

STEP INTO
DANCE
STEP FORWARD

**ROYAL ACADEMY
OF DANCE**



STEP FORWARD

Step Forward is our exciting dance taster series, offered by the Royal Academy of Dance in partnership with the Jack Petchey Foundation.

This programme features taster sessions in Hip Hop, Jazz, or Contemporary dance. These workshops provide young people with the opportunity to explore dance, aiming to foster an inclusive environment where all students, especially those new to dance or feeling apprehensive, can thrive.

STUDENT EXPERIENCE

What students can expect from a Step Forward workshop:

- **Master foundational techniques** in the students' chosen dance style.
- **Learn exciting new choreography**
- Students will collaborate in groups and develop their **own choreography**.
- Thrive in a **fun, inclusive environment** where every student can grow and succeed
- **Explore the history and cultural context** behind their chosen dance style.

FINAL OUTCOME

As part of the Step Forward experience, your school/youth organisation will have the exciting opportunity to work towards a final performance.

Your students will work collaboratively with the practitioner to create a final piece of choreography including all the elements they have learnt throughout the workshop.

The students will work towards performing the piece back to their peers and school teachers at the end of the class, so we encourage you to invite as many people as possible to the last part of the workshop.

Additionally, they will get the chance to film their piece at the end of the workshop using equipment available at your school/ youth organisation. This recording can then be shared with teachers, parents, and beyond (providing you have gained written consent to do so for all the young people featured).

SCHOOLS

Workshops in schools are delivered in 3-hour sessions, during curriculum time. There will be a break halfway through, the length and timing of which is flexible and can be decided by the school.

If you are unable to accommodate our 3-hour workshop in one day, it can be split into two separate sessions, both at 1.5 hours. This would be a continuation of the same workshop over two days, so it would require the same students to attend both sessions.


Both of these sessions cost £100. Plus, if you choose to book a longer programme later, you can redeem this cost towards your booking!

YOUTH GROUPS

Our standard workshop for youth groups is a 1.5 hour session. This is to best accommodate for the after-school hours in which a youth group runs.

This session costs £50, and is also redeemable against any future bookings for Step into Dance programmes.

Our 3-hour workshop, both as a whole and split across two sessions is also available for youth groups upon request.

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BENEFITS FOR YOUNG PEOPLE

BUILD LIFE SKILLS

Dance offers students the chance to build life skills, through discipline, communication skills, teamwork, problem solving, observing and physical interaction.

PHYSICAL HEALTH

Dance builds a **positive relationship with the arts** through physical activity and can create new avenues for students to be active. Especially those who don't enjoy sports or other traditional physical activities.

CULTURAL EXPERIENCES


All dance originates from a culture and all styles come with a **history and knowledge** attached to it. Students can use dance to **connect with their own cultural communities** or find their own identity through practice.

EMOTIONAL WELLBEING

Dance allows students to build **mental resilience** and can support students with improving their **self-esteem, confidence** and increase their **positive outlook**.

ACADEMIC ACHIEVEMENT

Dance can boost academic achievement within a student, and through their increased confidence and motivation they can apply this to other subjects within school. Dance can allow a much-needed **break from technology** and the pressures of school life - creating more **well-rounded calmer students**.



GET IN TOUCH

Step Forward is perfect for students who are new to dance, offering them a low-pressure way to explore and enjoy movement.

Key Details

- **When:** Available to book from now until 20th July 2026.
- **Who:** The programme is for participants aged 11-18 in schools and youth groups across London and Essex who are new to Step into Dance.
- **Cost:** The workshops are at just £100 or £50 per session, depending on the length of the workshop.

Ready to sign-up?

Registration is now open, and we would love for your school / youth organisation to be a part of this exciting opportunity. For more information and to secure your spot, please fill out the registration form below:

[CLICK HERE TO SIGN UP TO STEP FORWARD](#)

Any Questions?

If you have any further questions, please contact us on the following options:

Email: stepintodance@rad.org.uk

Phone: +44 (0)20 7326 8927

