

# Top Hats & Tiaras – Ballet/Jazz Level 2 – SEPTEMBER CLASS PLAN

## THEME: 40'S DANCE PARTY

### Prop List:

- Hula Hoops
- Bugle Horns
- Ribbon Rings/Sticks
- Pom Poms
- Wooden Canes/Sticks

### Classroom Set-up:

- Prior to class starting, place a set of hula hoops out for each dancer (make sure there is enough room around the hula hoops that the dancers can walk around them).

### How Dancer's Should enter after getting their ballet slippers on:

- Dancers should line up outside the door (which should be closed) with their ballet shoes on.

### ENTRANCE: "Canon"

The Instructor will turn on "Intro Music" and have them enter in a line from the door, walk to a circle in the middle of the room on demi pointe, and sit on their bottoms in the "Butterfly" Position with long backs

### CENTRE EXERCISES:

1. **Opening Stretch – "Be Our Guest"**
  - Song/Album: "Be Our Guest"/Beauty & the Beast Soundtrack
2. **Right & Left Foot – "Hokey Pokey"**
  - a. Song/Album: "Hokey Pokey"/Dora the Explorer: Party Favorites)
  - b. Prop – Hula Hoops
3. **Hand Positions – "Booty Swing"**
  - a. Song/Artist/Album – "Booty Swing"/Parov Stelar/The Paris Swing Box EP (TDP Cut)
  - b. Prop – Hula Hoop
4. **Steps & Techniques – "Bugle Boy"**
  - a. Song/Artist/Album – "Bugle Boy"/Bette Midler/The Divine Miss M
  - b. Techniques: Basic Step Vines
  - c. Prop: Bugle Horn

### ACROSS THE FLOOR EXERCISES:

1. **Across the Floor Techniques: "Puttin' on the Ritz" (Club Des Belugas Remix)**
  - Artist/Album: Fred Astaire/Swop
  - Prop: Cane
  - Exercise:
    1. Chasse side across the room (holding cane horizontally)
    2. Chasse front (from corner) (Holding can horizontally)
2. **Across the Floor Techniques "It Don't Mean a Thing (If ain't got that swing) (Club Remix)**
  - Artist/Album: Lionel Hampton/Electro Swing – The Club
  - Exercise: Repeat the below all the way across the floor
    - 4 Parallel Passe Walks (step 1,2, Passe 3,4)
    - 2 Chasse-touches (Chasse 1,2, touch 3,4, Shake 5,6,7,8)
    - Armwork: Do 2x
      - Step out with right/right hand to high V (2cts)
      - Step out with left/left hand to high V (2cts)
      - Step together with right/right hand to hip (2cts)
      - Step together with left/left hand to hip (2cts)

## **DANCE & RECITAL**

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.

## **CLASS END/REVERENCE:**

### **1. Reverence – “The Glow”**

- Song/Artist/Album: “The Glow”/Shannon Saunders/Disney Princess Fairy Tale Song
- Prop: Ribbon Rings/Sticks, Pom Poms