



# Corey Cheval

PERFORMANCE COACH

## FABRIC FOUNDATIONS

*Explore the magic of the most basic movements in the air: Hip Keys, Climbs and Locks that dazzle on their own when executed with precision. This workshop will help strong beginners take the leap into the next level of their training.*

*Level: Beginner/Intermediate*

*Prerequisites: Climb at least 18 feet without assistance. Invert without assistance (from the ground is fine). Foot locks (any style) without assistance.*

## SPLITS 4EVER

*How many ways can you split a fabric? At least 3 splits combinations will be explored in this series along with tips and tricks for improving your split line.*

*Level: Beginner/Intermediate*

*Prerequisites: Climb and perform foot locks without assistance. Must be able to invert without assistance (from the ground is fine).*

## DANCING WITH FABRIC

*This intermediate workshop focuses on dancing between your “big moves” to create a piece of seamless choreography from start to finish.*

*Level: Intermediate/Advanced*

*Prerequisites: Must be able to perform inverted climbs (any style) and be familiar with at least one dynamic drop (any style salto, star or helicopter). Must be able to hold a dead hang for at least 30 seconds and execute hip key using the Fan Kick entry.*

## TRAPEZE FOUNDATIONS

*This iconic apparatus is chock full of opportunities to look mesmerizing with the simplest of movements. This workshop explores the necessary elements for stellar trapeze technique whether you are hanging under, sitting or standing on the bar.*

*Level: Beginner/Intermediate*

*Prerequisites: Pike mount without assistance. Perform knee hang and arm beats without a spotter.*





## SWING, SPIN & DROP

*This trapeze workshop is best suited to 120 minute format and includes multiple swing variations, elegant spins and astonishing drops to diversify your trapeze repertoire.*

*Level: Intermediate/Advanced*

*Prerequisites: Must be comfortable standing on the bar and moving around the ropes, have a strong pullover, and hold a one-arm hang for at least 15 seconds.*

## TRIPLE TRAPEZE

*workshop combines elements of single-static and duo trapeze into a mesmerizing display of group choreography. Triple trapeze is most often performed with three or four people on the bar. This workshop focuses on coordinating group timing, managing space & balance on a shared apparatus, and maintaining group communication while projecting energy to an audience. Level: Intermediate/Advanced*

*Prerequisites: Students should be comfortable moving above and below the bar, as well as around & through the ropes. Strong pull-over, dead hang for at least 30 seconds, at least one unassisted pull-up with good body form. Choreography groups will be assigned based on skill level.*

## BURLESQUE JAZZ

*Ever wonder where music video vixens get their style? This workshop will teach you how to strut, spin and sass your way across any stage. Build your confidence for any dance performance with a workshop that helps you release your inhibitions and find your inner go-go dancer.*

*Level: Can be adapted for beginner, intermediate or advanced students.*

*Prerequisites: Positive attitude. Stilettos or dance heels recommended but not required.*

## SAMBA

*Explore various styles of Brazil's national rhythm from Bahia's samba-reggae to Rio's samba-no-pe. Warm-up with and an introduction to samba-de-roda, the root of all samba. Class culminates in carnival-style show choreography with variations for beginning through advanced students. Beginners will focus on finding the downbeat, and the release technique necessary to keep up the pace, while advanced dancers will learn shine sequences. This is a great class for aerialists looking to add some Latin flavor to their floor choreography as well as friends of World Dance!*

*Level: Can be adapted for beginner, intermediate or advanced students.*

*Prerequisites: Positive attitude. Stilettos or dance heels recommended but not required.*



## PARTNER ACROBATICS

*The joy of partner acrobatics lies in creating shapes with another human being, building trust in and reliance on your partner to achieve beautiful things! This workshop covers various entrances and exits of thigh stand, hand to shoulder and other acrobatic delights. Level: Intermediate*  
*Prerequisites: Must be able to kick-up into a handstand (onto a wall OK) without assistance and hold handstand position for at least 30 seconds. Must be able to execute a clean cartwheel and forward roll (with or without a mat).*

## ACRO STILTS

*Combine acrobatic stunts with the added wonder of stilts!*

*Level: Intermediate/Advanced*

*Prerequisites: Must be able to kick-up into a handstand (onto a wall OK) without assistance and hold handstand position for at least 30 seconds. Must be able to execute a clean cartwheel and forward roll (with or without a mat). Must be able to walk on stilts and possess their own pair of stilts for workshop use.*



## SPACE REQUIREMENTS

*For all silks and single trapeze workshops: Minimum apparatus to student ration of 1:4, Crash mats for each apparatus, minimum 18 feet (silks) or 15 feet (trapeze) ceiling height with appropriate load bearing structure (10:1 max working load, as per industry standard).*

*Triple Trapeze: Triple trapezes (2) can be provided for this workshop, with a maximum of 12 participants.*

*Dance & Acrobatics: Large open space with wood, vinyl, or foam carpet flooring. Minimum 10 ft sq. of open space per participant. Panel mats (at least 2) required for acrobatics workshop and can be provided for an additional fee.*

*Stilts: Large open space with wood, vinyl, or foam carpet flooring. Panel mats (at least 2) required and can be provided for an additional fee. Each participant must provide their own secure peg stilts.*

## PRICING

120-min Workshop / 250

90-min Workshop / 200

60-min Private Lesson for 1 / 80

*Choreography for individual or group / 120 per hour*

*\*Includes video of choreography as performed by choreographer. Amount of choreography covered in one hour depends on the skill and acquisition speed of the student(s).*

