

Inner Rhythms Dance Company

History and General Information

Steps in Time, Studio for Dance originally opened its doors on Tilghman Street in Allentown, PA in 1989. Since then, it has grown and re-located to its current home at 1139 Sumner Avenue in Whitehall, PA. As the studio and the programs developed, so did the students. It was evident that some students were excelling more rapidly than others. With this new growth, it was clear that a new program needed to unfold, so in 1991 the Inner Rhythms Dance Company was formed.

Inner Rhythms did and still does consist of three levels and/or groups: Inner Rhythms Petites, Inner Rhythms Juniors, and Inner Rhythms Seniors. As a whole, they are “Inner Rhythms”, resident dance company of Steps in Time. This group was formed to accommodate the more advanced student, and was created to allow for more performance opportunities - their own benefit concert, community outreach, and multiple competitions.

Inner Rhythms is an elite group whose membership is by invitation only. A mailed will be invitation will be sent to any dancer who fits the following criteria:

- Talent
- Maturity
- Showmanship
- Ability to dance well with others
- Commitment to hard work
- Strong dance base (especially in Ballet and Tap)
- Extensive history of dance training

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