



CHASE BENZ

FREESTYLE | MUSIC EXPLORATION

I've found that students exposed to a wide range of music develop a stronger sense of rhythm and musicality—it helps them truly hear the music when they dance or learn choreography. These three playlists are designed to train your ear and inspire movement, whether you're a dancer, teacher, choreographer, or musician. House and Funk are some of my favorites, offering a solid foundation, while classic tracks build timeless musical vocabulary every artist should know.

PLAYLIST (CLICK THE PLAY BUTTON)



House



Funk



Classic Grooves



STUDIO WORK

A few ways to use these songs:

- Designate a groove class — teacher-led or student-led.
- Have everyone follow along: one dancer takes 4 eights, then the next continues, and so on.
- End class with a freestyle circle for the last 10–15 minutes.
- Play the music and challenge students to identify the instruments they hear.
- Have dancers choreograph 4 eight-counts of a song and present it to the class.

Note: These exercises help dancers build confidence, independancy and develop a deeper understanding of music.