the years she has been awarded three national scholarships and received recognition for her emotional presentation along with her dedication to dance. McKayla and her competition group have received first place titles and been awarded highest overall category winners multiple times while competing at regional and national levels— including winning the highly prestigious entertainment challenge for the international dance challenge. McKayla has dedicated time assisting classes over the last eight years and teaching classes for the past two years and loves to share her joy and passion for dance with the next generation of young dancers!

Elizabeth Popoff:

Youth Progression ~ Tots Combo Teacher ~ Contemporary Specialist

Elizabeth began dancing at the age of 4. She studies all styles of dance including jazz, tap, contemporary, hip hop, and ballet. Elizabeth’s passion for dance started with the Nutcracker. She has been in the Nutcracker for 11 years now, playing roles ranging from Clara, the Nutcracker, the Snow Queen, and much more. She joined the competition team when she was 8 years old, and she has been a part of the team ever since. Elizabeth dances at competitions with her team, and has won awards and has been recognized by judges. She has traveled to regional and national competitions, including Encore, IDC, Spotlight, Nuvo, and The Dance Awards. Elizabeth has assisted classes for many years now, and began teaching last year and loves having the opportunity to share her love of dance at Fabulous Feet.

Tacia Medrano:

Hip Hop Expert ~ Jazz Precision ~ Contemporary Choreographer

Tacia Medrano has been with Fabulous Feet for 25 years. She has been taught by many of the top choreographers in the world. She has won numerous awards such as: judge’s choice awards, top 10 awards and a scholarship award in New York City. She was awarded multiple scholarships from JUMP! The Alternative Convention, Monsters of Hip-Hop, and Monsters of Contemporary for her exceptional work in Jazz, Hip-Hop, and Contemporary. She has been on a national dance team that traveled and performed in Paris as well as dancing on two cruise ships! Tacia really enjoys helping others learn and improve on what they do. Tacia’s incredible musicality works to her advantage in choreography and we are proud to have her as a part of the Faculty.
Lindsay Blade:

Child Development ~ Youth Specialist

Lindsay Blade was hooked on dance after watching Fabulous Feet’s first ever dance recital. She began her dance career (age 9) with Fabulous Feet #2. Quickly becoming part of the Fabulous Feet dance family, Lindsay was chosen to be in the first ever competitive dance team to represent Fabulous Feet at The Dance Masters of America (DMA) Dance Competition, where she and her group won many awards, including many first place and highest overalls. Lindsay traveled with the team to many National dance competitions including, Canada, Anaheim, and New York, where she also took classes from many well-known instructors.

Lindsay has taught dance to many “little” dancers during her high school and part of college years. She even later hired a few of her old students to work for her at her business, The Coffee Cabin. Fast forwarding 26 years, Lindsay is still part of the Fabulous Feet Family/Faculty. She is very excited to now share the love of dance with her two daughters and students. Lindsay has a passion for teaching dance, but especially for the little ones, and she hopes to spark the passion in them to grow up with the love of dance that she did. Dancing is not only about learning to moving to the music! It builds confidence and forever friendships. It teaches cooperation, dedication, and how hard work pays off! It teaches you to believing in yourself and to trust in others. “Life is not a dress rehearsal,” is something Lindsay will always remember and pass on to her students! Lindsay’s love of dance and her admiration for Melissa has made her a permanent fixture in the beloved studio. She is grateful for what she learned about life through dance and will pass that on to her two daughters, son, and students.

Caitlin Stuber:

Diversified Teacher and Choreographer~ Youth Development~ Jazz Specialist

Caitlin attended Wenatchee Valley College and earned a Bachelor of Science in Psychology and a Bachelor of Science in Biology with a minor in Molecular Biosciences from Washington State University. She has professional experience in ergonomics and kinesiology and has studied anatomy, child development, and child psychology. Caitlin has taken dance lessons for 20 years. She danced in Fabulous Feet #10 and has been involved with the studio ever since. Caitlin competed with the Fabulous Feet competition team for nine years and attended competitions across the United States and Canada, danced on two cruise ships, and has taken classes in New York City. She has received many top honors and Judges Choice awards for her solos, trios, and group numbers. She has trained in ballet, pointe, modern, lyrical, contemporary, jazz, tap, hip hop, character, and tumbling. Caitlin has taught dance classes for six years including all ages from tots combo to adult classes. She is excited to continue teaching and working in the office at Fabulous Feet!

Amy Sand:

Youth Development ~ Hip Hop Specialist

Amy Sand began dancing at the age of 3 under the direction of Melissa Miller Port at Fabulous Feet Dance Studio. She has danced all styles throughout her life, but specializes in jazz and hip hop. From a young age she loved watching hip hop and it has been her primary focus to excel in that style. Amy is a very people oriented person and loves interacting with others, especially children. Throughout Amy’s reign as the 2017 Washington State Apple Blossom Queen, she strengthened her leadership abilities and passion for helping others. Amy can’t wait to continue developing relationships with her students and share her love for dance. Amy was on the competition team for 11 years starting at age seven. She has been to numerous dance competitions both regionally and nationally and has received many awards. She has been going to conventions since she was 11 years old and has taken classes from Wildabeast, Misha Gabriel, Twitch, and many more. She has been recognized individually, and with her teammates. Amy can’t wait to share her knowledge and experience with her students.