

Beginner Irish Dance Lessons for Children & Adults

Primary Art Form:

Dance

Target Audience:

Mixed

Bio:

Central Florida Irish Dance is led by Sarah Costello a professional Irish Dancer and Musician. Sarah has performed in venues throughout the continents of Europe, Asia, America and Australia. She has taken the role of lead dancer and dance captain with prestigious Irish Dance Troupes. After thirteen years of touring Sarah relocated to Orlando to perform as a dancer at Walt Disney World. Her dance school which she went on to establish eleven locations throughout Central Florida with a total enrollment of over 130 students. The students have competed in competitions in many states as well as the World Championships in Ireland. There are currently five North American Open solo champions in the school, one of whom is only 5 years old. Students have also had the opportunity to perform for the Orlando Magic in 2017 and more recently for Orlando Mayor Buddy Dyer. A native of Belfast in the North of Ireland, Sarah who has a twin sister, is one of seven siblings, four brothers and two sisters. The family grew up steeped in the traditional music, language and literature of their Irish heritage but also had appreciation for a wide variety of musical genres. Sarah started dancing at the age of 3 and also took lessons in the Tin-Whistle, fiddle and flute. One of her tutors was the world renowned fiddle player Sean McGuire. Sarah's first professional role was at the age of 17 years old when after a successful audition she was offered the opportunity to tour as a dancer and musician with "Rhythm of the Dance" show. After touring Europe and USA she continued her academic studies at Queens University, Belfast graduating in 2007 with a B.A. Degree in Irish language and Theatre Studies. In 2008 she achieved her qualification as a TCRG (Teacher of Irish Dance). Sarah now has her sights set on achieving the ADCRG (Adjudicator of Irish Dance) which she hopes to complete in the very near future. Central Florida Irish Dance has played a major role in strengthening the bands of the Irish Community in Orlando by bringing together people who have a shared interest in the promotion of the Irish Heritage and Culture. Sarah was the recipient of the 2015 'Contribution to the Irish Community Award' from the Irish American Chamber of Commerce in Florida, received the Excellence Award for outstanding achievement for 'I Love Dance' competition Orlando in 2018 and was the winner of a \$1000 prize for 'Fusionfest Entertainment Winner' in 2018. Outside of teaching Sarah is also the Dance Director / Lead Dancer for CMI Entertainment in the USA. A role which she took up in 2013. She has cast, choreographed and performed for several touring Irish variety shows visiting over 30 states in America to date. At the same time in 2013 she formed and Irish band and dance troupe 'Irish Echoes' who perform throughout Florida.

Session Description:

Students will learn the basics of Irish Traditional Step Dance from posture, timing, feet placement to the rhythms, music and lively footwork. There are four different rhythms in Irish dance: reel, slip jig, jig and hornpipe; and two different speeds: traditional and open. Together with the two different shoes, they make up seven solo dances. The culture of Ireland will be promoted in our class and you will grow to love this unique art form that dates back for many centuries.

Beginner Irish Dance Classes suitable for both Children aged 3+ and Adults. This class will cover the basics of Irish Step Dancing and set a great foundation for any budding dancer in this wonderful cultured art form.

Requirements:

For heavy shoes (tap shoes) they may need a wooden board or covering on their floor. (This is from Week 5-8) as we start in the soft shoe.