

# JULY CLASS PLAN - Rising Stars Jazz/Lyrical 8-9yrs

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## *Prop List:*

- ✓ Hula Hoops
- ✓ Maracas
- ✓ Wand
- ✓ Pom Poms
- ✓ Ribbon Rings/Sticks

## *Classroom Set-up:*

- Prior to class starting, Set two maracas out along the front of the room for each dancer

## *Where do the Dancers Begin?*

- Dancers should line up outside the door. When it is time to start class, the teacher will let the students in and have them sit in a large circle in the middle of the floor.

## Centre Work:

For the below exercises in the centre, the end goal is to be able to keep the music playing and move from one exercise to the next without a stop. Introduce the elements as needed, then work towards this goal.

### 1. Opening Stretch - "Be Our Guest"

- Song/Album – "Be Our Guest"/Beauty & the Beast Soundtrack
- Choreo: from Twinkle Star
- [See Cue Sheet](#)

### 2. Right and left foot – "Hokey Pokey"

- Song/Album – "Hokey Polkey"/Dora the Explorer: Party Favorites
- **Prop** - Hula Hoops
- [See Cue Sheet](#)

### 3. Hand and arm positions – "Can you move it like this":

- Song/Artist – "Move It Like This (Shake It Like That Mix)/Baha Men
- Prop – Maracas
- [See Cue Sheet](#)

### 4. Plies & Step Vines – "Blame it on the Boogie"

- Song/Artist – "Blame it on the Boogie"/The Jacksons
- [See Cue Sheet](#)

### 5. Pivot Turns – "Where's The Party"

- Song/Artist – "Where's the Party"/Jenilee Reyes
- [See Cue Sheet](#)

### 6. Lindy – "Friend Like Me"

- Song/Artist/Album – "Friend Like Me (From "Alladdin")/Ne-Yo/We Love Disney (Deluxe)
- [See Cue Sheet](#)

### 7. Centre Stretch – "Rewrite the Stars"

- Song/Soundtrack: "Rewrite the Stars"/Zac Efron & Zendaya/The Greatest Showman (Original Soundtrack)
- [See Cue Sheet](#)

## Across the Floor:

### 1. Parallel Passe Walks/Arm Positions – “It’s About the Walk”

- Music/Artist: “It’s About the Walk”/Prince
- **Exercise:**
  - 4 Parallel Passe Walks:
  - Step out with right/right hand to high V
  - Step out with left/left hand to high V
  - Step together with right/right hand to hip
  - Step together with left/left hand to hip

### 2. Skips forward and back (pointed feet/parallel retire) – “Shake it off

- Music/Artist/Album: “Shake It Off”/Nick Kroll & Reese Witherspoon/Sing (Original Motion Picture Soundtrack)
- **Exercise:**
  - 4 Skips (Parallel retire) Front
  - 4 Skips Parallel retire) Back
  - Repeat above 4x

### 3. Walks on demi-pointe & Chasse Side (Wand) –“Every After”:

- **Music/Artist/Album: “Ever Ever After”/Jordan Pruitt/Princess Disneymania**
- Note: Wait for dancers to be in turned out 1<sup>st</sup> with hands on hips, than touch Dancers on the head with the wand, then they start the below exercise:
- **Exercise:**
  - Walk forward on demi-pointe/lower in turned out 1<sup>st</sup>
  - Chasse side across floor
  - Walk backward on demi-pointe/lower in turned out 1<sup>st</sup>
  - Chasse back to starting position

### 4. Fun Relay: “Set it All Free”

- Music/Artist/Album: “Set It All Free”/Scarlett Johansson/Sing (Original Motion Picture Soundtrack)
- **Exercise:**
  - 2 Jazz arm boxes (High V, High V, Hip Hip)
  - Jump into hula hoop (twirl with arms in 3<sup>rd</sup>)
  - Jump out of hula hoop/walk up to next hula hoop

## Dances:

Every week, add on to your recital dance and continue to perfect it. The goal is to have 2 dances by each recital. Once a dance is learned, the teacher should NEVER drop that routine until there is a new dance to replace it. This way there will always be two dances ready at all times.

## Reverence:

### “The Glow”:

- Music/Artist/Album: “The Glow”/Shannon Saunders/Disney Princess: Fairy Tale Songs
- **See Cue Sheet**